



Memorandum

#12-083

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 20, 2012

SUBJECT: New Client-Centered Nutrition Education (CCNE) Lesson Available – *Infant Top 10 Discussion*

The following new CCNE lesson is now available for download on the WIC Nutrition - Infant Feeding Lesson Plans web page at <http://www.dshs.state.tx.us/wichd/nut/ifflessons-nut.shtm>: **IF-000-23: CCNE Lesson – *Infant Top 10 Discussion***.

This class uses facilitated discussion to encourage participants to learn about and share common concerns relating to infants. Participants will select at least three out of ten topics to discuss from a bulletin board or poster. Each topic includes suggestions for discussion questions, visual aids, and optional corresponding activities. The lesson also includes a *Supplemental Information Guide* which is intended to help prepare facilitators with sufficient background information. The *Supplemental Information Guide* and sample discussion questions are not intended to be used as a script.

Please note that this lesson is written in a new “Top Ten” style that allows more flexibility for participants to discuss topics that are important to them. It was inspired by “Top Ten” discussion classes developed by local agencies. Staff and participant feedback for this style class has been extremely positive, and we hope that you find the flexibility of the class enjoyable.

We encourage facilitators of “Top Ten” lessons be familiar with CCNE facilitation techniques such as getting clients involved in conversations, keeping the conversation on track, and handling misinformation. A variety of CCNE training materials are available on the WIC Client-Centered Nutrition Education (CCNE) web page at <http://www.dshs.state.tx.us/wichd/nut/ccne.aspx>. The State Agency (SA) also offers a monthly Interactive Distance Learning/online training entitled *Facilitating with Confidence* to address skills and techniques for facilitating CCNE group classes.

Once staff have taught the lesson comfortably a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>. Staff evaluations provide meaningful feedback that helps the SA to improve lessons.

If you would like to add this new lesson to your Nutrition Education Class Schedule, please make the change to your online Nutrition Education Plan and contact your Nutrition Education liaison with any questions.

If you have questions or require additional information about this new lesson, please call Frances Diep, R.D., L.D., Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4584 or email her at frances.diep@dshs.state.tx.us. You may also call Angela Gil, R.D., L.D., Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4590 or email her at angela.gil@dshs.state.tx.us.