

Nutrition Education Lesson Template

A client-centered approach to nutrition education uses methods such as group discussions and hands-on activities to engage participants in learning. This template was developed as a guide to help plan, conduct, and evaluate client-centered nutrition education sessions. It includes a snapshot of general information and two steps:

Step 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.

Step 2: Session Outline

The second section outlines the key parts of the session. The nutrition educator will use this outline to lead the session.

In order to increase user-friendliness of this electronic template, some sections are limited to a defined number of characters. Additional details can be added in the "Supplemental Information" section at the end. Additionally, certain formatting options such as font changes, underlining, bold/italics, and bullets will not function in this format. Manual formatting such as numbering, dashes, and entering spaces will work.

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|---------------------------|--|--|
| Snapshot of Group Session | Lesson Title | CCNE: Breastfeeding in Public – Anytime, Anyplace |
| | Developed by | Cristina García, R.D, L.D. |
| | Date Developed | 6/2010 |
| | Approved by | State WIC NE Section |
| | NE Code | BF-000-36 |
| | Class Description | <p>This class uses group discussion and a visual aid. The facilitator acts as a discussion guide, encouraging clients to share their knowledge and expertise on breastfeeding in public.</p> <p>The center-page photo with question "How many people are enjoying a healthy lunch?" within the pamphlet, Anytime, Anyplace - Breastfeeding in Public is used to spark the conversation.</p>  |
| | Participants <i>Indicate the client group(s). Check all that apply.</i> | <input type="checkbox"/> <i>Infant</i> <input type="checkbox"/> <i>Child</i> <input checked="" type="checkbox"/> <i>Breastfeeding</i> <input type="checkbox"/> <i>Postpartum</i> <input checked="" type="checkbox"/> <i>Pregnant</i> <input type="checkbox"/> <i>General</i> <input type="checkbox"/> <i>Other</i> _____ |
| | Type of Learning Activity <i>Check all that apply during session.</i> | <input type="checkbox"/> <i>Hands-on activity</i> <input checked="" type="checkbox"/> <i>Discussion</i> <input type="checkbox"/> <i>Cooking/tasting/demo</i> <input type="checkbox"/> <i>Physical activity</i> <input type="checkbox"/> <i>Learning booths/stations</i> <input type="checkbox"/> <i>Role Playing (skits)</i> <input checked="" type="checkbox"/> <i>Other</i> Using a visual aid to spark conversation about a breastfeeding topic. |
| Notes | This lesson was developed in conjunction with the development of the pamphlet, "Anytime, Anyplace. Breastfeeding in Public" Stock no. 13-179 and 13-179a | |

| Instructions | Notes |
|---|---|
| <p>Learning Objective(s) <i>State what the clients will gain from the session.</i></p> | <p><i>By the end of the session participants will:</i></p> <ul style="list-style-type: none"> - Give and receive breastfeeding support for providing the ideal nutrition to their babies when they are on-the-go. - Share strategies/tips for breastfeeding in public. - Increase confidence to breastfeed in public. |
| <p>Key Content Points <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"> 1) Breastfeeding is for anytime, anyplace. 2) Breastfeeding in public can be done with confidence – most moms are already nursing in public and going completely unnoticed. 3) Texas law protects your right to breastfeed in public. |
| <p>Materials <i>List what you will need for the session (i.e., visual aids, handouts, activity supplies). Attach supplemental materials.</i></p> | <ul style="list-style-type: none"> - Pamphlet: Anytime, Anyplace - Breastfeeding in Public (enough copies for the entire class) Stock no. 13-179 and 13-179a - License to Breastfeed pocket-sized cards Stock no. 13-06-10830 and 13-06-18030a - Board and markers or chalk <div style="text-align: right;">  </div> |
| <p>Resources <i>Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</i></p> | <p>Review the pamphlet: Anytime, Anyplace - Breastfeeding in Public. Refer to other WIC breastfeeding resources at your agency, as needed, to become confident to facilitate the class.</p> <p>Visit www.breastmilkcounts.com for more information.</p> |
| <p>Class Flow & Set Up <i>Consider the flow of the session & room set-up. Make note of any additional preparation that may be needed.</i></p> | <p>Arrange chairs in a way that allows for a group discussion - like a circle or horse shoe. Leave room for baby carriers and strollers. Plan to sit with the group.</p> <p>You may find it useful to set up a white board, chalkboard, or easel with paper to write down key concepts as the class progresses.</p> <p>This class uses a visual aid to spark discussion. The facilitator acts as a guide, encouraging clients to share their knowledge and expertise on breastfeeding in public. Pregnant moms can participate by sharing what they have seen, heard, or plan on doing once their baby arrives.</p> |

