



Michigan WIC
Nutrition Education Module for State
Sharing

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](#).

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.

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.

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”

<https://www.womenshealth.gov/files/documents/fact-sheet-folic-acid.pdf>

Readability - Grade 5

Also available in Spanish at

https://espanol.womenshealth.gov/img/hhswomenshealth/OWH_FS_FolicAcid_ENG_2015_SPA.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”

<https://www.womenshealth.gov/files/documents/fact-sheet-folic-acid.pdf>

Readability - Grade 5

Also available in Spanish at

https://espanol.womenshealth.gov/img/hhswomenshealth/OWH_FS_FolicAcid_ENG_2015_SPA.pdf

“Why Every Woman Needs Folic Acid”

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

Readability – Grade 9

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

Tab C – Preparation

“Congratulations, Mom You Have a Beautiful Baby”

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

Readability - Grade 6

(Also available in Spanish at

https://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf

“Facts About Folic Acid”

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

Readability - Grade 8

Tab D – Contemplation

“Congratulations, Mom You Have a Beautiful Baby”

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

Readability - Grade 6

(Also available in Spanish at

https://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf

“Healthy Mothers Have Healthier Babies with Folic Acid”

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

Readability – Grade 5

Also available in Spanish at

https://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_Spanish508.pdf

“You Deserve To Be Your Very Best!”

https://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”

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

Readability – Grade 7

Also available in Spanish at

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

“Folic Acid for Healthy Babies”

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

Readability – Grade 9

Also available in Spanish (p. 2) at

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

“Folic Acid: Questions and Answers”

https://www.cdc.gov/ncbddd/folicacid/documents/qanda_english.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 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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Before and Between Babies!

Moms Always Need Folic Acid

Client Feedback Form

Congratulations on completing this lesson!

Name: _____ Family #: _____

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 get enough folic acid? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating enough folic acid-rich foods and taking a multi-vitamin with folic acid.
- I plan to *start* eating more foods with folic acid and taking a multi-vitamin with folic acid, *soon*.
- I am *thinking about* eating more foods with folic acid and taking a multi-vitamin with folic acid, *someday*.
- I *don't plan to change* my eating habits and take a multi-vitamin with folic acid.

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

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

This institution is an equal opportunity provider.

Staff Use Only
 MI-WIC NE Topics: Vitamins/Minerals: Folic Acid
 MI-WIC Recorded by:
 Staff initials:

