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**#12-027**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** March 23, 2012

**SUBJECT:** New Nutrition Education Lesson Available: CCNE Pregnancy Top Ten Discussion

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The State Agency is excited to announce a new Client-Centered Nutrition Education (CCNE) lesson titled *Pregnancy Top Ten Discussion*. The lesson will soon be available for download from the WIC Lesson Plans website at <http://www.dshs.state.tx.us/wichd/nut/mnlessons-nut.shtm>.

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

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.

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.

The lesson is written in the Client-Centered Nutrition Education Lesson Template format, and also includes a Supplemental Information Guide that is intended to help prepare facilitators with sufficient background information. The Supplemental Information Guide is not intended to be used as a script. Facilitators teaching this lesson should be comfortable with CCNE facilitation techniques, including getting clients involved in conversations, keeping the conversation on track, and handling misinformation. A variety of CCNE training materials are available at <http://www.dshs.state.tx.us/wichd/nut/ccne.aspx>, including information on the CCNE training DVD titled *The Real (WIC) World: Applying CCNE in the Clinic*.

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. Once staff have comfortably taught the lesson a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>.

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Staff evaluations provide meaningful feedback that helps the State Agency to improve lessons.

If you have questions or require additional information about this new lesson, please contact Kaylene Thompson, RD, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512)341-4512 or [kaylene.thompson@dshs.state.tx.us](mailto:kaylene.thompson@dshs.state.tx.us) or Erica Harris, MS, RD, LD, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4588 or [erica.harris@dshs.state.tx.us](mailto:erica.harris@dshs.state.tx.us).