

# MN-000-54, CCNE: Pregnancy – Giving Your Baby the Best Start

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

**Part 1: Planning the Nutrition Education Session** - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

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## Snapshot of Group Session:

**CCNE Lesson title:** CCNE: Pregnancy - Giving Your Baby the Best Start

**Developed by:** Texas WIC State Agency

**Date Developed:** November 2012

**NE Code:** MN-000-54

**Class Description:** This lesson begins with a “Fact or Fiction” activity to spark discussion about healthy habits during pregnancy. The lesson also includes a meal makeover activity and then ends with a wrap-up discussion where participants share ways to overcome their barriers to healthy habits.

**Target Audience:** Pregnant women

**Type of Learning Activities:** Pregnancy “Fact or Fiction” discussion, Meal Makeover activity and discussion.

## Part 1: Planning the Nutrition Education Session

Lesson: CCNE: Pregnancy – Giving Your Baby the Best Start

Item	Notes for Planning the Session
<p><b>Learning Objective(s)</b> – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• State three healthy habits during pregnancy.</li> <li>• Identify two ways to make a meal healthier.</li> <li>• Share ideas for overcoming one personal barrier to eating healthy and/or staying active.</li> </ul>
<p><b>Key Content Points</b> – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> <li>1. Eating well, staying active, and following your doctor’s advice can help you and your baby have the best start possible.</li> <li>2. Most of us can improve our diets by making small changes. During pregnancy, the small choices we make every day can make a big difference!</li> <li>3. All women face some challenges during pregnancy. By sharing ideas to overcome those challenges, they can gain support and motivation to be healthy.</li> </ol>
<p><b>Materials</b> – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> <li>• Handout titled “Pregnancy Fact or Fiction?” (make enough copies for each participant)</li> <li>• Handout titled “Meal Makeover Activity” (make enough copies for each participant)</li> <li>• Have additional copies of relevant, pregnancy-related Texas WIC brochures available for participants who would like more information. Check the Texas WIC catalog at <a href="http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm">http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm</a> for a list of current materials. Examples include:</li> </ul> <p>Putting on weight with healthy foods makes taking it off a lot easier, 13-06-12899 (EN) 13-06-12899A (SP)</p> <p>Why every woman needs folic acid, 13-205 (EN), 13-205 (SP)</p> <p>Prevent anemia with iron-rich foods 13-67 (EN), 13-67A (SP)</p> <p>To the pregnant woman gaining too much weight 13-77 (EN/SP)</p> <p>To the pregnant woman not gaining enough weight 13-78 (EN/SP)</p> <p>Eating for you... and a healthy baby 13-197 (EN), 13-197 (SP)</p>

	<p>Pregnancy problems pamphlet 13-172 (EN), 13-172A (SP)</p> <p>Food Safety guidelines for women, 13-06-12145 (EN), 13-06-12145A (SP)</p> <p>Drinking and Your Pregnancy, 13-06-13276 (EN), 13-06-13276A (SP)</p>
<p><b>Resources</b> – Review current WIC resources or other reliable resources like WIC Works.</p>	<p>Texas WIC Prenatal Nutrition &amp; Breastfeeding Modules, Texas WIC brochures, <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>, <a href="http://wicworks.nal.usda.gov/pregnancy">http://wicworks.nal.usda.gov/pregnancy</a></p>
<p><b>Class Flow &amp; Set Up</b> – Consider the flow of the session &amp; room set-up. Note any extra preparation that may be needed.</p>	<p>Arrange classroom with chairs in a circle or semi-circle, if possible, to allow for discussion. It may be helpful to have clipboards available for participants to use during the activities.</p> <p>It may help save time to ask participants to begin answering the “Pregnancy Fact or Fiction” quiz as they are seated in the classroom before the class begins.</p>

