

Healthy Weight Gain for Baby and Me

Individual Education for Pregnant Women



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This lesson was created by Michigan District Healthy Department #10 WIC Program and adapted for state sharing by the Michigan WIC Nutrition Education Advisory Team.

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

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Michigan WIC Nutrition Education Lesson Plan

I. Title: Healthy Weight Gain for Baby and Me

II. Target Group: Pregnant women

III. Suggested MI-WIC NE Topics: Nutrition: Pregnant, Weight: Healthy Weight

IV. Learning Objectives:

1. Client will identify one or more risks related to weight gain or loss during pregnancy.
2. Client will identify the range of weight gain recommended for their pregnancy.
3. Client will identify one lifestyle or dietary strategy they plan to try, change or maintain to have a slow down or increase weight gain during pregnancy.
4. Client will advance in a stage of behavior change intent or continue if in action or maintenance stage.

V. Learning Activities/Method: Individual education

VI. Materials Needed:

1. “How Much Weight Should You Gain When You’re Pregnant”, Institute of Medicine and National Research Council. English only. Readability – Grade 8.
<http://iom.edu/Activities/Children/PregnancyWeightDissemination/2013-SEP-09/~media/Files/About%20the%20IOM/Pregnancy-Weight/PregWGPosterOUTLINE.pdf>
2. “Pregnancy: What Should I Do if I’m Gaining Too Much Weight”, Texas WIC Program, stock no. 13-77. English and Spanish. Readability – Grade 7.
<http://www.onlineordersff.com/images/pdfs/6715.pdf>
3. “Pregnancy: What Should I Do if I’m Not Gaining Enough Weight”, Texas WIC Program, stock no. 13-78. English and Spanish. Readability – Grade 8.
<http://www.onlineordersff.com/images/pdfs/6716.pdf>
4. “Gestational Weight Gain”, (BMI Chart, Underweight, Normal weight, Overweight and Obese), Public Health Foundation (PHFE), WIC of California, English only. Readability – Grade 7. <http://www.phfewic.org/Projects/GestationalWeightGain.aspx>
5. “Client Feedback Form”
6. “Client Feedback Form Key”

VII. Equipment and Facilities Needed: Desk and two chairs.

VIII. Approximate Time: 20-30 minutes

IX. Outline of Content:

1. Icebreaker: Introduce yourself and invite the client to introduce herself.
2. Ask the client to complete the **Before** section of the “Client Feedback Form.”
3. Conversation starter: “Today let’s talk about healthy weight gain during pregnancy. What have you heard about it?”
4. Discussion question: What effect do you think gaining too much or too little weight might have on your delivery, your baby’s health and your health?
5. Invite the client to plot their weight gain on a prenatal weight gain grid.

6. Activity

- Hand the client the “Weight Gain During Pregnancy” handout and prenatal weight gain grid based upon pre-gravid weight. Calculate weeks’ gestation and weight gain to date, then assist the client in plotting their weight gain on the prenatal grid.
- Discuss with client their weight gain using open-ended questions, affirmations, reflections and summaries. Listen for change talk and assist client to identify goals, challenges and barriers to change.
- Offer handouts as reinforcements per client interest for education and support.

7. Factual Messages

- Women with excess weight have an increased risk for hypertension, diabetes, and other health of problems during pregnancy.
 - Women with excess weight have a higher risk of delivering a bigger baby which could result in a C-section.
 - Women who gain too much weight during pregnancy tend to have trouble losing weight after the baby is born and getting back to their pre-pregnancy weight.
 - Smaller women or women who gain too little weight while they are pregnant have a higher risk of having a preterm or low-birth-weight baby. This can cause health problems for the baby.
8. Summarize key points in the discussion and ask the client to share what they plan to try, change or maintain to have a healthy weight during their pregnancy.

X. Evaluation:

1. Ask the client to complete the **After** section of the “Client Feedback Form” and return it to WIC staff.
2. Staff can use the “Client Feedback Form Key” to identify the client’s stage of change intent **Before** and **After** for follow up.

