

Illinois WIC Talk Healthy Mom & Baby

Cover Page

Topic

- Participants will learn how to safely transition their baby from only breast milk or formula to cereal or other solid foods.
- Participants will learn about postpartum health to help support a breastfeeding baby and return to a healthy weight.

Target Audience

- Breastfeeding or postpartum moms with infants 0-6 months of age.

Key Messages

- Infants:
 - Breast milk (or infant formula) is all babies need before the age of six months.
 - Giving cereal or other solid foods before baby is developmentally ready may cause harm.
 - Start new foods slowly and one at a time.
- Mothers:
 - Keep breastfeeding your baby.
 - Eat the right foods.
 - Do something active every day.
 - Take a multivitamin with 400 micrograms of folic acid every day.
 - Lose the extra weight from pregnancy before becoming pregnant again.

Handouts/Materials

- Feeding Your Baby (Birth to 12 months) (DHS Order Form, www.chtc.org)
- First Foods (DHS Order Form, www.chtc.org)
- Tips for a Healthy You: After Delivery (DHS Order Form, www.chtc.org)
- Optional: Time for a Cup (DHS Order Form, www.chtc.org)
- Pens/Pencils

References & Presenter Resources

- No Cereal Zone Lesson Plan, Pam McCarthy and Associates
www.touchingheartstouchingminds.com
- Infant Feeding Handbook, USDA, 2008.
- Baby Legs Lesson Plan, Pam McCarthy and Associates www.touchingheartstouchingminds.com
- United States Department of Agriculture, www.choosemyplate.gov

Evaluation

- What is one thing you learned today that will help you transition your baby to solid foods?
- What is one strategy you will use to help you reach your weight loss or nutrition goal?

Illinois WIC Talk Healthy Mom & Baby

Topic Overview

The following summarizes open ended questions used during the group session on page 3. These questions can also be used during Individual Education to facilitate the discussion around this topic. Offer handouts listed on the cover page. *This topic is divided into two “mini” sessions: 1) Healthy Mom and 2) Healthy Baby.

OPEN:

- **What do you feel makes someone a great mom?** *Today we are going to share ideas about being a great mom by taking care of yourself and offering first foods to your baby that give him the best start.*

Healthy Mom (15 minutes)

DIG:

- **What advice have you heard about keeping yourself healthy after delivery?**
- *Pass out the “Tips for a Healthy You: After Delivery” handout.*
 - *Refer to #2 and encourage them to share ways to stay healthy after pregnancy.*
- **What does it take to have a healthier lifestyle and/or lose weight after pregnancy?**
- *Have them read #3 and share what ideas are important to them.*

CONNECT:

- **Why is it important to take care of yourself after you have your baby?**
- **How does making yourself feel better and healthier help your baby?**

ACT:

- **What changes could you make to incorporate more healthy foods into your diet, or to decrease your intake of foods you tend to overeat?**
 - *Refer page one of handout, #1 and encourage them to think about foods they should eat more of or less of.*
- **Under “My Goals for staying healthy...” (page two, bottom) What goal would you set for yourself?**
- **What steps can you use to reach that goal? What may be stopping you from reaching that goal?**

Healthy Baby (15 minutes)

DIG:

- **What advice have you heard from family, friends, or your doctor about feeding your baby?**
- **Where do you think those ideas came from? What do you think of this advice?**

CONNECT:

- **What signs do our babies give us when they are ready for solid foods?** *Pass out the “Feeding Your Baby (Birth to 12 months)” handout. Review sections “Your Baby Will:”* **What are the risks of offering solid food too soon?**
- **What are some tips for feeding your baby first foods that are important to you?**
Pass out the “First Foods” handout, review information as appropriate.

ACT:

- **What will you do to make sure your baby does not receive solid foods too early?**
- **If your baby showed the developmental signs that he or she is ready to transition to solid foods, what will your plan be?**
- *Refer to handout “Time for a Cup” for advice on starting a cup when baby is around 6-8 months old.*

Illinois WIC Talk Healthy Mom & Baby

1) Group Education – **This is a guide to incorporate facilitated discussion and emotion based concepts. Use the key messages on the Cover Page to facilitate a discussion on this topic.*

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).

What do you feel makes someone a great mom?

Encourage participants to share responses.

“Today we are going to share ideas about being a great mom by taking care of yourself and offering first foods to your baby that give him the best start.”

The following sections are divided into 1) Healthy Mom and 2) Healthy Baby. Each section uses the following emotion based components:

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

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.

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

Illinois WIC Talk Healthy Mom & Baby

1. Healthy Mom (15 minutes)

DIG:

What advice have you heard about keeping yourself healthy after delivery?

Pass out the “Tips for a Healthy You: After Delivery” handout.

