

Supplemental Information Guide

Remember, this is a supplemental guide intended to provide the facilitator with background information and to help redirect misinformation. This guide is not intended to be a script.

EATING FOR TWO

Resources: “Eating for You and a Healthy Baby, Too” Stock #13-197 (Spanish 13-197A), “Putting on Weight with Healthy Foods Makes Taking it Off a Lot Easier” Stock # 13-06-12899 (Spanish 13-06-12899A)

Optional Teaching Aids: Food models or pictures to demonstrate portion sizes and/or foods high in nutrients, water bottle.

Questions:

People often say that you need to “eat for two” during pregnancy. How much extra food do you really need?

Most women only need about 340-450 extra calories/day during the 2nd & 3rd trimesters. 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!

What nutrients are most important during pregnancy, and what makes them so important?

- a. *Folic acid* – a vitamin that helps prevent neural tube defects involving baby’s brain and spine. It is important to get enough folic acid during the first few weeks of pregnancy to prevent neural tube defects. Many women don’t know they’re pregnant in the first few weeks, that’s why it’s important for all women of childbearing age to get enough folic acid.
- b. *Iron* – a mineral that helps the mother’s and baby’s blood to carry oxygen.
- c. *Calcium* – a mineral that helps build bones & teeth.
- d. *Protein* – a nutrient that helps baby build healthy muscles.
- e. *Water* – essential for health and reduces some common problems like constipation.

What foods can we eat to get enough of these important nutrients?

Overall, WIC foods are great sources of many of these nutrients!

- *Folic acid* – WIC cereals, enriched grains such as rice or pasta, beans, orange juice.
- *Iron* – beef, chicken, beans, tofu, fortified cereals.

- *Calcium* – milk, yogurt, cheese, tofu, dark leafy greens.
- *Protein* – chicken, turkey, fish, meat, eggs, beans, dairy, tofu.

Optional Activity: Display a variety of food models/photos. Have participants select which foods are good sources of the four nutrients discussed.

WEIGHT GAIN

Resources: “Putting on Weight with Healthy Foods Makes Taking it Off a Lot Easier” Stock # 13-06-12899 (Spanish 13-06-12899A), “To the Pregnant Woman... Gaining Too Much Weight” Stock # 13-77 (bilingual), “To The Pregnant Woman...Not Gaining Enough Weight” Stock # 13-78 (bilingual)

Optional Teaching Aids: Common items to represent pregnancy weight gain distribution.

Questions:

How would you feel if you gained too much (or too little) weight during pregnancy?

Allow participants to discuss their feelings and share any personal stories relating to pregnancy and weight gain. Validate any concerns that arise.

Why is the *right amount* of weight gain during pregnancy important? How much do you think you should gain?

Gaining a healthy amount of weight during pregnancy helps both you *and* your baby. By eating nutritious foods and gaining the right amount of weight, you can help your baby get the best start possible. Gaining the right amount of weight helps you to have a healthier delivery and it makes it easier for you to get back to your pre-pregnancy weight sooner. Your baby depends on you for their growth. Pregnancy is not the time to diet or lose weight.

The amount of weight gain during pregnancy is different for every woman. Your weight before getting pregnant, how many babies you are having, and any special medical conditions may affect how much weight you should gain. Your doctor is the best person to ask about exactly how much weight is healthy for you to gain during pregnancy.

A woman with a *normal* weight before pregnancy can expect to gain about 25-35 pounds. Underweight women or women having twins or triplets might need to gain more. Overweight women might need to gain less. Check with your doctor to find out how much is healthy for you.

Where does all of the weight go? Is it just the baby?

The baby may make up only 7 or 8 pounds, the rest of the weight goes all over the body. Other organs like the breasts, the womb, placenta and nutrients make up a large part of the weight gain and they are important for having a healthy baby. Your blood and other bodily fluids also grow as baby is growing.

Optional Activity: Use common items, like food models, canned goods, or weights, to represent how much weight is gained during pregnancy. Items can represent the various parts of the body where weight is distributed. Make it interactive by having participants guess weight amounts and/or combine items they think correctly match how much each part weighs. Use information below as a guide.

Pregnancy Weight Gain

| | |
|---------------------|-----------------|
| baby | 7 ½ pounds |
| placenta | 1 ½ pounds |
| uterus | 2 pounds |
| amniotic fluid | 2 pounds |
| breast tissue | 2 pounds |
| blood | 4 pounds |
| body fluids | 4 pounds |
| maternal fat stores | <u>7 pounds</u> |
| Total: 30 pounds | |

Note: Information adapted from “*About Pregnancy Weight Gain*” by the American Pregnancy Association, 2007.

HEALTHY MEALS & SNACKS

Resources: “Your Guide to WIC Foods” with recipes Stock# 13-06-13178 (Spanish 13178A)

Optional Teaching Aids: Food models or photos of healthy and unhealthy foods, Tupperware or foil pans for freezing healthy homemade mini-meals.

Questions:

What are some tips for eating healthy during pregnancy?

Eat balanced meals with foods from all food groups, eat small frequent meals, eat plenty of fruits/vegetables & whole grains, limit fast foods/junk foods/sweets/soda & sweetened drinks, & drink plenty of water.

What are some ideas for healthy meals? What are some of your favorites?

Try healthy meal ideas from WIC brochures or www.texaswic.org. One pot meals like chili, stir-fry, or chicken & brown rice casserole are good options. Prepare large batches & freeze portions for later when you're tired! Choose meals & recipes that include vegetables & fruits, lean protein, whole grains, and low-fat dairy.

What are some ideas for healthy snacks? How can eating healthy snacks help you feel better?

Try yogurt, fresh fruit & veggies, cheese, whole grain crackers, granola bars & nuts. Combine protein foods with whole grains to keep you full longer. Keep healthy options in your pantry, office, or car so you're not tempted by unhealthy vending machine or fast food options. Eating healthy snacks can help keep your energy up and also prevent overeating at meals.

Optional Activity: Display both healthy and unhealthy meals/snacks with photos or food models. Discuss with participants whether the food is healthy or unhealthy.

Describe a typical day of eating for you. What is one thing you would like to improve in your eating during your pregnancy?

DISCOMFORTS

Resources: "Pregnancy Problems Pamphlet – How to Have a More Comfortable Pregnancy" Stock# 13-172 (bilingual)

Optional Teaching Aids: Food models of fruits & vegetables or whole grains, crackers or dry cereal, water bottle, chocolate, peppermints.

Questions:

Describe some discomforts you have had or have heard are common during pregnancy.

Nausea/vomiting/morning sickness, heartburn, constipation

What are some tips for feeling better if you experience these?

Nausea/Vomiting/Morning Sickness – Eat small meals frequently to keep from having an empty stomach. Keep crackers or dry cereal handy to eat when you first wake up & rest in bed for awhile. Get plenty of fresh air. Avoid foods with strong smells as well as spicy or fried foods and caffeinated drinks.

Heartburn – Eat small, low-fat meals & snacks, and don't overeat. Wear clothes that are loose around the waist. Don't bend over or lie down for 1-2 hours after eating. Avoid sodas

and other caffeinated drinks, peppermint, chocolate, tomato products like spaghetti sauce, & spicy/fried foods.

Constipation – Drink 8-10 glasses of water per day. Try 4-6 ounces of prune, apple, or pear juice. Eat plenty of fruits, vegetables, beans, and whole grains such as brown rice, whole grain bread, and high fiber cereal. Try walking 20-30 minutes per day, with doctor's approval.

What advice would you give other women experiencing these?

Optional Activity: Display crackers, peppermints, dry cereal, fruits, vegetables and water (can be real or photos/food models). Allow participants to select which food item provides them relief from their discomforts.

BREASTFEEDING

Resources: “Thinking about Baby, Think about Breastfeeding” Stock# 13-14 (bilingual), “Making the Right Amount of Milk” Stock# 13-06-12038 (Spanish 13-06-12038A), “The Hospital Experience: What to Expect and How to Make it Memorable” Stock # 13-06-13120 (Spanish 13-06-13120A)

Optional Teaching Aids: “To Baby With Love/The Comfortable Latch” DVD Stock # DV0057

Questions:

How do you feel about breastfeeding? OR What have you heard about breastfeeding? (can be good/bad)

Responses from participants can range here. Accept comments without judgment and use any responses as a transition in conversation. For example, “**I heard you mention that breastfeeding is painful, can you tell me more about that?**”

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?

Allow participants to discuss breastfeeding experiences and thank them for sharing. If there are not any participants who have breastfed infants, skip this question.

What are some reasons that you may choose NOT to breastfeed your baby (barriers)?

Possible responses: returning to work/school, afraid of not making enough milk, embarrassment, fear of pain, lack of family support, unsure on how to breastfeed, concern about diet/nutrition, busy lifestyle, etc.

