



**Trainee Edition**

Nevada WIC Training

# Postpartum Nutrition Guidebook





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## What Will You Learn?

During a woman's postpartum appointment, much of the attention is on the baby. However, counseling for the mom is also important. After completing this course, the trainee will be more prepared to help new moms understand their nutritional needs, make healthy choices for themselves, and set goals to improve their health. Postpartum nutrition is not covered in detail in this course; refer the trainee to the Postpartum Nutrition LMS course for information about postpartum nutrition.

The Postpartum Nutrition LMS Course consists of two modules:

Module 1: Postpartum Nutrition and Weight

Module 2: Behaviors, Issues, and Outcomes

After completing the Postpartum Nutrition course, you will be able to:

- Identify key nutrients for postpartum health
- Identify appropriate responses when talking about weight with a WIC participant
- Demonstrate how to form a reflective listening statement
- Explain the differences between the stages of change: precontemplation, contemplation, preparation, action, and maintenance
- Give one example of an open-ended question used to explore potential behavior change with a WIC participant
- Describe complications that overweight and obese women may experience during pregnancy
- Describe benefits of incorporating physical activity into a postpartum woman's life

## Items Needed for This Course

- Pen or pencil
- Access to the website: [www.choosemyplate.gov](http://www.choosemyplate.gov) (for Module 3 Activity 4)
- Local Agency Referral List

## Recommended Time

- Approximate time it takes to complete the Postpartum Nutrition course: 2-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 1 hour

## Things to Remember

- The guidebook is yours to keep.
- You are encouraged to take notes, highlight, write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the Postpartum Nutrition course, or ask any questions about additional topics related to postpartum nutrition.

## Postpartum Nutrition Course Instructions

Begin the Postpartum Nutrition course. Please complete the steps in the following order:

- Log onto <https://nvwic.instructure.com/login/canvas>
- Open the Postpartum Nutrition course.
- Complete the Postpartum Nutrition Guidebook Activities, either individually, with other trainees, or with your trainer.
- Complete Postpartum Nutrition Post-Test.
- Meet with your trainer to discuss each module and the activities.

## **Module 1: Introduction to Postpartum Nutrition**

### MODULE COMPETENCIES:

1. Trainees identify key nutrients for postpartum health.
2. Trainees identify appropriate responses when talking about weight with a WIC participant.
3. Trainees demonstrate how to form a reflective listening statement.
4. Trainees explain the differences between the stages of change: precontemplation, contemplation, preparation, action, and maintenance.
5. Trainees give one example of an open-ended question used to explore potential behavior change with a WIC participant.

**Module 1: Activity 1**

With the trainer, discuss your role in postpartum nutrition promotion and support, then complete the following questions.

**Instructions:** Match key nutrients for postpartum health with the food sources containing that key nutrient. Next, create a meal that includes foods which contain these four key nutrients. (Module 1, slides 6, 7, 9 and 12)

**Key Nutrients**

- Folic Acid
- Calcium
- Iron
- Protein

**Food Sources**

- a. beef, chicken, pork, fish, dried beans, tofu, fortified cereals
- b. milk, yogurt, cheese
- c. eggs, beef, chicken, pork, fish, beans, lentils, nuts, tofu, milk, yogurt, cheese
- d. Legumes, leafy greens, orange juice, asparagus, fortified cereals and breads

My Meal	
Food	Key Nutrient(s)
<b><u>Sample Meal:</u></b>	



**Module 1: Activity 2****Mock Scenario - Common Postpartum Nutrition Concerns:**

Salina is a new mother who is 6 weeks postpartum. She is 5 feet 4 inches tall and currently weighs 174 pounds. Salina tells you that she hopes to lose the weight she gained during her pregnancy and, over time, reach a healthy weight. Salina has been very focused on her new infant and is now ready to focus on herself and change some of her current eating habits.

Based on this scenario, *check* (✓) each of the remarks below that would be an appropriate reply when talking with this participant. Please explain why each statement is or is not appropriate.

1. \_\_\_\_\_ "This BMI table shows you're going to have to lose at least 30 pounds to get to a healthy weight, and even more would be better."
  
  
  
  
  
  
  
  
  
  
2. \_\_\_\_\_ "Now that you've had the baby, this is a great time to start making some changes in your eating habits and your activity level. Tell me more about what you've already done to change some of your eating habits, if anything."
  
  
  
  
  
  
  
  
  
  
3. \_\_\_\_\_ "Look at this great diet I found in a magazine yesterday. It said you could lose up to 5 pounds per week."

4. \_\_\_\_\_ “When I had my baby, I lost all the extra weight in 6 months. I bet you could do that too.”

5. \_\_\_\_\_ “I heard you say you would like to improve your weight. It’s great you’re ready to make a change. It’s going to take some time for your body to adjust and lose the extra weight.”

6. \_\_\_\_\_ “What have you heard about healthy ways to lose weight?”

7. Your own reply based on the scenario:

## Module 1: Activity 3

### Reflective Listening Activity – Shared Decision Making

**Instructions:** Review the key points below about reflective listening. Next, read statements made by postpartum women about nutrition and physical activity. Practice forming **reflective listening statements** for each statement.

#### **Key Points About Reflective Listening:**

A reflection is a brief response that lets the speaker know that you've been listening. It is not a question. Reflecting helps you check your understanding of what is being said and is also a way to show that you understand.

To form useful reflective listening statements, ask yourself:

- What do you think she means?
- Why might this be important to her?
- What might she be feeling about this?
- What might this really mean to her?
- What might she be trying to say that isn't coming out?
- What else might this mean?

Examples of how to begin your reflective listening statement:

- "So you..."
- "You are..."
- "You think..."
- "You don't think..."
- "You feel..."
- "It sounds like..."
- "It seems that..."
- "What you're saying is..."
- "You're wondering if..."
- "In other words..."
- "It looks like..."
- "I feel as though..."

<b>Postpartum woman:</b>	<b>Your reflective listening response:</b>
<p>I enjoy going to aerobics classes, but I can't afford to join a gym right now.</p>	
<p>I like to walk, but I don't always feel safe walking alone in my neighborhood.</p>	
<p>I have never exercised. I just don't enjoy things like jogging, swimming, or aerobics.</p>	
<p>I want to lose weight, but with a 6-month-old, it is hard to find time to exercise.</p>	
<p>I'm hungry but I can't always find time to eat.</p>	
<p>I feel so busy since having the baby, and I don't have much of an appetite. I'm exhausted and wish I could sleep more.</p>	

## Module 1: Activity 4

**Mock Scenario:** You are certifying a postpartum woman and during your assessment, you introduce the card sort tool for postpartum women. You ask her to choose her biggest concerns and she identifies “my weight” and “exercising.” She says she is already working on her diet, and exercise is where she struggles.

- Postpartum participant states: “I enjoy going to aerobics classes, but I can’t afford to join a gym right now.”
- Trainee reflects: “So it sounds like you would take more aerobics classes if it was more affordable.”
- Participant responds: “Yes, I would like to lose weight and I always feel better after I exercise.”

### Think It Through:

- a. Based on this brief conversation, does this WIC participant seem to understand the advantage of change? Why or why not?
  
  
  
  
  
  
  
  
  
  
- b. In what stage of change is this WIC participant?  
[Refer to “WIC Listens - Stages of Change” handout]
  
  
  
  
  
  
  
  
  
  
- c. You’re finished with the assessment. You are hoping to move the participant from the contemplation stage to the preparation stage. What can you say or ask the participant to encourage her to start talking about behavior change?

Trainee asks: “How important would you say it is for you to find a solution for incorporating affordable exercise into your life? On a scale of 1 to 10, where 1 is not at all important and 10 is extremely important, where would you say you are?”

Postpartum participant responds: “Losing this baby weight and feeling good are very important to me. I would say I am an 8.”

Trainee responds: “That’s great! I can tell exercise is very important to you.”

### **Techniques to Introduce Education to the WIC Participant**

#### **Option #1: Trainee asks participant to identify their own ideas for change.**

- d. What are examples of questions you can ask the participant to begin a conversation about potential solutions? Hint: Ask questions in a way which allow the participant to come up with her own ideas. Keep in mind that you’re still hoping to move her from contemplation to preparation.

#### **Option #2: Trainee asks the participant for permission to share information.**

- e. How could you bring up a suggestion for a mom who doesn’t have any ideas? Hint: Remember to ask permission before sharing.

#### **Option #3: Trainee presents a list of possible topics from which the participant can choose (such as with a circle chart format).**

- f. What are three suitable topics related to physical activity that you can offer to talk about with the participant in order to narrow down the focus of the appointment?

