

Before and Between Babies!

Moms Always Need Folic Acid

Self-Directed Education for Pregnant and Post-Partum Women



Baby in Sling. Courtesy of [WIC Image Gallery](#).

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Washtenaw County (MI) WIC Program
Michigan WIC Nutrition Education Advisory Team

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This institution is an equal opportunity provider.

Michigan WIC Nutrition Education Lesson Plan

I. Title: Before and Between Babies! Moms Always Need Folic Acid

II. Target Group: Pregnant and post-partum women

III. Suggested MI-WIC NE Topics: Vitamins/Minerals: Folic Acid

IV. Learning Objectives:

1. The client will learn at least one strategy they plan to either change or continue to get enough folic acid.
2. The client will advance in a stage of behavior change intent or continue if in action or maintenance stage.

V. Learning Activities/Method: Self-directed education

VI. Materials Needed:

1. *Before and Between Babies! Moms Always Need Folic Acid* binder with tabs A-E, one copy of the lesson module (one sheet protector per page)
2. “Client Feedback Form” (one per client)
3. “Client Feedback Form Key”
4. Reinforcements: Extra copies of the nutrition education handouts (see listing and links below)

VII. Equipment and Facilities Needed: Table and chair

VIII. Approximate Time: 20-30 minutes

IX. Outline of Content:

1. Introduction: Each client will be welcomed by a WIC staff member who introduces himself or herself to the client.
2. The WIC Nutrition Educator/CPA/RD will discuss their interests with the client and will invite them to use the *Before and Between Babies! Moms Always Need Folic Acid* binder for nutrition education.
3. The client will turn to the appropriate sections in response to questions as they read through the *Before and Between Babies! Moms Always Need Folic Acid* binder. If the client has difficulty the nutrition educator may assist them.
4. One or more of the following reading materials can be included with the appropriate tab:

Tab A – Maintenance

“Folic Acid Frequently Asked Questions”

<http://womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.pdf>

Readability - Grade 6

(Also available in Spanish at <http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/alimentos-no-comer-embarazo.pdf>)

“Why Every Woman Needs Folic Acid”

<http://www.onlineordersff.com/images/pdfs/9711.pdf>

Readability – Grade 9

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/9712.pdf>)

Tab B – Action

“Folic Acid Frequently Asked Questions”

<http://womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.pdf>

Readability - Grade 6

(Also available in Spanish at <http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/alimentos-no-comer-embarazo.pdf>)

“My Action Plan for Pretty Skin, Hair, and Nails”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-FolicAcidActionPlan.pdf>

Readability – Grade 9

“Why Every Woman Needs Folic Acid”

<http://www.onlineordersff.com/images/pdfs/9711.pdf>

Readability – Grade 9

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/9712.pdf>)

Tab C – Preparation

“Congratulations, Mom You Have a Beautiful Baby”

http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_English508.pdf

Readability - Grade 6

(Also available in Spanish at

http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf)

“Facts About Folic Acid”

http://www.cdc.gov/ncbddd/folicacid/documents/factsaboutfolicacid_english.pdf

Readability - Grade 8

(Also available in Spanish at

http://www.cdc.gov/NCBDDD/Spanish/folicacid/documents/FactsAboutFolicAcid_Spanish.pdf)

“My Action Plan for Pretty Skin, Hair, and Nails”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-FolicAcidActionPlan.pdf>

Readability – Grade 9

Tab D – Contemplation

“Congratulations, Mom You Have a Beautiful Baby”

http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_English508.pdf

Readability - Grade 6

(Also available in Spanish at

http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf)

“Folic Acid is a B Vitamin Your Body Needs Every Day”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-FolicAcidisaBVitamin.pdf>

Readability – Grade 7

“Healthy Mothers Have Healthier Babies with Folic Acid”

http://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_English.f508.pdf

Readability – Grade 5

(Also available in Spanish at

http://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_Spanish508.pdf)

“You Deserve To Be Your Very Best!”

http://www.cdc.gov/ncbddd/orders/pdfs/13_243182-B_Kilgo_Non%20Planner_FA%20Postcard_FINAL.pdf

Readability – Grade 7

Tab E – Pre-Contemplation

“Before You Know You’re Pregnant”

http://www.cdc.gov/ncbddd/orders/pdfs/09_124501_Before_Brochure_English0995968.pdf

Readability – Grade 7

(Also available in Spanish at

http://www.cdc.gov/ncbddd/orders/pdfs/09_124501_Before_Brochure_Spanish0995969.pdf

“Folic Acid for Healthy Babies”

http://www.cdc.gov/ncbddd/orders/pdfs/GeneralPublic_Fact_Sheet508.pdf

Readability – Grade 9

(Also available in Spanish at

http://www.cdc.gov/ncbddd/orders/pdfs/GeneralPublic_Fact_Sheet508.pdf)

“Folic Acid: Questions and Answers”

http://www.cdc.gov/ncbddd/folicacid/documents/qanda_english.pdf

Readability – Grade 8

(Available also in Spanish at

http://www.cdc.gov/NCBDDD/Spanish/folicacid/documents/FolicAcidQandA_Spanish.pdf)

X. Evaluation Method:

1. The client will complete the “Client Feedback Form.” The “Client Feedback Form” encourages clients to think about and describe what they learned and what they plan to change or continue to improve their folic acid intake. WIC staff can use the “Client Feedback Form Key” to identify the stage of change intent for follow up.
2. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

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

XII. References:

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