Validate concerns and encourage group support and feedback. For example – if a Mom said she is worried about returning to work, you could reply with “That’s a common concern for a lot of Moms. Can somebody share their experience with this?”

What are some reasons that Moms choose to breastfeed? What kind of benefits does breastfeeding provide for both Mom and Baby?

Ideas: Saves both time AND money, no bottles, nipples, inserts or formula to buy, no bottles to prepare, Mom’s milk is always available and always the right temperature. Breastfeeding has protective effects for both Mom and Baby:

- For infants, breastmilk reduces risk of common illnesses in the first year of life (such as ear infections, diarrhea, and respiratory illnesses). Mom’s milk contains protective ingredients that help baby build a strong immune system. Breastfed children are less likely to develop diabetes and asthma and are less likely to become overweight or obese as adults.
- For Mom, breastfeeding helps with postpartum weight loss, reduces the risk of developing some cancers, rheumatoid arthritis and diabetes.

Breastmilk is what humans are made to eat; it is the ideal food for an infant. Breastmilk is easy for baby to digest and changes as the infant grows to give him exactly what he needs. Mom and baby also create a very special bond during breastfeeding.

For parents interested in more information about breastfeeding or pumps, offer to make an appointment with a Peer Counselor.

Optional Activity: Who can feed their baby faster? The purpose of this activity is to show that breastfeeding is easier and faster than formula feeding. Select 2 volunteers for this activity, 1 participant will pretend to formula feed and the other will pretend to breastfeed. Using only hand gestures, have participants act out how they would feed their baby and race to finish first. Have the audience call out each step or remind each participant if they forget any steps! Dolls and other props can be used for this activity. Bottles and/or formula mock-ups can also be used, but must be stored out of sight when not in use.

STAYING ACTIVE

Resources: “Putting on Weight with Healthy Foods Makes Taking it Off a Lot Easier” Stock # 13-06-12899 (Spanish 13-06-12899A); Get Your Groove on Mama” DVD Stock# DV0421

Optional Teaching Aids: Map of local parks and trails, tennis shoes, water bottle, Get Your Groove on Mama DVD to show examples of postpartum exercise.

Questions:

How can keeping physically active help you throughout your pregnancy?

Staying active can help Moms feel better and more energetic, have lower stress levels and help to make delivery easier. Moms who exercise also find it easier to lose weight after the baby is born. Other ideas: Helps with baby blues, better sleep, reduced risk of pregnancy issues like hypertension and gestational diabetes, fewer aches/pains associated with pregnancy.

What kind of things can you do to stay active during pregnancy? How do you feel when you do these activities?

Walking, swimming, riding a stationary bike, light stretching, yoga, and playing with children are all good low-impact activities that Moms can do. Women who already participated in regular physical activity before pregnancy may be able to continue some of their exercises. Every woman's body is different, so remember to check with your doctor on what kind of activity is safe for you and your baby. Remember to stay cool, drink plenty of water, and don't overdo it.

Allow participants to share their feelings about activity.

Optional Activity: Have participants draw a map of community parks and trails that they like to go to. Share maps with the class and encourage parents to meet together for walks or playtime with children.

How soon after delivery can you begin to exercise?

Many moms are concerned about the weight they gained during pregnancy and want to exercise after delivery. Follow your doctor's recommendations. Each woman is different and it will take time to get back to normal exercise routines. Most women can start to walk and do light housework within the first few weeks. If your doctor tells you that you can exercise, start with only half of your normal routine and try not to overdo it. Focus on healing your body and bonding with your baby soon after delivery.

CAFFEINE, ALCOHOL, SMOKING

Resources: "Smoking, Your Baby, and You" Stock #13-06-12263 (Spanish 13-06-12263A), "Drinking and Your Pregnancy" Stock # 13-06-13276 (Spanish 13-06-13276A)

Optional Teaching Aids: 3 coffee cups, glass or disposable, in varying sizes. At least 1 cup should be a 12 ounce cup.

Questions:

What kinds of things have caffeine in them? How much caffeine is safe while pregnant?

Caffeine is found in beverages like coffee, tea, soda and energy drinks. Caffeine is also present in chocolate, but in smaller amounts than caffeinated drinks.

A moderate amount of caffeine during pregnancy is OK, but less is best. Many women choose to avoid it altogether because of the potential risks. Caffeine affects your blood pressure and both you and your baby's heart rate, and could possibly increase risk for miscarriage.