## Part 2: Session Outline

### Lesson: CCNE: Pregnancy – Giving Your Baby the Best Start

Item	Notes for Conducting the Session
<p><b>Introduction:</b> Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>Say something like “Welcome! My name is ____ and today’s class is about ways to stay healthy during pregnancy. Please share your ideas and concerns throughout the class. We will be discussing pregnancy issues and also doing a ‘fact or fiction’ activity and meal makeover.”</p>
<p><b>Icebreaker:</b> Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>“Please share your name, how many weeks pregnant you are, and one wish that you have for your baby.”</p>
<p><b>Activities:</b> For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p><b>Pregnancy Fact or Fiction Discussion</b></p> <p>Use the handout titled “Pregnancy Fact or Fiction?” to spark discussion about healthy habits during pregnancy. Participants can first review and complete the quiz in partners or individually.</p> <p>During a large group discussion, clarify if each statement is true or false and provide additional information as needed. For reference, here are the statements on the handout.</p> <ol style="list-style-type: none"> <li>1) <b>When you’re pregnant you should eat twice as much as you normally eat.</b> [FALSE – In the first 3 months of pregnancy, no extra calories are needed. During the 4<sup>th</sup>-9<sup>th</sup> months, most women only need about 340-450 extra calories per day. This equals an extra healthy snack or two throughout the day, such as a turkey sandwich and glass of milk, but NOT twice as much food.]</li> <li>2) <b>You should gain 50-60 pounds during pregnancy.</b> [FALSE – Most women who are normal weight before pregnancy should gain 25-35 pounds total. Overweight women need to gain a little less, and underweight women need to gain a little more. Women carrying multiple babies will also gain a little more. Check with your doctor, as it depends on your specific situation.]</li> </ol>

Item	Notes for Conducting the Session
	<p>3) <b><i>Prenatal vitamins have nutrients your body needs during pregnancy, for example folic acid, iron, and calcium.</i></b>  [TRUE – Prenatal vitamins are important during pregnancy. Folic acid helps to prevent birth defects, iron helps your body to carry oxygen to baby, and calcium helps your baby build strong bones. Check with your doctor for advice on which prenatal vitamins are best for you.]</p> <p>4) <b><i>Eating small, frequent meals can help with nausea or “morning sickness.”</i></b>  [TRUE – In addition to small meals, getting fresh air, eating crackers, and avoiding spicy foods or those with strong odors can help.]</p> <p>5) <b><i>One small cup of coffee each day is safe during pregnancy.</i></b>  [TRUE – Most experts say that it is safe to have up to 200 mg of caffeine per day. This is about the amount in one 12 oz cup of coffee. Remember that many teas, sodas, and energy drinks also have caffeine.]</p> <p>6) <b><i>Breastfeeding can burn up to 600 calories per day. Breastfeeding can also help prevent your baby from getting sick.</i></b>  [TRUE – Breastfeeding is a great way to lose pregnancy weight, and it is the healthiest food for baby. WIC breastfeeding peer counselors are here to help you with any breastfeeding concerns.]</p> <p>7) <b><i>Drinking fruit punch or lemonade is a good way to stay hydrated during pregnancy.</i></b>  [FALSE – Fruit drinks have a lot of sugar, just like soda. It is best to drink water or 100% juice.]</p> <p>8) <b><i>Drinking a glass of wine occasionally is safe during pregnancy.</i></b> [FALSE – No amount of alcohol is safe during pregnancy. This includes beer, wine, and drinks with liquor. Even a little bit may hurt the baby’s brain and cause learning problems or mental retardation. It is never too late to stop drinking. The sooner a pregnant woman stops drinking, the better.]</p> <p>9) <b><i>You should try to avoid all exercise while you are pregnant.</i></b>  [FALSE – Staying active is healthy for most healthy pregnant women. Check with your doctor about safe activities for you. Walking and swimming are usually good options.]</p> <p>10) <b><i>It is best to deliver your baby when you are at least 39 weeks pregnant, unless your doctor says it is medically necessary to deliver sooner.</i></b>  [TRUE – Baby’s organs, particularly his brain and lungs, are still developing during the last weeks of pregnancy. Making it to 39 weeks gives your baby the best chance to a healthy start.]</p> <p><b>Meal Makeover Activity</b></p>

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	<p>Introduce the meal makeover activity by saying something like “Next we’ll work together on a meal makeover activity. Small changes can make a big difference to help mom and baby get all the nutrients needed to stay healthy. Choose meals with plenty of fruits and vegetables, lean meats &amp; beans, whole grains, and low-fat dairy. Also try to cut down on foods with added sugars and fats.”</p> <p>Explain that the MyPlate picture is a good way to think about planning meals. Say something like “A good plan is to fill half of your plate with fruits and vegetables, one fourth with lean protein, and one fourth with a whole grain. Then add a small low-fat dairy food or drink.”</p> <p>Encourage participants to work with a partner to make the meals on the “Meal Makeover Activity” handout healthier. Then go over the activity as a group.</p> <p><i>Michelle’s Breakfast:</i></p> <ul style="list-style-type: none"> <li>• 2 large donuts</li> <li>• 12 oz. can of fruit punch</li> </ul> <p>[Suggestions for a healthier breakfast: WIC cereal with low-fat milk, whole wheat bread with peanut butter, whole wheat/corn tortilla with eggs/beans/vegetables/cheese, fruit, yogurt, hard boiled eggs, water or 100% juice or decaf tea]</p> <p><i>Michelle’s Lunch:</i></p> <ul style="list-style-type: none"> <li>• Double meat hamburger with cheese and mayonnaise</li> <li>• Large French fries</li> <li>• 16 oz. bottle of Dr. Pepper</li> <li>• 1 slice of pecan pie</li> </ul> <p>[Suggestions for a healthier lunch: Choose whole wheat bun. Choose single meat, grilled chicken or fish instead of double meat in burger. Skip the mayonnaise and choose mustard instead. Add lettuce and tomatoes to burger. Try a healthier side dish like fruit or salad. Choose water instead of soda. Try yogurt or pudding for dessert.]</p> <p>Wrap up the activity with a short discussion. Encourage participants to share ideas and brainstorm small, realistic changes they could make.</p> <p>Discussion questions:</p> <ul style="list-style-type: none"> <li>• <i>What do you do already to be healthy during your pregnancy?</i></li> </ul>

