

Pregnancy Pointers

Self-Directed Education for Pregnant Women



Active Pregnancy. Courtesy of [futurestreet/Flickr](#).

This lesson was created by the Michigan WIC Program using Prochaska's stages of change model.

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

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This institution is an equal opportunity provider.

Michigan WIC Nutrition Education Lesson Plan

I. Title: Pregnancy Pointers

II. Target Group: Pregnant women

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

IV. Learning Objectives:

1. The client will learn at least one strategy they plan to change or continue to have a healthy pregnancy.
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. *Pregnancy Pointers* 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 will introduce himself or herself.
2. The WIC Nutrition Educator/CPA/RD will discuss the interests with the client and invite them to use the *Pregnancy Pointers* binder for their nutrition education.
3. The client will turn to the appropriate sections in response to questions as they read through the *Pregnancy Pointers* 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

“Fit for Two: Tips for Pregnancy.” (Print pp. 16-18 of the booklet only)

<https://www.niddk.nih.gov/-/media/Files/Weight-Management/fitfortwo.pdf?la=en&hash=CD8A12E8CC18C0F6D93431966508A0DB>

Readability – Grade 9

“Your Guide to Pregnancy.” (Print pp. 7 & 9 of the booklet only)

<http://www.onlineordersff.com/images/pdfs/13129.pdf>

Readability – Grade 10

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/13130.pdf>)

Tab B – Action

“Fit for Two: Tips for Pregnancy.” (Print pp. 10-13 of the booklet only)

<https://www.niddk.nih.gov/-/media/Files/Weight-Management/fitfortwo.pdf?la=en&hash=CD8A12E8CC18C0F6D93431966508A0DB>

Readability – Grade 8

“Healthy Eating During Pregnancy.” (Print pp. 1-4 only)

<https://foodinsight.org/wp-content/uploads/2016/07/Healthy-Eating-FINAL-Web.pdf>

Readability – Grade 11

Tab C – Preparation

“Healthy Eating During Pregnancy.” (Print pp. 1-4 only)

<https://foodinsight.org/wp-content/uploads/2016/07/Healthy-Eating-FINAL-Web.pdf>

Readability – Grade 11

“Tips for Pregnant Moms.” (Print pp. 1-2 only)

<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>

Readability – Grade 8

(Also available in Spanish at

<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>)

Tab D – Contemplation

“Fit for Two: Tips for Pregnancy.” (Print pp. 6-7 of the booklet only)

<https://www.niddk.nih.gov/-/media/Files/Weight-Management/fitfortwo.pdf?la=en&hash=CD8A12E8CC18C0F6D93431966508A0DB>

Readability – Grade 8

“Your Guide to Pregnancy.” (Print pp. 4-6 of the booklet only)

<http://www.onlineordersff.com/images/pdfs/13129.pdf>

Readability – Grade 8

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/13130.pdf>

and Vietnamese at <http://www.onlineordersff.com/images/pdfs/13258.pdf>)

Tab E – Pre-Contemplation

“Healthy Eating During Pregnancy.” (Print pp. 7-8 only)

<https://foodinsight.org/wp-content/uploads/2016/07/Healthy-Eating-FINAL-Web.pdf>

Readability – Grade 11

“I Didn’t Know! My Weight Matters.”

<http://doh.sd.gov/family/assets/Brochure.pdf>

Readability – Grade 8

X. Evaluation Method:

1. The client will complete the “Client Feedback Form.” The “Client Feedback Form” encourages clients to think about what they learned and what they plan to change or continue to have a healthy pregnancy.
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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- Baby Belly. Photograph. *Pixabay*. Pixabay. 12 Oct. 2013. Web. 19 Nov. 2019. <<http://pixabay.com/en/pregnant-belly-mother-maternity-193850/>>.
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- “Fit for Two: Tips for Pregnancy.” *Weight-control Information Network*. U.S. Department of Health and Human Services. NIH. National Institute of Digestive and Diabetes and Kidney Diseases. 31 Jan. 2013. Web. 18 Nov. 2019. <<https://www.niddk.nih.gov/-/media/Files/WeightManagement/fitfortwo.pdf?la=en&hash=CD8A12E8CC18C0F6D93431966508A0DB>>.
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- Nice Apples. Photograph. *Pixabay*. Pixabay. 21 Nov. 2013. Web. 19 Nov. 2019. <<http://pixabay.com/en/nice-apples-green-eating-healthy-214170/>>.
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- The Readability Test Tool*. WebpageFX. 2016. Web. 19 Nov. 2019. <<http://www.webpagefx.com/tools/read-able/>>.
- Salad. Photograph. *Pixabay*. Pixabay. 03 Mar. 2012. Web. 19 Nov. 2019. <<http://pixabay.com/en/breakfast-dinner-egg-food-fresh-21707/>>.
- “Tips for Pregnant Moms.” *Pregnancy*. WIC Works Resource System. U.S. Department of Agriculture. 28 Feb. 2014. Web. 19 Nov. 2019. <<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>>.
- “A Woman Walking Her Dog.” Photograph. SNAP Photo Gallery. *SNAP-Ed Connection*. U.S. Department of Agriculture. 7 Feb. 2014. Web. 19 Nov. 2019. <<http://snap.nal.usda.gov/woman-walking-her-dog>>.
- “Your Guide to Pregnancy.” *Texas WIC Stock Number 13-06-14098*. Texas Department of State Health Services. Oct. 2013. Web. 19 Nov. 2019. <<http://www.onlineordersff.com/images/pdfs/13129.pdf>>.



Pregnancy Pointers

Client Feedback Form

Name: _____

Family No.: _____

Congratulations on completing this lesson!

Which section did you read? Circle one: A B C D E

Please answer the following:

Did you enjoy this topic? Yes No

Did you learn something to help you have a healthy pregnancy? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating healthy foods and exercising to have a healthy pregnancy.
- I plan to *start* eating healthy foods and exercising to have a healthy pregnancy, *soon*.
- I am *thinking about* eating healthy foods and exercising to have a healthy pregnancy, *someday*.
- I *don't plan to change* my eating habits and exercise to have a healthy pregnancy.

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

Would you like to talk to a WIC nutritionist? Yes No

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Staff Use Only

MI-WIC NE Topics: Exercise and Nutrition, Nutrition: Pregnant,
Weight: Healthy Weight
MI-WIC Recorded by:
Staff initials:

