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Revised March 2018
During a woman’s postpartum appointment much of the attention is on the baby. However, counseling mom is also important. In this course, you will obtain a knowledge base about important for understanding postpartum nutrition and other postpartum related issues. Breastfeeding is not covered in detail in this course; refer the nutrition educator to the breastfeeding LMS course for information about breastfeeding.

The Postpartum Nutrition LMS Course consists of two Modules:
- Module 1: Postpartum Nutrition and Weight
- Module 2: Behaviors, Issues and Outcomes

After completing the Postpartum Nutrition course, you will:
- Identify key nutrients for postpartum health.
- Identify appropriate responses when talking about weight with a WIC participant.
- Demonstrates how to form a reflective listening statement.
- Nutrition educator is able to explain the differences between the Stages of Change: Pre-contemplation, Contemplation, Preparation, Action and Maintenance.
- Nutrition educator is able to give one example of an open-ended question used to explore potential behavior change with the WIC participant.
- Describe complications overweight and obese women may experience during pregnancy.
- Describe benefits for incorporating physical activity into a postpartum woman’s life.

Prerequisite for taking the Postpartum Nutrition course: Basic Nutrition Course and Prenatal Nutrition Course

Pen or pencil
Access to the website: www.choosemyplate.gov (Activity 4)
THTM #9: Baby Legs-Postpartum Weight Loss (Activity 4)
THTM #27: Sensible Weight Loss-Postpartum Weight Management (Activity 4)

Approximate time it takes to complete the Postpartum Nutrition LMS course: 2-4 hours
Approximate time it takes to complete the face-to-face activities and discussion: 1 hour
Things to Remember

♦ This guidebook is yours to keep.
♦ Feel free to take notes, highlight, or write in the guidebook.
♦ Ask your trainer(s) if you need help, have questions about the information in the postpartum nutrition course, or have questions about additional topics related to postpartum nutrition.
♦ Your trainer will be assessing your understanding of the postpartum nutrition information throughout the duration of the course training. The training activities consist of WIC relevant topics and require critical thinking skills to complete. Participation in the face-to-face activities and discussions is expected and essential to successfully complete the postpartum nutrition course. Please see the Competency Achievement Checklist at the end of this guidebook.
Module 1: Postpartum Nutrition and Weight

Begin the LMS Postpartum Nutrition Course. Please complete the steps in the following order:

- Complete the Postpartum Nutrition Pre-Test.
- Open the Postpartum Nutrition Online Course.
- Optional: open the Postpartum Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- Complete Module 1: Postpartum Nutrition and Weight
- Complete Postpartum Nutrition Activities 1, 2, 3, and 4, either individually, with the other nutrition educator(s), or with your trainer.
- Meet with your trainer to discuss the Postpartum Nutrition and Weight Module and activities 1, 2, 3, and 4.
**Postpartum Nutrition Activity 1**

**Instructions:** Match key nutrients for postpartum health with the food sources containing that key nutrient. Next, create a meal that includes foods which contain these four key nutrients. (Module 1, Slides 6, 7, 9 and 12)

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folic Acid</td>
<td>a. beef, chicken, pork, fish, dried beans, tofu, fortified cereals</td>
</tr>
<tr>
<td>Calcium</td>
<td>b. milk, yogurt, cheese</td>
</tr>
<tr>
<td>Iron</td>
<td>c. eggs, beef, chicken, pork, fish, beans, lentils, nuts, tofu, milk, yogurt, cheese</td>
</tr>
<tr>
<td>Protein</td>
<td>d. Legumes, leafy greens, orange juice, asparagus, fortified cereals &amp; breads</td>
</tr>
</tbody>
</table>

### My Meal

<table>
<thead>
<tr>
<th>Food</th>
<th>Key Nutrient(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample Meal:</td>
<td></td>
</tr>
</tbody>
</table>

**Hint:** If needed, each activity identifies a specific slide(s) in the course in which you can find the information necessary to complete the activity.
Mock Scenario:
Salina is a new mother who is 6 weeks postpartum. She is 5 feet 4 inches tall and currently weighs 174 pounds. Salina tells you she hopes to lose the weight she gained during her pregnancy and, over time, reach a healthy weight. Salina has been very focused on her new infant and is now ready to focus on herself and change some of her current eating habits.

Based on this scenario, check (✓) each of the remarks below that would be an appropriate reply when talking with this participant. Please explain why each statement is or is not appropriate.

1. _____ “This BMI table shows you’re going to have to lose at least 30 pounds to get to a healthy weight, and even more would be better.”

2. _____ “Now that you’ve had the baby, this is a great time to start making some changes in your eating habits and your activity level. Tell me more about what you’ve already done to change some of your eating habits, if anything.”

3. _____ “Look at this great diet I found in a magazine yesterday. It said you could lose up to 5 pounds per week.”

4. _____ “When I had my baby I lost all the extra weight by 6 months. I bet you could do that too.”

5. _____ “I heard you say you would like to improve your weight. It’s great you’re ready to make a change. It’s going to take some time for your body to adjust and lose the extra weight.”

6. _____ “What have you heard about healthy ways to lose weight?”

7. Your own reply based on the scenario:
Reflective Listening Activity

Instructions: Review the “Key Points” below about reflective listening. Next, read statements made by postpartum women about physical activity. Practice forming reflexive listening statements for each statement.

“Key Points” about Reflective Listening:
A reflection is a brief response that lets the speaker know you’ve been listening. It is not a question. Reflecting helps you check your understanding of what is being said and is also a way to show you understand.

To form effective reflective listening statements, ask yourself:

- What do you think she means?
- Why might this be important to her?
- What might she be feeling about this?
- What might this really mean to her?
- What might she be trying to say that isn’t coming out?
- What else might this mean?

Examples of how to begin your reflective listening statement:

- “So you...”
- “You feel...”
- “It sounds like...”
- “It seems that...”
- “What you’re saying is...”
- “You mean...”
- “In other words...”
- “It looks like...”
- “I feel as though...”
### Postpartum Nutrition Activity 3, continued

<table>
<thead>
<tr>
<th>Postpartum woman:</th>
<th>Your reflective listening response:</th>
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</thead>
<tbody>
<tr>
<td>I enjoy going to aerobics classes, but I can’t afford to join a gym right now.</td>
<td></td>
</tr>
<tr>
<td>I like to walk, but I don’t always feel safe walking alone in my neighborhood.</td>
<td></td>
</tr>
<tr>
<td>I have never exercised. I just don’t like things like jogging, swimming, or aerobics.</td>
<td></td>
</tr>
<tr>
<td>I want to lose weight, but with a 6 month old, it is hard to find time to exercise.</td>
<td></td>
</tr>
<tr>
<td>I’m hungry but I can’t always find time to eat.</td>
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<tr>
<td>I feel so busy since having the baby, and I don’t have much of an appetite. I’m exhausted and wish I could sleep more.</td>
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</tbody>
</table>
Mock Scenario: You are certifying a postpartum mom and during your assessment you introduce the Card Sort tool for postpartum women. You ask her to choose her biggest concerns and she identifies “my weight” and “exercising.” She says she is already working on her diet, and exercise is where she struggles. She states...I enjoy going to aerobics classes, but I can’t afford to join a gym right now.

WIC participant says: I enjoy going to aerobics classes, but I can’t afford to join a gym right now.

Nutrition educator reflects: So it sounds like you would take more aerobic classes if it was more affordable.

WIC participant responds: Yes, I would like to lose weight and I always feel better after I exercise.

Think It Through:


b. What Stage of Change is this WIC participant in?

c. You’re finished with the assessment. You are hoping to move the participant from the contemplation stage to the preparation stage. What can you say or ask the participant to encourage her to start talking about behavior change?

Nutrition educator asks: How important would you say it is for you to find a solution for incorporating affordable exercise into your life? On a scale of 1 to 10, where 1 is not at all important and 10 is extremely important, where would you say you are?

WIC participant responds: Losing this baby weight and feeling good are very important to me. I would say I am an 8.

Nutrition educator responds: That’s great! I can tell exercise is very important to you.
Techniques to Introduce Education to the WIC participant

Option #1: Nutrition educator asks participant to identify their own ideas for change.

   d. What are examples of questions you can ask the participant to begin a conversation about potential solutions? Hint: Ask questions in a way which allow the participant to come up with her own ideas. Keep in mind, you’re still hoping to move her from contemplation to preparation.

Option #2: Nutrition educator asks the participant for permission to share information with her.

   e. How could you bring up a suggestion for a mom who doesn’t have any ideas? Hint: remember to ask permission before sharing.

Option #3: Nutrition educator presents a “list” of possible topics for the participant to choose from (such as with a circle chart format).

   f. What are three suitable topics related to physical activity you can offer to talk about with the participant in order to narrow down the focus of the appointment?

   g. If necessary, what are options for nutrition education material you might introduce to the WIC participant?

   h. Before offering information, such as the nutrition education material, is it necessary to ask the WIC participant for permission to show her the material? Why or why not?

   i. Now take a moment to write down how you might ask permission to share information.
Nutrition educator asks: I have a handout you might find helpful. Would you like to look at it together?

WIC participant responds: Sure.

