

# 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.**

[www.michigan.gov/wic](http://www.michigan.gov/wic) August 2014. Revised September 2016.

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

## **Welcome!**

**Congratulations on your pregnancy!**

**It's great that you would like to learn about having a healthy pregnancy—it's your first step to delivering a healthy baby.**

**On the next few pages, you'll find helpful tips to get you started. A WIC nutritionist will be happy to help and answer any questions you might have.**



Nice Apples. Courtesy of [Pixabay](#).

**Are you eating healthy foods and exercising?**

**Yes – Turn to Page 3**

**No – Turn to Page 4**



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

**Have you been successful at eating healthy foods  
and exercising *for several months*?**

**Yes – Turn to Tab A**

**No – Turn to Tab B**



Salad. Courtesy of [Pixabay](#).

**Are you interested in eating healthy foods and exercising?**

**No – Turn to Tab E**

**Yes – Turn to Page 5**



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

**Are you ready to start eating healthy foods and exercising *soon*?**

**Yes – Turn to Tab C**

**No – Turn to Tab D**

[Insert Tab A divider]



[Darling, Molly.](#)

## **Congratulations!**

**It is great you have been eating healthy foods  
and exercising for a while now.**

**Please read the following article(s) to keep making  
good choices.**



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

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

<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>

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 and Vietnamese at

<http://www.onlineordersff.com/images/pdfs/13130.pdf>

<http://www.onlineordersff.com/images/pdfs/13258.pdf>

**Congratulations!**  
**You have completed your lesson.**



Approval. Courtesy of [Pixabay](#).

**Please complete the *Client Feedback Form*  
provided and return it to the appropriate  
WIC Staff.**

[Insert Tab B divider]



Baby Belly. Courtesy of [Pixabay](#).

## Great effort!

**You should be proud that you have been successful at eating healthy foods and exercising.**

**Please read the following article(s) to help you keep making good choices.**

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

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

<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>

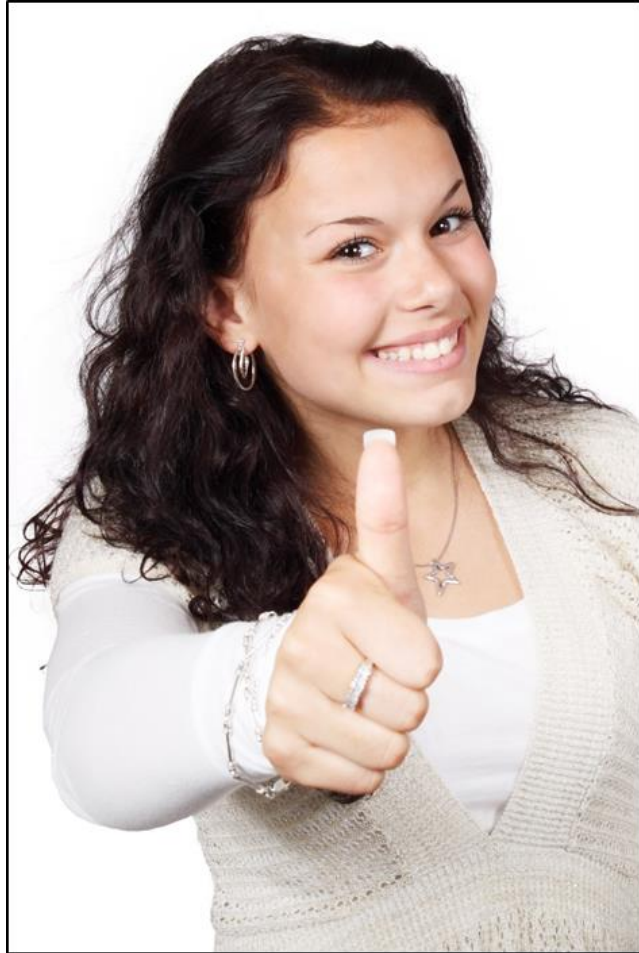
Readability – Grade 8

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

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>

Readability – Grade 11

**Congratulations!**  
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[Insert Tab C divider]



Pregnant Exercise. Courtesy of [healthiermi/Flickr](#).

# Good for you!

## You can do it and you're not alone.

**Many people find it challenging to eat healthy foods and exercise, especially during pregnancy.**

**Eating healthy foods and exercising can help you have a healthy pregnancy.**

**Please read the following article(s) to help you.**



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

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

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.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>)

**Congratulations!**  
**You have completed your lesson.**



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WIC Staff.**

[Insert Tab D divider]



Pregnant Woman. Courtesy of [Pixabay](#).

**That's okay.**

**It is good that you are interested in eating healthy foods and exercising.**

**Please read the following article(s) to help you.**

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

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

<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>

Readability – Grade 8

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

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

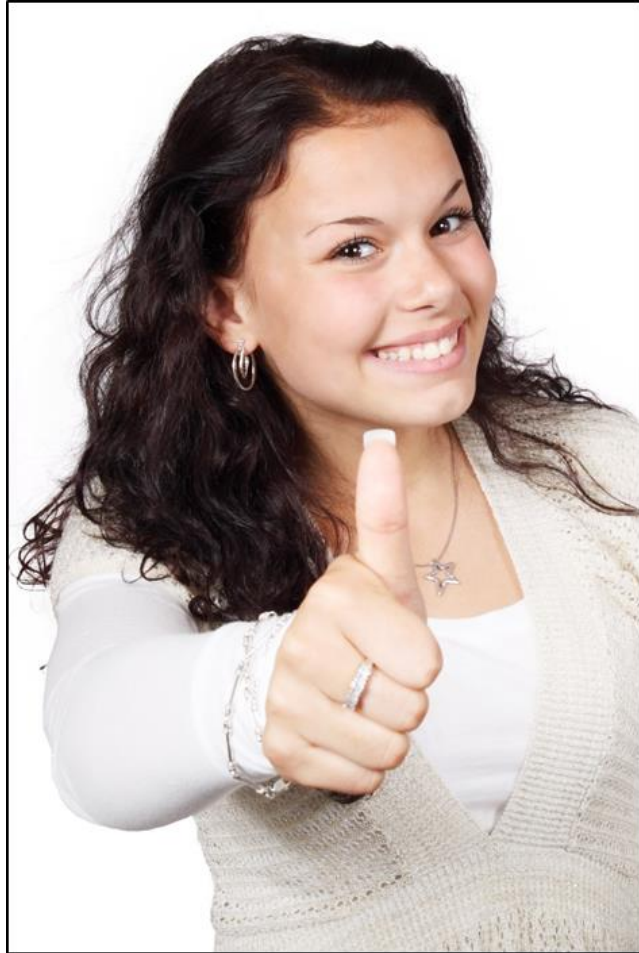
Readability – Grade 8

(Also available in Spanish and Vietnamese at

<http://www.onlineordersff.com/images/pdfs/13130.pdf>

<http://www.onlineordersff.com/images/pdfs/13258.pdf>

**Congratulations!**  
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# That's okay.

Please keep in mind that eating healthy foods and exercising can help you have a healthy pregnancy.

Weighing too much or not enough 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 or too small.

Please read the following article(s).



Preeclampsia. Courtesy of [nih.gov](http://nih.gov).

If you would like to learn more, **turn to Tab D.**

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



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

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

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>

Readability – Grade 11

“I Didn’t Know! My Weight Matters.”

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

Readability – Grade 8

**Congratulations!**  
**You have completed your lesson.**



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