An occasional cup of regular coffee, tea, or can of soda is usually safe, but aim to keep intake low. Many experts recommend no more than 200 mg of coffee per day for healthy pregnant women, but talk your doctor for specific recommendations. One 12-ounce cup of regular brewed coffee has about 200 mg of caffeine. Check labels on drinks that you are not sure about and *always* ask a doctor before drinking herbal teas. Decaffeinated drinks, water, milk or juice are better choices.

Optional Activity: Display three different cup sizes and ask participants to select the cup that they think is equal to 12 ounces. Mention how beverage sizes are often super-sized and pregnant women should drink no more than the 12 ounce size of regular brewed coffee per day. Less than this (or none at all) is even better.

What can happen if you drink alcohol while pregnant?

Drinking alcohol is not recommended during pregnancy, as it can cause serious harm to the baby, including mental retardation, learning, emotional or behavioral problems, and defects of the heart, face or other organs. Drinking during pregnancy also increases the risk of miscarriage and early delivery. Some women think that a small amount of alcohol is OK, but no amount of alcohol has been shown to be safe for you and your baby. Many women stop drinking after they find out they are pregnant, but it's not always easy to quit. If you are still drinking and pregnant, you can contact the following to get help:

- Alcoholics Anonymous (AA) at (1-888-425-2666) Check your local phone book for listings in your area or go to <http://www.aa.org>
- National Council on Alcoholism and Drug Dependence hotline at (1-800-622-2255) or visit www.ncadd.org
- Outreach, Screen and Assessment, and Referral Centers at 1-877-9-NO DRUG (1-877-966-3784)

What about smoking? What can happen if you smoke while you're pregnant?

Smoking during pregnancy is not recommended, and you should try to reduce the number of cigarettes you smoke or quit altogether. Smoking restricts blood and oxygen to the baby's brain, which can slow down growth and development. Smoking also increases the risk of stillbirth or sudden infant death syndrome. When you are around other people smoking, you and your baby are still at risk. Try to avoid second hand smoke if possible.

Many women stop smoking after they find out they are pregnant, but it's not always easy to quit. If you or someone you know smokes and wants help quitting, call the Quit Line for help at 1-877-YES-QUIT (1-877-937-7848).

The key message for *any* substance of concern is that whatever you put into your body also goes into baby's body. So alcohol, cigarettes, drugs, and abuse of prescription medication are not recommended at any point during pregnancy. A Mom who may use substances of concern is not a bad Mom, but should try to quit if possible. *Offer support to participants who request additional information. Handouts are available.*

Quitting any habit is never easy. It helps to get support from family and friends. What tips have you heard are helpful? How did you feel after quitting (or after somebody close to you quit)?

Allow participants to share their experiences and advice. They do not have to give details on who quit or what substance they quit. We want participants to feel comfortable sharing advice and gaining support.

PRENATAL CARE

Resources: "Eating for You and a Healthy Baby, Too" Stock #13-197 (Spanish 13-197A)

Optional Teaching Aids: Calendar, prenatal vitamins, toothbrush to demonstrate some of the items that are important for prenatal care. Note cards and pens for optional activity.

Questions:

What does good prenatal care mean? What are some tips you can share about taking care of yourself when pregnant?

Good prenatal care starts with seeing a doctor as soon as you find out you are pregnant. Keep all of your doctor & clinic appointments, follow your doctor's recommendations, take prenatal vitamins, and go to the dentist. Be sure to talk with your doctor about any questions or concerns you have, as each pregnancy is unique. Women who get good prenatal care are more likely to have healthier babies and fewer problems during labor and delivery. Involve your support person as much as possible with your prenatal care.

Tips: Keep a calendar of appointments. Ask for help from family or friends when needed. Remind yourself that you are helping your baby be the healthiest that she can be.

How would you feel if your baby came early?

Allow participants to share feelings about early delivery and any personal experiences they may have.

What is full-term? Why would we want to carry baby full-term?

Although a baby is considered full-term at 37 weeks gestation, it is best not to deliver before 39 weeks unless medically necessary. Waiting until 39 weeks allows baby's organs to fully develop and lowers the risk of complications. For example, the baby's brain grows a lot in the last few weeks of pregnancy. The baby's lungs also finish developing around this time. Babies born before 39 weeks are more likely to have breathing or feeding problems than those born after 39 weeks.

Going 39 weeks is worth the wait, so try to avoid being induced early unless your doctor says there is a medical reason to do so. Always talk to your doctor about what is best for your situation.

Optional Activity: Pass out note cards and pens to participants and ask each to write down one wish they have for their baby. Encourage participants to display their wish in a place that they can see often.

MOMMY TIME

Resources: "Healthy Moms for Healthy Babies" Stock# 13-66 (Spanish 13-66A)

Optional Teaching Aids: Pictures of items that Moms may use to relax and stay healthy: tennis shoes, bath, music player, pillow, or other relevant items. Clip of soothing music to use for optional activity.

Questions:

We all need rest and relaxation to stay healthy. What do you do on a regular basis to take care of yourself?

Allow participants to share their ideas. Responses may include things like: taking walks, listening to music, participating in light stretching or yoga, talking with friends, taking baths.

What is one healthy habit you have tried during your pregnancy?

Examples of healthy habits include drinking more water, eating fresh fruits or vegetables for snacks, cooking healthy meals at home, etc.

What are some ways to help you get rest after the baby comes?

Resting after the baby is born is important, though it can seem difficult for new parents. Some ways that you can help get rest after baby is born include sleeping when the baby sleeps, limiting how many guests visit, skipping housework that can be put off, and asking family and friends to help with chores and cooking.

What tips could those of you with children share for adjusting during the first few weeks after the baby is born?

Allow participants to share their postpartum experiences.

Optional Activity: Practice “Mommy Time” with participants by using relaxing music and silence. Play a clip of soothing music and encourage participants to take a moment to close their eyes, relax and breathe deeply for a few minutes. Moms can practice relaxation and rest at home before and after baby is born.

FOOD SAFETY

Resources: “Food Safety at Home” Stock# 13-20 (Spanish 13-20A), “Food Safety Guidelines for Women” Stock# 13-06-12145 (Spanish 13-06-12145A)

Optional Teaching Aids: Food thermometers, food models or photographs showing safe and unsafe foods, colored cutting boards to indicate how foods should be chopped on separate cutting boards.

Questions:

Some foods can be dangerous for pregnant women. What are some foods that pregnant women should avoid?

Several foods could potentially cause illness in pregnant women. These include unpasteurized cheeses, Mexican-style cheese such as queso blanco or queso fresco, soft cheeses such as feta, brie and Camembert, unpasteurized beverages such as raw milk or juices, meat spreads or pates, raw or undercooked meats or eggs, and hot dogs or deli/luncheon meats (unless heated until steaming hot).

Is fish safe to eat? If so, how much is OK? What kinds of fish are not safe to eat?

Fish has many health benefits, and pregnant women can continue to eat most types of fish. It’s important to know that all fish contains some amount of mercury. There is a limit on how

much fish pregnant women should eat because too much mercury can be harmful to your baby. You can enjoy eating up to 12 ounces (about 2-3 meals) of lower mercury fish per week. Examples of low mercury fish include shrimp, canned light tuna, salmon, pollock and catfish. Albacore and tuna steak have more mercury than canned light tuna, so limit consumption of these to no more than 6 ounces per week. Shark, swordfish, king mackerel and tilefish should be avoided as these have very high levels of mercury. Pregnant women should avoid raw fish, like sushi, because of the risk of bacteria and high levels of mercury.

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?

The 4 principles of food safety include: Clean, Separate, Cook, Chill.

- *Clean* – Wash hands, counters and cutting boards often. Rinse fruits and vegetables before eating. Use paper towels or clean rags when cleaning kitchen.
- *Separate* – Keep raw meats stored away from ready to eat foods and be sure to use different utensils and cutting boards when handling raw meat.
- *Cook* – Cook foods thoroughly to kill any bacteria, check temperature with a food thermometer, reheat foods properly.
- *Chill* – Refrigerate any leftovers within two hours, keep cold foods cold in a refrigerator at <40 degrees Fahrenheit and frozen foods in a freezer at 0 degrees Fahrenheit or lower.

Aim to keep hot foods hot and cold foods cold, especially when taking your lunch to work or school. An ice pack can help to keep food safe while away from home. Never thaw meat on a countertop. Thaw meats in a refrigerator.

It's also important to read expiration dates on food packages and discard any foods that are expired or spoiled.

For pregnant women with cats, avoid changing cat litter. Cat feces can contain a parasite that causes toxoplasmosis, an infection that is dangerous for pregnant women and can cause flu like symptoms and illness. Try to get a non-pregnant person to change the litter instead.

Optional Activity: Hold up photos or food models of safe and unsafe foods for pregnant women. Allow participants to select which foods are safe during pregnancy.