- *Refer to #2 and encourage them to share ways to stay healthy after pregnancy.*

What does it take to have a healthier lifestyle and/or lose weight after pregnancy?

Have them read #3 and share what ideas are important to them.

CONNECT:

Why is it important to take care of yourself after you have your baby?

How does making yourself feel better and healthier help your baby?

Sample Responses:

- *So you can take care of your family*
- *To stay away from (avoid) health problems*
- *Be healthy in case you get pregnant again*

“Your health between pregnancies is important- for your next baby and you. More than half of mothers say that their last pregnancy was a surprise! If you are overweight or gained a lot of weight during your pregnancy, you are more at risk for health problems (like hypertension, diabetes and heart problems) and gaining even more weight with your next pregnancy.”

ACT:

What changes could you make to incorporate more healthy foods into your diet, or to decrease your intake of foods you tend to overeat?

- *Refer page one of handout, #1 and encourage them to think about foods they should eat more of or less of.*

Under “My Goals for staying healthy...” (page two, bottom) **What goal would you set for yourself?**

What steps can you use to reach that goal? What may be stopping you from reaching that goal?

Help learners set simple, measurable, attainable, personal goals.

2. Healthy Baby (15 minutes)

DIG:

What advice have you heard from family, friends, or your doctor about feeding your baby?

Sample Responses

- *Giving babies cereal helps them sleep at night*
- *Cereal stops babies from crying*
- *Breast milk or formula is not enough*
- *Babies need solid food to grow big and strong*
- *Starting foods too soon may cause allergies or overeating*
- *Starting foods too soon may make baby too big*

Where do you think those ideas came from? What do you think of this advice?

Illinois WIC Talk Healthy Mom & Baby

CONNECT:

What signs do our babies give us when they are ready for solid foods? *Pass out the “Feeding Your Baby (Birth to 12 months)” handout. Review sections “Your Baby Will:”*

Sample Responses

- *Sits up, alone or with support*
- *Holds head steady and straight*
- *Opens his mouth when he sees food coming*
- *Keeps his tongue low and flat when offered the spoon*
- *Closes his lips over a spoon and scrapes food off as a spoon is removed from his mouth*
- *Keeps food in his mouth and swallows*

“When feeding your baby, it can be difficult to decide when to start the transition from only breast milk or formula to solid foods. This can usually be done between 4 and 6 months, but there is no specific age for this to happen—it’s when your baby shows signs that he is developmentally ready.

What are the risks of offering solid food too soon?

Sample Responses

- *Choking*
- *Risk of becoming overweight*
- *Developing allergies*
- *Not drinking enough breast milk (or formula)*

What are some tips for feeding your baby first foods that are important to you?

Pass out the “First Foods” handout, review information as appropriate.

| Recommendation | Rationale |
|---|---|
| Using an infant spoon, start by offering rice cereal. | <ul style="list-style-type: none"> • Easy to digest and least allergenic. • Baby learns to eat from a spoon. • Giving cereal in the bottle can cause choking, allergies and lead to over feeding / overweight. |
| Next try plain, pureed, cooked vegetables and fruits. | <ul style="list-style-type: none"> • Most important is texture vs. order of vegetables and fruit. |
| Offer 1 new food at a time, waiting 7 days between foods. | <ul style="list-style-type: none"> • This allows you to tell if baby has an allergy to any foods. |
| Babies do not need soda, fruit punches, other sugary drinks, or coffee or tea. | <ul style="list-style-type: none"> • Does not provide nutrients. Too much sugar will cause tooth decay (in emerging teeth too). |
| Babies do not need juice. | <ul style="list-style-type: none"> • Not necessary for growth and development. WIC does not provide until after one year. |
| WIC gives infant cereal and baby foods at 6 months. Exclusively breastfed babies receive jarred infant meats. | <ul style="list-style-type: none"> • AAP recommends only breast milk or formula for the first 6 months; most babies are developmentally ready for solids at 6 months; therefore WIC gives solids at 6 months. |

ACT:

What will you do to make sure your baby does not receive solid foods too early?

If your baby showed the developmental signs that he or she is ready to transition to solid foods, what will your plan of action be?

Illinois WIC Talk Healthy Mom & Baby

“You may begin offering water in a cup with meals (4-8 ounces a day) when complementary foods are introduced. Ask your doctor about water and fluoride needs.” *Refer to handout “Time for a Cup” for advice on starting a cup when baby is around 6-8 months old.*

2) Self Study Module

Procedures

Agencies must follow WIC policies for using SSM (see WIC PPM Nutrition Education for details)

Methods

1. Have participant review handout “Tips for a Healthy You: After Delivery”
 - Section #1 “Eat the right foods”
 - Encourage participant to indicate which foods she should eat more or less of.
 - Section #2 “Live a healthy lifestyle”
 - Encourage participant to color in the bubbles that are important to her or that she would like to learn more about.
 - Review Section #3 “Move toward a healthier weight”
 - Encourage participant set a goal in Section #3 “My goals...”
2. Have participant review handout “First Foods” and complete the SSM “First Foods.”