Nutrition educator and WIC participant review one to two key points of the handout together.

j. What might the nutrition educator say to the participant after reviewing the handout? Choose the best answer(s).
   a. Which of these ideas can you see working for you?
   b. How do you feel about using one of these suggestions right now?
   c. Can you see how many options you have now? (not as appropriate as the other responses because it is a closed question and leading question)
   d. If you decide to include activities like these into your daily life, what would need to change?

k. Last but not least, use the participant’s response in letter “j” to set a goal with the participant. Write a closing statement that includes a brief summary of the visit. Include:
   ✓ Participant’s identified goal(s) (make one up)
   ✓ Expression of appreciation
   ✓ Expression of confidence and hope
Return to the LMS Postpartum Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto https://az.train.org/DesktopShell.aspx
- If necessary, re-open the Postpartum Nutrition Online Course.
- Complete Module 2: Behaviors, Issues and Outcomes
- Complete Postpartum Nutrition Activity 4, either individually, with the other nutrition educator(s), or with your trainer.
- Meet with your trainer to discuss the Behaviors, Issues and Outcomes module, discuss the activity 5.
Postpartum Nutrition Crossword Puzzle
Postpartum Nutrition Crossword Puzzle Clues

ACROSS:
1. A long term health risk associated with a woman being overweight or obese. (Module 1, page 17)
3. What is the substance found in coffee, and some sodas and teas that transfers through breastmilk to the infant? (Module 2, page 6)
5. Mood swings, crying easily and for no reason, and uncertainty about caring for a new baby are three symptoms of this postpartum medical issue. (Module 2, page 14)
6. Postpartum women are recommended to decrease this “greasy” ingredient in foods to help return to a healthy weight. (Module 1, page 14)
10. Overweight and obese women experience more infertility and are at an increased risk of having a baby with _______ defects. (Module 1, page 17)
11. If a breastfed baby is experiencing a weak suck, irritability, excess drowsiness, weakness, and decreased linear growth, what substance in the mother’s breastmilk might be causing this? (Module 2, page 10)
12. Postpartum women are recommended to decrease this “simple” ingredient in foods to help return to a healthy weight. (Module 1, page 14)
13. What vitamin is important for all postpartum women to take to help prevent up to 70% of neural tube defects? (Module 1, page 6)

DOWN:
2. Another name for high blood pressure, and a long term health risk associated with a woman being overweight or obese. (Module 1, page 17)
3. Women ages 19 and older need 1000 milligrams per day of this mineral important for bone health. (Module 1, page 7)
4. Regarding oral health, parents should avoid sharing this cleaning tool with their child. (Module 2, page 7)
7. This medical issue refers to high blood sugar levels which develop during pregnancy. (Module 2, page 12)
8. Stretching your muscles improves this and is a benefit to incorporating physical activity into a postpartum woman’s life. (Module 2, page 4)
9. Incorporating physical activity into a postpartum woman’s life improves this type of fitness. (Module 2, page 4)
14. An infant exposed to this is at an increased risk of Sudden Infant Death Syndrome (SIDS), ear infections, and respiratory illnesses. (Module 2, page 8)
Return to the LMS Postpartum Nutrition Course

- If necessary, log back onto https://az.train.org/DesktopShell.aspx
- Complete the Postpartum Nutrition Post-Test.
- Share the results of your Post-test with your trainer.
# Competency Achievement Checklist / Postpartum Nutrition Curriculum

**Nutrition Educator’s Name**

**Local Agency**

**Trainer:** Evaluate the nutrition educator’s competency of the postpartum nutrition information upon completion of the LMS course, along with all learning activities, and all discussion.

<table>
<thead>
<tr>
<th>At this checkpoint:</th>
<th>Evaluate this:</th>
<th>Competency Achievement Date</th>
<th>Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LMS Pre-test</strong></td>
<td>Nutrition educator completed the LMS Pre-test.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Learning Activities</strong></td>
<td>Nutrition educator accurately <em>completed</em> all activities specified for this course.</td>
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<td></td>
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<tr>
<td></td>
<td>All activities were <em>discussed</em> with the nutrition educator and reviewed for accuracy.</td>
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<tr>
<td><strong>Competencies</strong></td>
<td>Nutrition educator is able to identify key nutrients for postpartum health.</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Nutrition educator is able to identify appropriate responses when talking about weight with a WIC participant.</td>
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<td></td>
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<tr>
<td></td>
<td>Nutrition educator is able to demonstrate how to form a reflective listening statement.</td>
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<td>Nutrition educator is able to explain the differences between the Stages of Change: Pre-contemplation, Contemplation, Preparation, Action and Maintenance.</td>
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<td>Nutrition educator is able to give one example of an open-ended question used to explore potential behavior change with the WIC participant.</td>
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<td>Nutrition educator is able to describe complications overweight and obese women may experience during pregnancy.</td>
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<td></td>
<td>Nutrition educator is able to describe benefits for incorporating physical activity in a postpartum woman’s life.</td>
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<tr>
<td><strong>LMS Post-test</strong></td>
<td>Learner has achieved a score of 80% or better.</td>
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*Revised March 2018*
I verify __________________________________________________ has achieved the learning objectives of the *Online Postpartum Nutrition Course* and is competent to continue with WIC training. The nutrition educator meets the criteria set by the State to receive a *Certificate of Completion* for this course.

Trainer(s) Signature __________________________________________ Date____________________

*File this signed competency achievement checklist in the appropriate employee training file, in accordance with WIC policy.*