

## MN-000-53, CCNE: Pregnancy Top Ten Discussion

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 Top Ten Discussion

**Developed by:** State Agency staff

**Date Developed:** 02/2012

**Approved by:** State Agency

**NE Code:** MN-000-53

**Class Description:** This class uses facilitated discussion to encourage participants to learn about and share common pregnancy concerns. 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.

**Target Audience:** Pregnant women

**Type of Learning Activities:** Discussion, optional hands-on activities

## Part 1: Planning the Nutrition Education Session

Lesson: MN-000-53 CCNE: Pregnancy Top Ten Discussion

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:</p> <ul style="list-style-type: none"> <li>• Give and receive support on common issues relating to pregnancy</li> <li>• Identify one key message from each of the main pregnancy topics discussed</li> <li>• State one healthy habit to try during pregnancy</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. Each woman’s pregnancy is different.</li> <li>2. Through sharing, women can discover tips and resources to help them have a healthy pregnancy.</li> <li>3. A woman’s healthcare provider will know what is best for her particular situation and may have specific recommendations. She should follow the recommendations of her healthcare provider.</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>• Top Ten pregnancy topics (attached)</li> <li>• Dry erase board or flip chart and markers</li> <li>• Visual aids and optional activities in a box/container, if desired. (Suggested items are listed in attached Supplemental Information Guide)</li> <li>• Handouts available for participants, if desired. Suggested materials:             <ul style="list-style-type: none"> <li>• “Putting on Weight with Healthy Foods Makes Taking it Off a Lot Easier” Stock # 13-06-12899 (Spanish 13-06-12899A)</li> <li>• “To the Pregnant Woman... Gaining Too Much Weight” Stock # 13-77 (bilingual)</li> <li>• “To The Pregnant Woman...Not Gaining Enough Weight” Stock # 13-78 (bilingual)</li> <li>• “Eating for You and a Healthy Baby, Too” Stock #13-197 (Spanish 13-197A)</li> <li>• “Smoking, Your Baby, and You” Stock #13-06-12263 (Spanish 13-06-12263A)</li> <li>• “Drinking and Your Pregnancy” Stock # 13-06-13276 (Spanish 13-06-13276A)</li> <li>• “Healthy Moms for Healthy Babies” Stock# 13-66 (Spanish 13-66A)</li> <li>• “Food Safety at Home” Stock# 13-20 (Spanish 13-20A)</li> <li>• “Food Safety Guidelines for Women” Stock# 13-06-12145 (Spanish 13-06-12145A)</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• “Thinking about Baby, Think about Breastfeeding” Stock# 13-14 (bilingual)</li> <li>• “Making the Right Amount of Milk” Stock# 13-06-12038 (Spanish 13-06-12038A)</li> <li>• “To Baby With Love/The Comfortable Latch” DVD Stock# DV0057</li> <li>• “The Hospital Experience: What to Expect and How to Make it Memorable” Stock # 13-06-13120 (Spanish 13-06-13120A)</li> <li>• “Get Your Groove on Mama” DVD Stock# DV0421</li> <li>• “Pregnancy Problems Pamphlet – How to Have a More Comfortable Pregnancy” Stock# 13-172 (bilingual)</li> <li>• “Your Guide to WIC Foods” Stock# 13-06-13178 (Spanish 13-06-13178A)</li> </ul> <p>*Note: printed materials may change over time, but feel free to utilize the most current resources available</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://www.foodsafety.gov">www.foodsafety.gov</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.</p> <p>Cut out the Top Ten pregnancy topics and affix to a poster or bulletin board. Hang or place in an area where all participants can view it easily.</p> <p>This lesson allows flexibility in discussion, tools and resources. Select the materials and resources that best fit your needs and that will enhance the classroom learning experience.</p> <ul style="list-style-type: none"> <li>• Gather <b>handouts, visual aids or optional activities</b> before class begins. Suggested materials are listed in the Supplemental Information Guide. It is up to the facilitator to decide if they want to use none, some or all of the suggested materials.</li> <li>• During the class, facilitate a short discussion on topics selected by participants, using open-ended questions. Several <u>general</u> questions are available to spark conversation with any of the topics; additional <u>specific</u> questions are available for each individual topic.</li> <li>• For each question, hints on answers are included in the <b>Supplemental Information Guide</b> to help the facilitator either provide background information or redirect misinformation.</li> </ul> <p>The questions and answers in this lesson are intended as a guide, not a script. Remember it is important to allow participants to discuss what is meaningful to them.</p>

## Part 2: Session Outline

Lesson: MN-000-53 CCNE: Pregnancy Top Ten Discussion

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>“Welcome, thank you for being here today. My name is _____. Today’s class is about common pregnancy questions and concerns.</p> <p>This is a discussion style class. Feel free to ask questions and share ideas. Please keep comments positive, as we are here to learn and share from each other.”</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/months pregnant you are and if this is your first pregnancy.”</p> <p>or</p> <p>“What is one thing you have heard about pregnancy or one concern that you have for your pregnancy?”</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>“Women often have questions about what they should do to have a healthy pregnancy and baby. This board shows some of the most common concerns that women share.”</p> <p><i>Direct attention to the bulletin board or poster display with the Top Ten Pregnancy concerns. Read the topics aloud.</i></p> <p>“Take a moment to look at the different topics. You will get to decide what we discuss today! Please pick any 3 topics that interest you. If time allows, we can discuss more.”</p> <p><i>Class selects at least 3 topics. It may be helpful to give participants sticky notes to “vote” for the top 3 choices. Facilitator writes down the 3 topics on a dry erase board or flip chart for reference throughout the class.</i></p> <p>“Great, thank you for picking the topics. Let’s get started with _____”</p> <p><i>Facilitator goes through each topic, using the open-ended questions to spark conversation.</i></p>

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	<p><b><u>General Questions (for use with any topic):</u></b></p> <p>What specifically are you interested in learning about [<i>insert topic</i>]?  <i>May help to help narrow down broad topics and focus on participants' specific areas of concern</i></p> <p>What questions do you have about [<i>insert topic</i>]?</p> <p>What have you either heard or experienced about [<i>insert topic</i>]?</p> <p><b><u>Specific Questions (for each topic):</u></b></p> <p><b>1) EATING FOR TWO</b></p> <p>People often say that you need to “eat for two” during pregnancy. How much extra food do you really need?</p> <p>What nutrients are most important during pregnancy, and what makes them so important?</p> <p>What foods can we eat to get enough of these important nutrients?</p> <p><b>2) WEIGHT GAIN</b></p> <p>How would you feel if you gained too much (or too little) weight during pregnancy?</p> <p>Why is the right amount of weight gain during pregnancy important? How much do you think you should gain?</p> <p>Where does all of the weight go? Is it just the baby?</p> <p><b>3) HEALTHY MEALS &amp; SNACKS</b></p> <p>What are some tips for eating healthy during pregnancy?</p> <p>What are some ideas for healthy meals? What are some of your favorites?</p> <p>What are some ideas for healthy snacks? How can eating healthy snacks help you feel better?</p> <p>Describe a typical day of eating for you. What is one thing you would like to improve in your eating during your pregnancy?</p> <p><b>4) DISCOMFORTS</b></p> <p>Describe some discomforts you have had or have heard are</p>

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	<p>common during pregnancy.</p> <p>What are some tips for feeling better if you experience these?</p> <p>What advice would you give other women experiencing these?</p> <p><b>5) BREASTFEEDING</b></p> <p>How do you feel about breastfeeding? OR What have you heard about breastfeeding?</p> <p>Has anyone breastfed before? What could you share about your experiences? What advice would you give to a Mom who is thinking about breastfeeding for the first time?</p> <p><i>If there are not any participants who have breastfed infants, skip this question.</i></p> <p>What are some reasons that you may choose NOT to breastfeed your baby (barriers)?</p> <p>What are some reasons that Moms choose to breastfeed? What kind of benefits does breastfeeding provide for both Mom and Baby?</p> <p><i>For parents interested in more information about breastfeeding, offer to make an appointment with a Peer Counselor.</i></p> <p><b>6) STAYING ACTIVE</b></p> <p>How can keeping physically active help you throughout your pregnancy?</p> <p>What kind of things can you do to stay active during pregnancy? How do you feel when you do these activities?</p> <p>How soon after delivery can you begin to exercise?</p> <p><b>7) CAFFEINE, ALCOHOL, SMOKING</b></p> <p>What kinds of things have caffeine in them? How much caffeine is safe while pregnant?</p> <p>What can happen if you drink alcohol while pregnant?</p> <p>What about smoking? What can happen if you smoke while you're pregnant?</p> <p>Quitting any habit is never easy. It helps to get support from family</p>

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	<p>and friends. What tips have you heard are helpful? How did you feel after quitting (or after somebody close to you quit)?</p> <p><b>8) PRENATAL CARE</b></p> <p>What does good prenatal care mean? What are some tips you can share about taking care of yourself when pregnant?</p> <p>How would you feel if your baby came early?</p> <p>What is full-term? Why would we want to carry baby full-term?</p> <p><b>9) MOMMY TIME</b></p> <p>We all need rest and relaxation to stay healthy. What do you do on a regular basis to take care of yourself?</p> <p>What is one healthy habit you have tried during your pregnancy?</p> <p>What are some ways to help you get rest after the baby comes?</p> <p>What tips could those of you with children share for adjusting during the first few weeks after the baby is born?</p> <p><b>10) FOOD SAFETY</b></p> <p>Some foods can be dangerous for pregnant women. What are some foods that pregnant women should avoid?</p> <p>Is fish safe to eat? If so, how much is OK? What kinds of fish are <u>not</u> safe to eat?</p> <p>Because the immune system is naturally weakened during pregnancy, pregnant women are at increased risk of foodborne illness. This is why it's so important to practice good hygiene and food safety. What are some ways that you can keep your food safe at home? How do you keep food safe when cooking?</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>What is the most useful thing you have gained from this class?</p> <p>What did you learn today that you will try at home?</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>April 2012 – June 2012</b></li> </ul> <p>During the evaluation period, please collect at least 30 new lesson</p>

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	evaluations from clients.
<p><b>Personal Review of Session (afterward):</b> Take a few moments to evaluate the class. What will you change?</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> Describe any attachments and include any other needed information.</p>	<p>The following items are attached to this lesson:</p> <ul style="list-style-type: none"> <li>• Top ten pregnancy topics - can be cut out and attached to desired surface (bulletin board or poster) for the lesson.</li> <li>• Supplemental information guide - provides suggested answers to questions and additional information that may be useful for teaching this lesson.</li> </ul>