XI. Staff Trained to Present: RD, CPA or another trained nutrition education staff

XII. References

Darling, Molly. Photograph. *Jesica_8*. Flickr, 23 Jan. 2009. Web. 2 Apr. 2014.

https://www.flickr.com/photos/molly_darling/3223516821/in/photostream/

“Gestational Weight Gain”. *PHFE WIC Program*. California WIC Program. N.d. Web. 22 Mar. 2015. <http://www.phfewic.org/Projects/GestationalWeightGain.aspx>

“Guidelines on Weight Gain & Pregnancy”, Institute of Medicine and National Research Council. 2013. The National Academies Press. Web. 29 Mar. 2015.

https://www.nap.edu/download.php?record_id=18291#

“How Much Weight Should You Gain When You’re Pregnant”, Institute of Medicine and National Research Council. Sep. 2013. Web. 22 Mar. 2015.

<http://iom.edu/Activities/Children/PregnancyWeightDissemination/2013-SEP-09/~media/Files/About%20the%20IOM/Pregnancy-Weight/PregWGPosterOUTLINE.pdf>

Institute of Medicine and National Research Council. 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, D.C.: The National Academies Press.

www.nap.edu

“Position of the Academy of Nutrition and Dietetics: Nutrition and Lifestyle for a Healthy Pregnancy Outcome”. *Journal of the Academy of Nutrition and Dietetics*. 2014:1099-1103. Web. 24 Feb. 2016.

http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/position_healthy_pregnancy.ashx

“Pregnancy: What Should I Do If I’m Gaining Too Much Weight?” *WIC Catalog*. Texas WIC Program. Jan. 2013. Web. 22 Mar. 2015.

<http://www.onlineordersff.com/images/pdfs/6715.pdf>

“Pregnancy: What Should I Do If I’m Not Gaining Enough Weight?” *WIC Catalog*. Texas WIC Program. Jan. 2015. Web. 22 Mar. 2015.

<http://www.onlineordersff.com/images/pdfs/6716.pdf>



Healthy Weight Gain for Baby and Me

Client Feedback Form

Name: _____

Family #: _____

This lesson is about having a healthy weight gain during your pregnancy.

BEFORE you start your nutrition education please check ONE statement below that best describes you:

- I *want to learn more* about healthy weight gain during my pregnancy but I'm *not ready* to take steps yet.
- I'm *ready* to take some steps to have a healthy weight during my pregnancy.
- I *have started* to take steps to have a healthy weight during my pregnancy.
- I *have been* taking steps to have a healthy weight during my pregnancy.
- I am *not interested* in taking steps to have a healthy weight gain during my pregnancy.
Suggestion: Please talk to WIC staff about a topic of your interest.

AFTER you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of ways to have a healthy weight during my pregnancy but I'm *not sure* when I will take action.
- I plan to *start* taking some steps to have a healthy weight during my pregnancy, *soon*.
- I plan to *start* taking steps to have a healthy weight during my pregnancy, *today*.
- I plan to *continue* taking steps to have a healthy weight during my pregnancy.
- I am *not interested* in taking steps to have a healthy weight during my pregnancy.

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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<p>Staff Use Only MI-WIC NE Topics: Nutrition: Pregnant, Weight: Healthy Weight MI-WIC Recorded by: Staff initials:</p>
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Healthy Weight Gain for Baby and Me

Client Feedback Form Key

Name: _____

Family #: _____

This lesson is about having a healthy weight gain during your pregnancy.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- I *want to learn more* about healthy weight gain during my pregnancy but I'm *not ready* to take steps yet. **Contemplation**
- I'm *ready* to take some steps to have a healthy weight during my pregnancy. **Preparation**
- I *have started* to take steps to have a healthy weight during my pregnancy. **Action**
- I *have been* taking steps to have a healthy weight during my pregnancy. **Maintenance**
- I am *not interested* in taking steps to have a healthy weight gain during my pregnancy.
Suggestion: Please talk to WIC staff about a topic of your interest. **Pre-contemplation**

AFTER you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of ways to have a healthy weight during my pregnancy but I'm *not sure* when I will take action. **Contemplation**
- I plan to *start* taking some steps to have a healthy weight during my pregnancy, *soon*. **Preparation**
- I plan to *start* taking steps to have a healthy weight during my pregnancy, *today*. **Action**
- I plan to *continue* taking steps to have a healthy weight during my pregnancy. **Maintenance**
- I am *not interested* in taking steps to have a healthy weight during my pregnancy. **Pre-contemplation**

Tell us one thing you learned today.

If you plan to make changes tell us what they are:

Thank you!

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Weight: Healthy Weight
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Staff initials: