



Before and Between Babies! *Be a Healthy, Active Mom*

Self-Directed Education for Pregnant and Post-Partum Women



Mom and Baby on Blanket. Courtesy of [WIC Image Gallery](#).

**Special acknowledgement to the following organizations that developed this lesson:
Washtenaw County (MI) WIC Program
Michigan WIC Nutrition Education Advisory Team**

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan
www.michigan.gov/wic August 2014. Revised September 2016, April 2020, and March 2021.

This institution is an equal opportunity provider.

Before and Between Babies!

Be a Healthy, Active Mom

Being a healthy weight means you do not weigh too much or too little.

Not weighing enough can increase the risk of having a baby that is too small.

Weighing too much can increase your chances of having problems with your pregnancy.



[Cartagena, Debora.](#)

Please select one of the following statements that best describes you:

- **I have already made changes to reach a healthy weight.**
Turn to Page 2
- **I have recently tried to make changes to reach a healthy weight.**
Turn to Tab C
- **I know my weight is not what it should be, and I'm thinking about making changes.** **Turn to Tab D**
- **I am not ready to make changes to work toward a healthy weight at this time.** **Turn to Tab E**

Great!

It is good that you have made changes for a healthy weight.

This may help you have a healthy pregnancy.



Green Apple. Courtesy of [Pixabay](#).

**Have you been making changes for a healthy weight
*for several months?***

Yes — Turn to Tab A

No — Turn to Tab B

Insert Tab A divider

Congratulations!

**It is great you have been making changes
for a healthy weight for a while now.**

**Please read one or more of the following articles
to keep making good choices.**



Family Playing Bubbles. Courtesy of [WIC Image Gallery](#).

Download, print, and insert one of more of the Maintenance reading materials below:

“What’s Your Move?” Pregnancy

https://health.gov/sites/default/files/2020-12/MYW_MH_Pregnant_FS.pdf

Readability – Grade 5

Also available in Spanish at

https://health.gov/sites/default/files/2020-12/MYW_MH_Pregnant_FS_SP.pdf

“What’s Your Move? Postpartum

https://health.gov/sites/default/files/2020-12/MYW_MH_Postpartum_FS.pdf

Readability – Grade 5

Also available in Spanish at

https://health.gov/sites/default/files/2020-12/MYW_MH_Postpartum_FS_SP.pdf

“Your Guide to Physical Activity and Your Heart.” **(Print pp. 43-46, 15-16 only)**

https://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

Readability – Grade 8

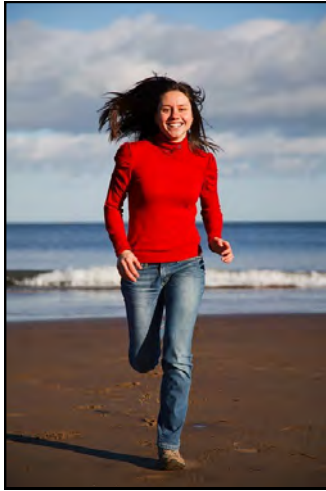
Congratulations!
You have completed your lesson.



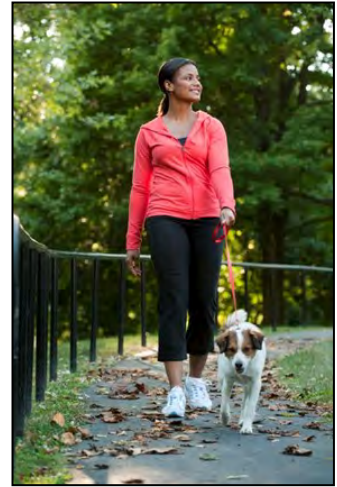
Approval. Courtesy of [Pixabay](#).

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WIC Staff.**

[nserf Tab B divider



Beach Run. Courtesy of [Pixabay](#).



A Woman Walking Her Dog.
Courtesy of [SNAP Photo Gallery](#).

Great effort!

You should be proud that you are making changes to reach and maintain a healthy weight.

Please read one or more of the following articles to help you keep making good choices.



People Walking Outside. Courtesy of [Pixabay](#).

Tab B: Action

Download, print and insert one or more of the Action reading materials below:

“What’s Your Move?” Pregnancy

https://health.gov/sites/default/files/2020-12/MYW_MH_Pregnant_FS.pdf

Readability – Grade 5

Also available in Spanish at

https://health.gov/sites/default/files/2020-12/MYW_MH_Pregnant_FS_SP.pdf

“What’s Your Move? Postpartum

https://health.gov/sites/default/files/2020-12/MYW_MH_Postpartum_FS.pdf

Readability – Grade 5

Also available in Spanish at

https://health.gov/sites/default/files/2020-12/MYW_MH_Postpartum_FS_SP.pdf

“Your Guide to Physical Activity and Your Heart.” **(Print pp. 43-46, 15-16 only)**

https://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

Readability – Grade 8

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You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab C divider

Good for you!

You can do it and you're not alone.

Many people find it challenging to work toward reaching a healthy weight and the effort is worth it.

Reaching a healthy weight can help you have a healthy pregnancy.



Parents With Two Young Children Play Outside With a Handball. Courtesy of [SNAP Photo Gallery](#).

Please read one or more of the following articles to help you.

Download, print and insert one or more of the Preparation reading materials below:

“At-A-Glance. Facts About Healthy Weight.”

https://www.nhlbi.nih.gov/health/public/heart/obesity/healthy_wt_atglance.pdf

Readability - Grade 9

“Guide to Healthier Eating.” **(PDF accessed through link at bottom of page)**

https://www.everywomancalifornia.org/content_display.cfm?categoriesID=75&contentID=317

Readability – Grade 7

Also available in Spanish at

https://www.everywomancalifornia.org/content_display.cfm?categoriesID=75&contentID=318

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab D divider

Wonderful!

It is good that you are considering learning about reaching a healthy weight in the future.



A Woman with Two Children Play on the Swings at a Park. Courtesy of [SNAP Photo Gallery](#).

Please read one or more of the following articles to help you.

Download, print, and insert one or more of the Contemplation reading materials below:

“Climb These Steps to a Healthier You!”

<https://naldc.nal.usda.gov/download/1759318/PDF>

Readability – Grade 6

“Five Steps to a Healthy Weight.”

<http://www.onlineordersff.com/images/pdfs/6574.pdf>

Readability – Grade 7

“Healthy Weight.” **(PDF accessed through link at bottom of page)**

http://www.everywomancalifornia.org/content_display.cfm?categoriesID=80&contentID=294

Readability – Grade 6

Also available in Spanish at

http://www.everywomancalifornia.org/content_display.cfm?categoriesID=80&contentID=294

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab E divider

That's okay.

Please keep in mind that weighing too much during pregnancy can increase your chance of having high blood pressure (sometimes called preeclampsia), diabetes, a C-section, or a baby that is too big.



[Mills, Amanda.](#)



Courtesy of [Pixabay.com](#).

Please read one or more of the following articles.



Woman at WIC Clinic Visit. Courtesy of [WIC Image Gallery](#).

If you would like to learn more, [turn to Tab D.](#)

If you decide later you want to learn more, information is available from our WIC office.

Download, print, and insert one or more of the Pre-Contemplation reading materials below:

“At-A-Glance. Facts About Healthy Weight.”

https://www.nhlbi.nih.gov/health/public/heart/obesity/healthy_wt_atglance.pdf

Readability - Grade 9

“Healthy Weight.” **(PDF accessed through link at bottom of page)**

http://www.everywomancalifornia.org/content_display.cfm?categoriesID=80&contentID=294

Readability – Grade 6

Also available in Spanish at

http://www.everywomancalifornia.org/content_display.cfm?categoriesID=80&contentID=294

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