



Michigan WIC
Nutrition Education Module for State Sharing

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.

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Michigan WIC Nutrition Education Lesson Plan

- I. Title: Before and Between Babies! Be a Healthy, Active Mom**
- II. Target Group:** Pregnant and post-partum women
- III. Suggested MI-WIC NE Topics:** Exercise and Nutrition, Weight: Healthy Weight
- IV. Learning Objectives:**
1. The client will learn at least one strategy they plan to either change or continue to reach a healthy weight.
 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! Be a Healthy, Active Mom* 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 themselves 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! Be a Healthy, Active Mom* 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! Be a Healthy, Active Mom* 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
“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

Tab B – Action

“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

Tab C – Preparation

“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

Tab D – Contemplation

“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

Tab E – Pre-Contemplation

“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

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 to reach a healthy weight. 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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<https://pixabay.com/photos/approval-female-gesture-hand-happy-15914/>.

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<https://wicworks.fns.usda.gov/media/1479>.

“Move Your Way.” Office of Disease Prevention and Health Promotion. U.S. Department of Health and Human Services. 5 March 2021. Web. 5 March 2021. <https://health.gov/moveyourway>

“Parents With Two Young Children Play Outside With a Handball.” Photograph. SNAP Photo Gallery. *SNAP-Ed Connection*. U.S. Department of Agriculture. 7 Feb. 2014. Web. 7 Apr. 2020.

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https://cdn.pixabay.com/photo/2017/08/07/11/30/people-2602862_960_720.jpg.

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<https://pixabay.com/photos/people-walking-outside-city-slick-193359/>.

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[gallery/woman-walking-her-dog.](#)

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



Before and Between Babies! Be a Healthy, Active Mom 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 reach a healthy weight? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating healthy and being active to reach a healthy weight. (M/A)
- I plan to *start* eating healthy and being active to reach a healthy weight, *soon*. (P)
- I am *thinking about* eating healthy and being active to reach a healthy weight, *someday*. (C)
- I *don't plan to change* my eating habits and being active to reach a healthy weight. (PC)

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

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

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Staff Use Only

MI-WIC NE Topics: Exercise and Nutrition, Weight: Healthy Weight

MI-WIC Recorded by:

Staff initials:

Key

Before and Between Babies! Be a Healthy, Active Mom Client Feedback Form

Congratulations on completing this lesson!

Name: _____

Family #: _____

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

(The letter the client circles (A – Maintenance, B – Action, C – Preparation, D – Contemplation, or E – Pre-Contemplation) reflects their stage of change prior to reading the materials at the end of the section. The check boxes below reflect the client's stage of change intent at completion of the lesson.)

Please answer the following: *These responses can be used as client feedback and/or for counseling.*

Did you enjoy this topic? Yes No

Did you learn something to help you reach a healthy weight? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating healthy and being active to reach a healthy weight. *Maintenance/Action*
- I plan to *start* eating healthy and being active to reach a healthy weight, *soon*. *Preparation*
- I am *thinking about* eating healthy and being active to reach a healthy weight, *someday*. *Contemplation*
- I *don't plan to change* my eating habits and being active to reach a healthy weight. *Pre-Contemplation*

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

Would you like to talk with a WIC nutritionist? Yes *If yes, please refer the client to a nutritionist*
No

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Staff initials: