

## “Illinois WIC Talk” Topic Guide

### Topic

- Tips for a Healthy You after Delivery

### Target Audience

- Postpartum or Breastfeeding Moms

### Key Messages

- Live a healthy lifestyle
  - Keep breastfeeding your baby
  - Eat the right foods
  - Do something active every day
  - Get to a healthy weight soon after pregnancy
  - Take a multivitamin with 400 micrograms of folic acid every day

### Handouts

- Tips for a Healthy You: After Delivery (DHS Order Form)
- Optional: Baby Legs (postpartum weight loss)  
([www.touchinghearts.touchingminds.com](http://www.touchinghearts.touchingminds.com) )

### References / Presenter Resources

- Pam McCarthy and Associates, Inc., [Massachusetts WIC Nutrition Program](#), Nutrition Division, Massachusetts Department of Public Health; The Touching Hearts, Touching Minds project, [touchingheartstouchingminds.com](http://touchingheartstouchingminds.com)
- United States Department of Agriculture, [www.choosemyplate.gov](http://www.choosemyplate.gov)
- March of Dimes, <http://www.marchofdimes.com>
- “Tips for Good Health”, Background for Staff (sent by email from Central Office 9.14.10).

# “Illinois WIC Talk” Topic Guide

## 1) Group Education

### Lesson Plan

#### Materials

- Handouts listed on Cover Page
- Paper and pencils/pens/markers

#### Lesson Plan Overview

##### OPEN:

- **What makes someone a great mom? That’s an age-old question that every mother struggles with.**
- **If there is one thing that you could do for yourself now that your baby is born, what would it be?**

##### DIG:

*Use several of the following questions to get learners to open up and share.*

- **Do mothers who practice a healthier lifestyle—know more than others? Or —feel differently about health than others?**
- **What does it take to have a healthier lifestyle and/or lose weight after pregnancy?**
- **What are real barriers to reaching a healthy weight or adopting a healthier lifestyle after pregnancy?**

##### CONNECT:

*Use several of the following questions to reflect on personal needs and wants.*

- **How does making yourself feel better help your baby?**
- **How would it help to pay more attention to yourself if you became pregnant again?**
- **How would your pregnancy have been different if you had taken more time for yourself?**
- **How does the amount of weight you gained during your pregnancy affect how you feel now?**
- **How would you feel if you could achieve your weight goal?**

**Let’s look at the handout “Tips for a Healthy You: After Delivery”, page 2 “How to Live a healthy lifestyle”.**

*Use open questions to discuss each bubble (example):*

- **Why is that important to you? How do you feel about that point?**

##### ACT:

- **What actions can you take this week to help you achieve your goals for staying healthy?**

**Being at a healthy weight is important if you become pregnant again. What advice from page 2 “Move toward a healthier weight” would you give to another mom?**

# “Illinois WIC Talk” Topic Guide

## Methods

**OPEN:** Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

- Introduce yourself, credentials, and briefly introduce the topic
  - State how long the session will be (should be less than 30 minutes)

## Activity

- **What makes someone a great mom? That’s an age-old question that every mother struggles with.**

*Encourage participants to share responses.*

- A researcher recently did over 1,000 interviews to find out what moms thought about what makes a great mom. But before I reveal their “top ten list”, let’s make our own top ten list of what makes a great mom. (Record responses on a flip chart, board or paper.)

*Reveal the Top 10 Characteristics of “Great Moms” gathered from the interviews:*

1. No matter what else is going on in her life, family comes first.
2. A great mom has achieved the right balance in her work time, family time and time to herself.
3. Puts her own needs on hold for her children.
4. Keeps a close eye on her kids’ friends.
5. Puts limits on time her kids can spend with video games and/or the Internet.
6. Her kids are her whole world.
7. Family eats dinner together every night.
8. Teaches her kids as early as possible to be independent.
9. Puts limits on time kids can watch TV.
10. Arranges her schedule around her children’s school events.

- **How does this compare with our top ten list? Which responses do you agree with? Disagree?**
- **If there is one thing that you could do for yourself now that your baby is born, what would it be?**

**Today we are going to talk about one thing you could do for yourself - live a healthier lifestyle and move toward a healthier weight.**

*Idea: Ask participants to write, draw or share what they would like to learn related to today’s topic.*

## “Illinois WIC Talk” Topic Guide

**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up and share their memories and experiences and get closer to the topic.

*Use several of the following questions to get learners to open up and share.*

- **Do mothers who practice a healthier lifestyle—know more than others? Or —feel differently about health than others?**
- **What does it take to have a healthier lifestyle and/or lose weight after pregnancy?**
- **What are real barriers to reaching a healthy weight or adopting a healthier lifestyle after pregnancy?**

### Sample Responses

- *Belief that weight loss isn't realistic or possible after having a baby.*
- *Accepting extra baby fat as part of motherhood.*
- *Perception that being a good mother means being focused only on the baby.*
- *Perception that focusing on your weight is selfish or unimportant.*
- *Belief (or hope) that weight will drop off magically during the first year.*
- *Planning to have another baby soon so not recognizing weight loss as important or practical until after the next baby.*
- *Belief (or hope) that breastfeeding mothers shouldn't be active or eat low-calorie foods.*
- *Accustomed to eating more during pregnancy and unwilling or unable to cut back.*
- *Eating for comfort. Parenting a new baby can be stressful and some parents reach for foods to get them through tough times.*
- *Eating out of loneliness. Some moms miss the stimulation of work and friends and find food a convenient substitute that feeds their loneliness.*
- *Eating because of tiredness and the belief that it will provide energy.*
- *Some traditional cultural foods for postpartum women are high in fat and calories.*

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

*Use several of the following questions to reflect on personal needs and wants.*

- **How does making yourself feel better help your baby?**
- **How would it help to pay more attention to yourself if you became pregnant again?**
- **How would your pregnancy have been different if you had taken more time for yourself?**
- **How does the amount of weight you gained during your pregnancy affect how you feel now?**
- **How would you feel if you could achieve your weight goal?**

## “Illinois WIC Talk” Topic Guide

Let’s look at the handout “Tips for a Healthy You: After Delivery”, page 2 “How to Live a Healthy Lifestyle”.

*Use open questions to discuss each bubble (example):*

- Why is that important to you?
- How do you feel about that point?

**Being at a healthy weight is important if you become pregnant again. What advice from page 2 “Move toward a healthier weight” would you give to another mom?**

**ACT:** During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

- **What actions can you take this week to help you achieve your goals for staying healthy?**

*Sample Responses:*

- Breastfeed! It’s every mother’s secret weight loss tool.
- Walk with your baby in a stroller or front pack. Talk about the trees, birds and clouds. Tell your baby about the dreams you have for her life. Share your feelings about baby being a part of your life.
- Buy and use an inexpensive exercise video/DVD with music or borrow them from your local library. Let your baby watch as you dance - pick him up and gently sway to the music.
- Eat just until full. Your miraculous body will still produce all the breast milk needed. Don’t let breastfeeding become an excuse for donuts or chips.
- Feeling too tired to exercise? A brisk walk in the fresh air may revitalize you.
- Feeling lonely? Find another new mother and walk with your child into a new friendship. Or call your local hospital and join a new mothers group.
- Be patient and realistic. Healthy weight loss is no more than 1-2 pounds a week.
- Drink more water; it makes you feel full.

**Encourage learners to complete page 2 from “Tips for a Healthy You: After Delivery”, “My goals for staying healthy after I deliver”.**

## “Illinois WIC Talk” Topic Guide

### 2) Individual Education

The following are examples of open ended questions that can be used to emphasize the key messages listed on the Cover Page.

#### **OPEN:**

- **If there is one thing that you could do for yourself now that your baby is born, what would it be?**

#### **DIG:**

*Use several of the following questions to get learners to open up and share.*

- **Do mothers who practice a healthier lifestyle—know more than others? Or —feel differently about health than others?**
- **What does it take to have a healthier lifestyle and/or lose weight after pregnancy?**
- **What are real barriers to reaching a healthy weight or adopting a healthier lifestyle after pregnancy?**

#### **CONNECT:**

*Use several of the following questions to reflect on personal needs and wants.*

- **How does making yourself feel better help your baby?**
- **How would it help to pay more attention to yourself if you became pregnant again?**
- **How would your pregnancy have been different if you had taken more time for yourself?**
- **How does the amount of weight you gained during your pregnancy affect how you feel now?**
- **How would you feel if you could achieve your weight goal?**

**Let’s look at the handout “Tips for a Healthy You: After Delivery”, page 2 “How to Live a healthy lifestyle”.**

*Use open questions to discuss each bubble (example):*

- **Why is that important to you?**
- **How do you feel about that point?**

**Being at a healthy weight is important if you become pregnant again. What advice from page 2 “Move toward a healthier weight” would you give to another mom?**

#### **ACT:**

- **What actions can you take this week to help you achieve your goals for staying healthy?**

**Encourage learners to complete page 2 from “Tips for a Healthy You: After Delivery”, “My goals for staying healthy after I deliver”.**

## **“Illinois WIC Talk” Topic Guide**

### **3) Self-Study Module (SSM)**

#### **Procedures**

*Agencies must have a procedure for using SSM, PPM NE 5.2*

#### **Methods**

- Have participant review handouts listed on the Cover Page.
- Have participant complete section 1
  - Encourage participant to indicate which foods they should eat more or less of.
- Ask participant to review section 2
  - Encourage participant to color the bubbles in that are important to them or they would like to learn more about.
- Have participant set a goal in section 3
- Ask participant if she would like to talk with a CHP about the information or if she has any questions.



# Tips for a Healthy You: After Delivery

Eat healthy and be active • Take your folic acid  
Keep breastfeeding your baby • Get to a healthy weight



## 1. Eat the right foods

Mark an up ↑ or down ↓ in the □ next to any food group you feel you need to eat more (↑) or less (↓).  
If you feel you are eating enough from any of the food groups draw a ☺ next to that food group.

 <b>Grains</b> □	 <b>Vegetables</b> □	 <b>Fruits</b> □	 <b>Milk</b> □	 <b>Meats &amp; Beans</b> □	 <b>Extras</b> □
6 ounces	2 1/2 cups	2 cups	3 cups	5 1/2 ounces	Limit these Foods
<b>MAKE HALF YOUR GRAINS WHOLE</b> Bread, pita, tortilla Pasta, noodles Rice Cereals  <i>Choose foods with "whole grain or whole wheat" first in the ingredient list. This will add fiber, antioxidants and minerals.</i>	<b>VARY YOUR VEGGIES</b> Fresh Frozen Canned  <i>Eat more dark-green, red and orange vegetables and cooked dry beans.</i>	<b>EAT A VARIETY OF FRUITS</b> Fresh Frozen Canned  <i>Go easy on fruit juices.</i>	<b>GET YOUR CALCIUM-RICH FOODS</b> Milk Cheese Yogurt Soymilk  <i>Try low-fat or fat free.</i>  <i>Low-fat milk offers the same calcium as whole milk!</i>	<b>GO LEAN WITH PROTEIN</b> Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs Soy products  <i>These are good sources of iron and protein. For leaner choices, try meats with "round" or "loin" in the name, 90% lean and remove skin or fat from meats.</i>	<b>FOODS HIGH IN FATS, SUGARS AND SODIUM</b> Soda Candy Cookies/cakes Butter Mayonnaise Fried foods  <i>Limit extras to 1 or 2 a day or about 265 calories a day.</i>  <i>Use oil to replace solid fat.</i>



\* Choose drinks that won't weigh you down, like water or unsweetened ice tea. While you are breastfeeding, your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst.

Amounts listed are for an average 2000 calorie diet, you may need to eat more or less. When you are breastfeeding, you have a higher need for some vitamins and minerals. For more information and to develop a plan just for you, go to [www.MyPyramid.gov](http://www.MyPyramid.gov).

## 2. Live a healthy lifestyle (color in the bubbles you would like to learn more about or write in your own idea)

**PLAN** when you want to have another baby.  
*Use a reliable form of birth control until you're ready.*

**SCHEDULE** a doctor/dental visit every year.

**HAVE FUN!**  
*Learn to lower your stress.*

The sooner you quit smoking or using drugs the healthier you will be!

**DO** something active every day.  
*Try at least 30 minutes most days of the week.*

Avoid exposure to chemicals and other harmful substances.

**EAT** the right foods.

Get to a healthy weight.

**TAKE** a vitamin supplement that has at least 400 micrograms of folic acid every day.

## 3. Move toward a healthier weight

Being at a healthy weight is important if you become pregnant again. If you are significantly overweight, you increase your risk of developing many health problems. To reach a healthy weight for you, follow the advice above and in addition:

- 1) Keep breastfeeding your baby. If you exclusively breastfeed for more than 3 months you lose more weight than if you don't.
- 2) Focus on how much you eat. Watch your portion sizes!
- 3) Don't skip meals and eat a healthy breakfast every day (include whole grains, fruit, and low fat dairy or lean meat).
- 4) Keep a notebook to track your progress. Write down what you eat and drink and when you are active.
- 5) Identify a support system, for example a friend or family member who will help you reach your goals.

### My goals for staying healthy after I deliver: I will...

- Learn what and how much to eat from each food group: Eat more \_\_\_\_\_; Eat less \_\_\_\_\_
- Plan my next baby
- Take a multivitamin every day
- Be active every day
- Continue to breastfeed my baby
- Keep a notebook to track my progress
- Other \_\_\_\_\_



# Consejos Para Mantenerse Saludable: Después del Parto



Coma saludablemente y manténgase activa • Tome ácido fólico  
Continúe amamantando a su bebé • Alcance un peso saludable

## 1. Aliméntese con alimentos correctos

Indique con la flecha hacia arriba (↑) si usted piensa que debe comer más o la flecha hacia abajo (↓) si piensa que debe comer menos de cada grupo de alimentos. Si piensa que está comiendo lo suficiente de cada grupo de alimentos dibuje una 😊 al lado del grupo de alimentos.

<b>Granos</b> ■	<b>Verduras</b> ■	<b>Frutas</b> ■	<b>Leche</b> ■	<b>Carnes &amp; Granos</b> ■	<b>Extras</b> ■
6 onzas	2 1/2 tazas	2 tazas	3 tazas	5 1/2 onzas	Limite estas comidas
<p><b>LA MITAD DE LOS GRANOS DEBEN SER ENTEROS</b></p> <p>Pan, Pan Pita, Tortilla Pasta, Fideos Arroz Cereales</p> <p><i>Busque en la lista de ingredientes, escoja alimentos con "granos integrales o trigo integral". Esto añadirá fibra, antioxidantes y minerales.</i></p>	<p><b>VARÍE SUS VERDURAS</b></p> <p>Frescas Congeladas Envazadas</p> <p><i>Coma más verduras o vegetales verdes oscuros, rojos y color naranja y cueza frijoles secos.</i></p>	<p><b>COMA UNA VARIEDAD DE FRUTAS</b></p> <p>Frescas Congeladas Envazadas</p> <p><i>No tome muchos jugos de frutas.</i></p>	<p><b>OBTENGA ALIMENTOS RICOS EN CALCIO</b></p> <p>Leche Queso Yogurt Leche de Soya</p> <p><i>Coma alimentos bajos de grasa o sin grasa.</i></p> <p><i>La leche baja en grasa le da el mismo calcio que la leche normal!</i></p>	<p><b>COMA CARNES MAGRAS CON PROTEÍNAS</b></p> <p>Res y cerdo (puerco) Aves Mariscos (coma una variedad) Granos y chícharos Nueces o mantequilla de maní Huevos Productos de soya</p> <p><i>Estos son buenos en hierro y proteínas. Para selecciones magras (con poca grasa), pruebe carnes con el nombre de "round" o "loin" (lomo), 90% magra y quíteles el cuero o grasa de las carnes.</i></p>	<p><b>COMIDAS ALTAS EN GRASA, AZÚCAR Y SODIO</b></p> <p>Soda Dulces Galletas dulces / pastel o torta Mantequilla Mayonesa Comidas Fritas</p> <p><i>Limite los extras a 1 o 2 por día o cerca de 265 calorías por día. Use aceite para reemplazar grasas sólidas.</i></p>

\* Escoja bebidas que después, no le pese, como agua o té sin azúcar. Mientras esté lactando o amamantando necesita aumentar la cantidad de líquidos que injiere. Notará que está más sedienta que antes. Tome suficiente agua y otros líquidos para saciar la sed.

Las cantidades indicadas son para una dieta de un promedio de 2000 calorías, puede ser que usted necesite comer algo más o menos. Cuando está amamantando, necesita más vitaminas y minerales. Para más información y desarrollar un plan para usted, vaya a [www.MyPyramid.gov](http://www.MyPyramid.gov).

## 2. Mantenga un estilo de vida saludable (coloree las burbujas sobre lo que usted desea aprender o escriba sus ideas)

**PLANEE** cuándo desea tener otro bebé. Use un método fiable de control de la natalidad hasta que esté lista.

**HAGA CITAS** con su médico / dentista cada año.

**DIVIÉRTASE!**  
Aprenda a disminuir el estrés.

Mientras más rápido deje de fumar o usar drogas, más saludable será!

**HAGA** algo activo todos los días.  
Trate la actividad por lo menos 30 minutos casi todos los días de la semana.

Evite exponerse a químicos y otras sustancias peligrosas.

Aliméntese con alimentos apropiados.

Alcance un peso saludable.

**TOME** suplementos de vitaminas que tengan 400 microgramos de ácido fólico todos los días.

## 3. Alcance un peso saludable

Tener buen peso es muy importante, si es que desea quedar embarazada de nuevo. Si tiene un sobrepeso significativo, aumenta el riesgo de desarrollar muchos problemas de salud. Para alcanzar un peso saludable, siga los consejos indicados arriba y además:

- 1) Continúe amamantando a su bebé. Si amamanta exclusivamente más de 3 meses, pierde más peso que si no lo hace.
- 2) Enfóquese en cuánto come usted. ¡Cuide las cantidades!
- 3) No salte las comidas y coma un desayuno saludable todos los días (incluya granos integrales, frutas y productos lácteos desnatados o carnes magras).
- 4) Tenga un cuaderno para anotar su progreso. Escriba lo que usted come y bebe y cuando tiene sus actividades físicas.
- 5) Identifique un sistema de apoyo, por ejemplo un amigo o miembro de su familia que le puedan ayudar a alcanzar sus metas.

## Mis metas para mantenerme saludable después del parto: Yo...

- Aprenderé qué y cuánto debo comer de cada grupo de alimentos: comeré más \_\_\_\_\_; Comeré menos \_\_\_\_\_
- Planificaré mi próximo bebé
- Continuaré amamantando o lactando a mi bebé
- Tomaré vitaminas múltiples cada día
- Escribiré mi progreso en un cuaderno
- Estaré activa todos los días
- Otro \_\_\_\_\_

# Background for Staff

## **Tips For Good Health**

- 1. Eat a healthy diet and get to a healthy weight:**

60% of Americans are overweight. Women have a greater challenge with losing the excess weight they may have gained during their pregnancy. (Breastfeeding can help with losing some of this weight.)

With each pregnancy this pattern could continue, leading to obesity over time. Research has shown that obese and overweight women are at greater risk for gestational diabetes, PIH or pregnancy induced hypertension (high BP, toxemia), pre-term labor, and maternal mortality. After delivery, overweight and obese women have more difficulty initiating and maintaining breastfeeding than do women of normal weight.
- 2. Be physically active every day:** Being physically active for at least 30 minutes every day is important for good health and can help with weight maintenance. Sitting or being sedentary for long periods of time is not healthy. A woman who is physically active before and during her pregnancy will have a greater chance of having an easier delivery and a healthy baby.
- 3. Get a medical and dental checkup every year:** An annual physical and dental check up is recommended for everyone. Research indicates that poor oral health in pregnant women is linked to pre term labor. Before getting pregnant, women should be current with their immunizations, and should be tested for diabetes, high blood pressure, infections and other health problems.
- 4. Take a multivitamin with folic acid daily:** Most Americans do not get all their nutritional needs met through food. To ensure that you meet all your nutrient needs, it is suggested to take a multivitamin supplement everyday. It is recommended that all women of child bearing age take a multivitamin supplement with **400 micrograms of folic acid to prevent neural tube birth defects.**
- 5. Plan when you want to have a baby:** More than 50% of pregnancies are unplanned. Family planning counseling from your doctor can help prevent an unplanned pregnancy. A woman's health, from the moment she gets pregnant, has major influence on the development of the fetus. A woman who plans her pregnancy has the opportunity to help her body be ready for a baby from the moment of conception. When a woman has a "surprise" pregnancy, she may have health problems (such as being overweight, diabetes, etc.) which were not taken care of or resolved. These may affect her unborn baby for the rest of his life. Each time a woman gets pregnant, her growing baby uses her body for all the nutrition it needs. This depletes the woman's nutritional stores, so she has to ensure that her body is back to good health before she gets pregnant again. Doctors recommend at least 2 years between pregnancies to allow a woman's body to recover from the previous pregnancy.
- 6. Stop smoking, drinking alcohol and taking illegal drugs:** When a woman stops these behaviors before she gets pregnant, she can make sure that the fetus is not exposed to these chemicals from the moment she gets pregnant.  
In men, alcohol may decrease sperm production, and smoking is linked to some heart defects.
- 7. Identify and learn to manage your stress:** Very high levels of stress may contribute to preterm birth or low birth weight in full-term babies. Stress is also known to contribute to

weight gain. Stress management strategies may include: exercise, relaxation techniques, fostering healthy friendships, getting plenty of sleep, professional counseling or psychotherapy. The payoff of managing stress is peace of mind and perhaps — a longer, healthier life.

8. **Get adequate sleep:** Insufficient sleep is associated with a number of chronic diseases and conditions. Chronic sleep loss and sleep disorders are also associated with health problems. Research, for example, has found that insufficient sleep is linked to an increased risk for the development of type 2 diabetes. Chronic sleep loss and sleeping disorders themselves are associated with any number of physical and mental health problems, including obesity, hypertension, diabetes, depression, anxiety, and high cholesterol and mortality. If you are one of the many people who are short on sleep, here are CDC's tips: *Stick to a regular sleep schedule. Sleep in a dark, well-ventilated space at a comfortable temperature. Avoid stimulating activities within two hours of bedtime. Avoid caffeine, nicotine, and alcohol in the evening. Avoid going to bed on a full or empty stomach. See a doctor if you are concerned about chronic sleep problems.*
9. **Find people who can support you to be healthy:** It is important for a woman to have emotional and physical support from her family (partner/husband/other members) so that she can be in good health before she plans her pregnancy. A woman should ask for help from friends and family when she feels she needs it. It is easier to change behavior and stay with a healthy plan if there are people around you supporting you in your decision and helping make your life more manageable.

***What can men do to support the preconception health of their female partners and their future babies?***

Men can make a big difference in promoting good preconception health. As boyfriends, husbands, fathers-to-be, partners, and family members, they can learn how their loved ones can achieve optimal preconception health. They can encourage and support women in every aspect of preparing for pregnancy.

There are other ways men can help. Men who work with chemicals or other toxins need to be careful that they don't expose women to them. For example, men who use fertilizers or pesticides in agricultural jobs should change out of dirty work clothes before coming near their female partners. They should handle and wash soiled clothes separately. The family health histories of men are also important when planning a pregnancy.

**Good preconception health care is about managing current health conditions. By taking action on health issues BEFORE pregnancy, future problems for the mother and baby can be prevented.**

Resources:

March of Dimes [www.marchofdimes.com](http://www.marchofdimes.com)

Organization of Teratology Information Specialists [www.otispregnancy.org](http://www.otispregnancy.org)

Georgia Department of Human resources, Family health branch. <http://health.state.ga.us/programs/family>

### **Tips For Good Health**

1. *Eat a balanced diet and maintain a healthy weight.*
2. *Be physically active every day.*
3. *Get medical and dental checkups every year.*
4. *Take a multivitamin with folic acid every day.*
5. *Plan when you want to have a baby.*
6. *Stop smoking, drinking alcohol and taking illegal drugs.*
7. *Learn to lower your stress.*
8. *Get adequate sleep.*
9. *Find people who can support you to be healthy, both physically and mentally.*