Introduction

Create a respectful and accepting learning environment by doing several of the following:

- Welcome participants
- Review agenda
- Make announcements
- Introduce yourself
- Explore ground rules
- Hand out name tags

Notes

Example: “Welcome. My name is _____. Today we are going to have a conversation about breastfeeding in public. Before we get started I would like to go over some announcements and ground rules...”

Consider displaying ground rules or “basics” for the class on a flipchart (these might include freedom to speak, respect for others’ opinions, one person speaking at a time, confidentiality, etc).

Icebreaker

Anchor the topic to the participants’ lives by prompting them to think about how the topic relates to them. This should be an easy question or activity likely to bring out positive but brief comments and can be done as a group or partners.

Question/Activity

Ask participants to introduce themselves by saying their name, their baby's name & age, and how they felt the first time they held/nursed their baby.

If they are pregnant, ask them one thing they hope for when their baby arrives.

Activities

Key content points the learners need to know

1. Breastfeeding is for anytime, anyplace.
2. Breastfeeding in public can be done with confidence – most moms are already nursing in public and going completely unnoticed.
3. Texas law protects your right to breastfeed in public.

For each learning activity, list any instructions that are needed for the facilitator and participant and three to five open-ended discussion questions. Keep in mind that the activities should enable participants to meet the learning objectives.

- Pass out copies of the pamphlet, Anytime, Anyplace - Breastfeeding in Public, to everyone in the group.
- Ask them to open the pamphlet to the center page/photo.
- Read the title on the photograph, “How many people are enjoying a healthy lunch?”
- Give them a little time to digest the title and image.
- Ask a volunteer to share his/her observations. (If the baby nursing is NOT counted as one of the people enjoying a healthy lunch, ask for another volunteer).
- Let the class have a 15-20 minute conversation.

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- Possible discussion questions:
 - *How many people did not notice the baby nursing the first time they looked at the photograph?*
 - *Have you tried to breastfeeding in public? OR Do you plan to breastfeed your baby when you are on-the-go?*
 - *What things did you/do you do to prepare for the outing?*
 - *What are some things to look for when away from home and you need feed your baby?*
 - *How did/does it make you feel to be able to provide the best nourishment to your baby anywhere you go?*
 - *What barriers do you think get in the way of breastfeeding in public? What are some tips for overcoming these barriers?*
 - *What are some things you can do to help other breastfeeding moms feel confident about breastfeeding in public?*
- Pass out the License to Breastfeeding pocket-sized cards to everyone in the group and explain how they can use them.

Review & Evaluation

Invite the participants to summarize the key points of the session and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing one community resource that is available for clients who want to learn more.

Question/Activity

Review the key concepts discussed during the class. If you wrote these down on a white board as the class progressed, you could refer to the white board.

Then ask:

- *“What is the most useful thing you have gained from the class?”*
- *“How do you think you can use what you learned today in the future?”*

You could also ask participants to write down on a piece of paper what they learned and how it will be useful to them.

Community Resource (optional)

Personal Review of Session (afterward)

Take a few moments to evaluate the class for yourself.

- What went well?
- What did not go as well?
- What will you do the same way the next time you give this class?
- What will you change?

Supplemental Information