

Touching Hearts Touching Minds Handout #38

Keep Him That Way With Iron

Counseling Tool

What is the key message?

- By offering simple iron-rich foods parents can help their have healthy iron levels in their blood.
- Eating vitamin C-rich foods along with iron-rich foods will improve iron absorption. WIC cereals, meat, beans, fish, eggs, enriched grains and leafy green vegetables such as spinach are all iron-rich foods.

Who should receive this message?

- Any parent or caregiver who is concerned about iron, whose child has physician diagnosed anemia or whose child was found to have low hemoglobin in the WIC clinic.

How can this message be used?

Open:

- Many parents are surprised or concerned when they hear their child may be anemic. How are you feeling?
- Tell me about a time you've come up with a creative solution to overcome a parenting challenge?
- (Show front of handout) What do you think of when you describe your little one as a superhero?
 - What role does strong blood play in your picture of your hero?
- *Use your own words:*

Dig:

- What do you know about iron-rich foods?
- What have you heard about the role of iron in the body?
- What are some of the challenges you've had when it comes to offering iron-rich foods?
- Offering food with vitamin C along with iron rich foods, like orange juice with WIC cereal, will help your child absorb more iron. Tell me about ways you combine foods to help your child eat better.
- How has tackling this challenge been going for you?
- *Use your own words:*



Connect:

- How does it feel to know you are helping your child grow up healthy?
- What advice would you offer to another mom who learned her child may be anemic?
- Imagine how it would feel to know by offering one small thing, you are offering the bigger gift of nourishing his/her body and helping him/her grow strong.
- *Use your own words:*

Act:

- What iron rich foods can you offer to your child this week to help your child get more iron?
- *Use your own words:*