- g. If necessary, what are options for nutrition education material that you might introduce to the WIC participant?
  
  
  
  
  
  
  
  
  
  
- h. Before offering information such as the nutrition education material, is it necessary to ask the WIC participant for permission to show her the material? Why or why not?
  
  
  
  
  
  
  
  
  
  
- i. Now take a moment to write down how you might ask for permission to share information.

Trainee asks: "I have a handout that you might find helpful. Would you like to look at it together?"  
WIC participant responds: "Sure."

*Trainee and WIC participant review one or two key points of the handout together.*

- j. What might the trainee say to the participant after reviewing the handout? Choose the best answer(s).
  - a. Which of these ideas can you see working for you?

- b. How do you feel about using one of these suggestions right now?
- c. Can you see how many options you have now?
- d. If you decide to include activities like these into your daily life, what would need to change?
- k. Imagine a specific response (or use an example given by your trainer) that the participant may give in letter j (above) to set a goal with the participant. Write a closing statement that includes a brief summary of the visit. Include:
- ✓ Participant's identified goal(s) (make one up)
  - ✓ Expression of appreciation
  - ✓ Expression of confidence and hope

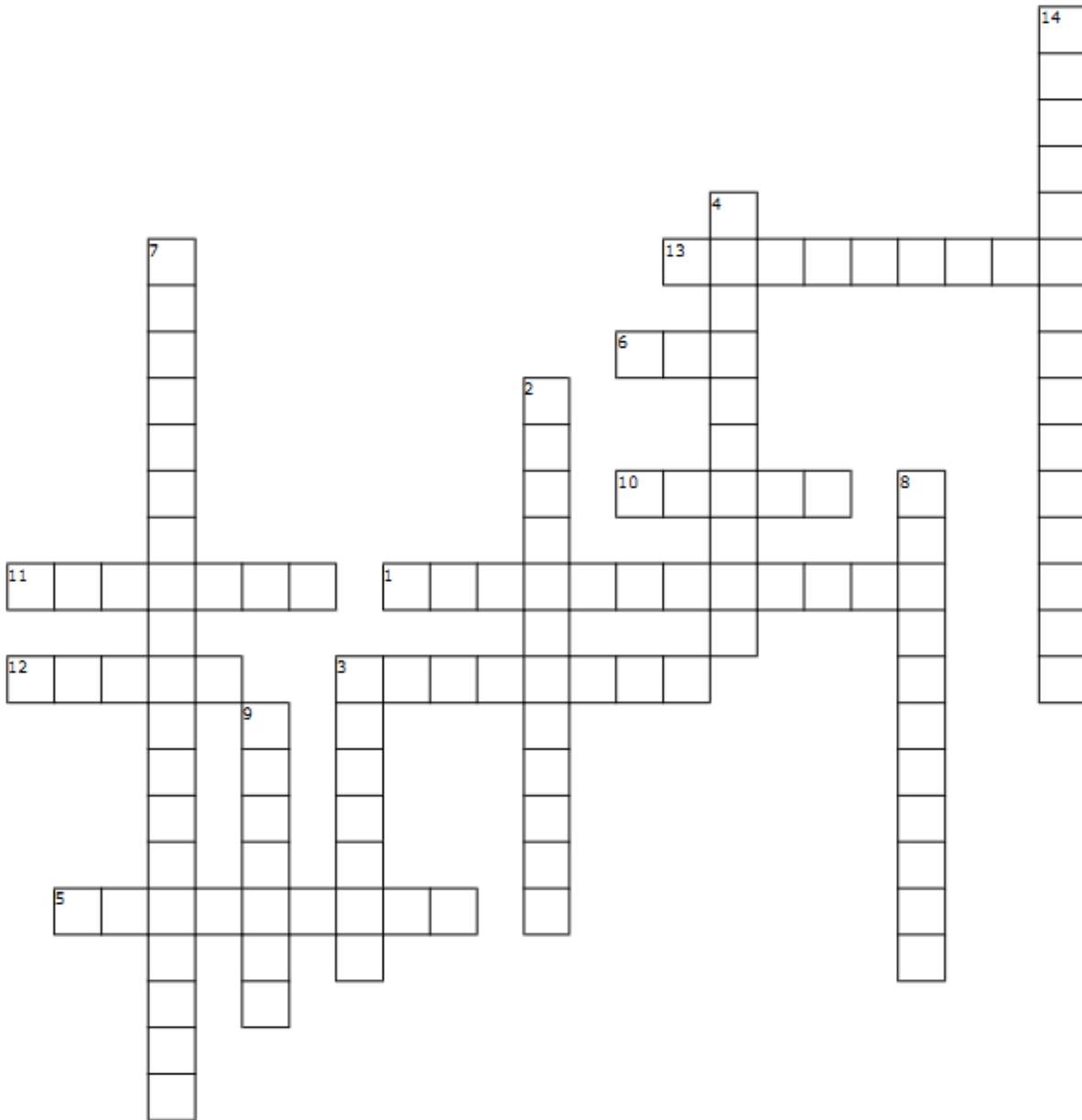


**Module 2: Behaviors, Issues, and Outcomes**

MODULE COMPETENCIES:

1. Trainees describe complications that overweight and obese women may experience during pregnancy.
2. Trainees describe benefits for incorporating physical activity into a postpartum woman’s life.

**Module 2: Activity 1**



**ACROSS:**

1. A long-term health risk associated with a woman being overweight or obese.
3. What is the substance found in coffee and some sodas and teas that transfers through breastmilk to the infant?
5. Mood swings, crying easily and for no reason, and uncertainty about caring for a new baby are three symptoms of this postpartum medical issue.
6. It is recommended for postpartum women to decrease this “greasy” ingredient in foods to help return to a healthy weight.
10. Overweight and obese women experience more infertility and are at an increased risk of having a baby with \_\_\_\_\_ defects.
11. If a breastfed baby has a weak suck, irritability, excess drowsiness, weakness, and decreased linear growth, what substance in the mother’s breastmilk might be causing this?
12. It is recommended for postpartum women to decrease this “simple” ingredient in foods to help return to a healthy weight.