Ask participant if she would like to talk with a CHP about the information or if she has any questions.



Illinois WIC Talk Healthy Mom and Baby Self - Study Module (SSM)

Name _____ Date _____

1. Tips for a Healthy You: After Delivery

Review the handout **Tips for a Healthy You: after Delivery** and complete #1 - #3.
Set a personal goal for staying healthy now that baby is here.

2. First Foods You can Feed Your Baby

Review this section on the handout **First Foods**. Check the boxes next to the things you will do to move your baby safely from only breast milk (or formula) to solid foods.

- Start with plain, infant rice cereal.
- When trying new foods, start with a small amount (1-2 teaspoons) of a new food.
- Mix rice cereal so that it is smooth and runny.
- Offer 1 new food at a time, waiting 7 days between foods.
- After infant cereal, offer plain, pureed vegetables and fruits.

3. Watch for Signs of Allergies

Review this section on the handout **First Foods**.
Circle the choices below that are signs of allergies in babies.

- | | | |
|----------------|-----------|-----------|
| Ear infections | Kicking | Coughing |
| Laughing | Diarrhea | Shivering |
| Vomiting | Screaming | Skin rash |

4. Watch for Signs of Allergies

The handout **First Foods** lists guidelines for feeding your baby and using store-bought baby foods. For the following statements, circle "T" if the statement is true or "F" if it is false.

- T F 1. When using store-bought baby food, the lid should "pop" when opened.
- T F 2. You can use a spoon to feed your baby right out of the jar, no additional dishes are needed.
- T F 3. After feeding baby, throw away any food that is left in the bowl.
- T F 4. After opening, baby food stays fresh in the refrigerator for one week.
- T F 5. Feed your baby when the rest of the family eats.

What is one goal you have for starting solid foods? _____

Do you have any questions about your family's nutrition today? Yes No

Would you like to talk to a nutritionist or breast feeding peer counselor today? Yes No



USDA is an equal opportunity provider and employer.





Charlas Illinois WIC Madres y Bebés Saludables "Módulo de Autoestudio" (SSM)

Nombre _____ Fecha _____

1. Sugerencias Para Su Salud (Healthy You): Después del Parto

Lea el folleto Sugerencias Para Su Salud: Después del Parto y complete el #1 - #3.
Planee una meta personal para mantenerse saludable ahora que su bebé ya está aquí.

2. Primeros Alimentos Que Puede Darle a Su Bebé

Revise esta sección sobre los primeros alimentos. Marque las casillas de las cosas que hará para llevar con seguridad a su bebé de sólo leche materna (o fórmula) a las comidas sólidas.

- Empiece con cereal infantil simple de arroz.
- Cuando trate nuevos alimentos, empiece con porciones pequeñas (1-2 cucharaditas) de un nuevo alimento.
- Mezcle el cereal de arroz para que sea suave y poco espeso.
- Ofrezca un alimento a la vez, espere 7 días para ofrecer otro alimento nuevo.
- Después del cereal infantil, ofrezca puré simple de verduras o vegetales y de frutas.

3. Observe Las Señales de Alergias

Revise esta sección en el folleto "Primeros Alimentos".

De las siguientes selecciones, circule lo que indique señal de alergias en los bebés.

Infección de Oídos

Patea

Tos

Risa

Diarrea

Temblores

Vómito

Gritos

Ronchas en la piel

4. Observe Las Señales de Alergias

El folleto "Primeros Alimentos" tiene guías para darle de comer a su bebé y para usar alimentos de bebé comprados en la tienda. En las siguientes afirmaciones, circule "C" si es cierto o "F" si es falso.

- C F 1. Cuando usa comidas de bebé compradas en la tienda, la tapa debe "sonar" cuando la abra.
- C F 2. Puede usar una cuchara para darle de comer del frasco (envase) a su bebé, no necesita utensilios adicionales.
- C F 3. Después de darle de comer al bebé, tire la comida que queda en la taza, tazón o plato.
- C F 4. Después de abrir los alimentos de bebés, se mantienen frescos por una semana en el refrigerador.
- C F 5. Ofrézcale de comer a su bebé cuando el resto de la familia se sienta a comer.

¿Cuál es la meta que tiene usted para empezar con los alimentos sólidos? _____

¿Tiene preguntas acerca de la nutrición de su familia? Sí No

¿Le gustaría hablar hoy con un nutricionista o consejero de amamantar? Sí No