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	<ul style="list-style-type: none"> <li>• <i>What else can you do to be healthier during your pregnancy?</i></li> <li>• <i>What gets in your way for making these changes?</i></li> <li>• <i>What are some ideas to make your changes easier?</i></li> </ul> <p>Close by saying something like “While nobody is perfect, making a few small changes everyday can make a big difference for helping you and your baby stay healthy.”</p>
<p><b>Review and Evaluations:</b>  <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p><i>“What is the most useful thing you have gained from this class? What, if anything, surprised you?”</i></p> <p><i>“What will you do differently next week?”</i></p> <p><b>Client New Lesson Evaluation Surveys:</b></p> <ul style="list-style-type: none"> <li>• Please collect surveys only during the evaluation period.</li> <li>• Evaluation period: <b>[December 2012] – [May 2013]</b></li> <li>• During the evaluation period, please collect at least 30 new lesson evaluations from clients.</li> </ul>
<p><b>Personal Review of Session (afterward):</b> <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><b>What went well?</b></p> <p><b>What did not go as well?</b></p> <p><b>What will you do the same way the next time you give this class?</b></p> <p>After teaching this lesson a few times, please complete the <i>Staff Online Lesson Evaluation Survey</i> at <a href="http://www.surveymonkey.com/s/CSBZ28K">http://www.surveymonkey.com/s/CSBZ28K</a>.</p> <p>The staff evaluation survey for this lesson will be available for 6 months after the release of the lesson.</p>
<p><b>Supplemental Information –</b>  <i>Describe any attachments and include any other needed information.</i></p>	<p>Two handouts are attached to the lesson: 1) Pregnancy Fact or Fiction handout and 2) Meal Makeover Activity handout.</p>

## Pregnancy - Fact or Fiction?

Choose if the following statements are True or False.

Statement	True / False
1. When you're pregnant you should eat twice as much as you normally eat.	
2. You should gain 50-60 pounds during pregnancy.	
3. Prenatal vitamins have nutrients your body needs during pregnancy, for example folic acid, iron, and calcium.	
4. Eating small, frequent meals can help with nausea or "morning sickness."	
5. One small cup of coffee each day is safe during pregnancy.	
6. Breastfeeding can burn up to 600 calories per day. Breastfeeding can also help prevent your baby from getting sick.	
7. Drinking fruit punch or lemonade is a good way to stay hydrated during pregnancy.	
8. Drinking a glass of wine occasionally is safe during pregnancy.	
9. You should try to avoid all exercise while you are pregnant.	
10. It is best to deliver your baby when you are at least 39 weeks pregnant, unless your doctor says it is medically necessary to deliver sooner.	



# Meal Makeover Activity

Michelle is 24 years old and 16 weeks pregnant. Now that she has a baby on the way, Michelle wants to make healthier food choices.

Below is a list of what Michelle had for breakfast and lunch yesterday. Help her out by suggesting ways that she could make her breakfast and lunch healthier. Look at the MyPlate picture for ideas and remember that small changes can make a big difference!



Meal	Suggestions for Making the Meal Healthier:
<p><b>Michelle's Breakfast</b></p> <ul style="list-style-type: none"> <li>• 2 large donuts</li> <li>• 12 oz. can of fruit punch</li> </ul>	
<p><b>Michelle's Lunch</b></p> <ul style="list-style-type: none"> <li>• Double meat hamburger with cheese and mayonnaise</li> <li>• Large French fries</li> <li>• 16 oz. bottle of Dr. Pepper</li> <li>• 1 slice of pecan pie</li> </ul>	