13. What vitamin is important for all postpartum women to take to help prevent up to 70% of neural tube defects?

**DOWN:**

2. Another name for high blood pressure, which is a long-term health risk associated with a woman being overweight or obese.
3. Women ages 19 and older need 1000 milligrams per day of this mineral that is important for bone health.
4. Parents should avoid sharing this mouth cleaning tool with their child.
7. This medical issue refers to high blood sugar levels which can develop during pregnancy.
8. Stretching your muscles improves this and is a benefit of incorporating physical activity into a postpartum woman’s life.
9. Incorporating physical activity into a postpartum woman’s life improves this type of fitness.
14. An infant exposed to this is at an increased risk for sudden infant death syndrome (SIDS), ear infections, and respiratory illnesses.

**Competency Achievement Checklist/Postpartum Nutrition Curriculum**

Trainee's Name \_\_\_\_\_

Local Agency \_\_\_\_\_

Competency Achievement Checklist Postpartum Nutrition Curriculum			
At This Checkpoint:	Evaluate this:	Competency Achievement Date	Initials
LMS Pre-test	Trainee completed the LMS Pre-test.		
Learning Activities	Trainee accurately <i>completed</i> all activities specified for this course.		
	All activities were <i>discussed</i> with the trainee and reviewed for accuracy.		
Competencies	Trainee is able to identify key nutrients for postpartum health.		
	Trainee is able to identify appropriate responses when talking about weight with a WIC participant.		
	Trainee is able to demonstrate how to form a reflective listening statement.		
	Trainee is able to explain the differences between the stages of change: precontemplation, contemplation, preparation, action and maintenance.		
	Trainee is able to give one example of an open-ended question used to explore potential behavior change with the WIC participant.		
	Trainee is able to describe complications that overweight and obese women may experience during pregnancy.		
	Trainee is able to describe benefits for incorporating physical activity into a postpartum woman's life.		
LMS Post-test	Trainee has achieved a score of 80% or better.		

I verify that \_\_\_\_\_ has achieved the learning objectives of the *Online Postpartum Nutrition Course* and is competent to continue with WIC training. The trainee meets the criteria set by the State WIC Office to receive a *Certificate of Completion* for this course.

Trainer(s) Signature \_\_\_\_\_ Date \_\_\_\_\_

**\*File this signed Competency Achievement Checklist in the appropriate employee training file, in accordance with WIC policy.**