



Pregnancy/*Embarazo*



Weight Gain
Aumento de Peso



Nausea, Heartburn or Constipation
Náuseas, Acidez Estomacal o Estreñimiento

What other topic would you like to talk about?
¿De qué otro tema le gustaría hablar?



Ways to Feed My Baby
Maneras de alimentar a mi bebé



Being Active
Manténgase Activa



Eating during Pregnancy
Alimentación Durante el Embarazo



Weight Gain

Ask- possible opening questions:

- How do you feel about your weight?
- How much weight do you think you should gain?

Provide- suggestions for sharing:

- How much weight a women needs to gain depends on how much she weighed when she became pregnant.
- Review rate of gain recommendations according to the participant's pre-pregnancy weight classification using the prenatal weight grid.
- Gaining too much or too little weight can affect your health and may impact labor and delivery.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

Nausea, Heartburn, Constipation

Ask- possible opening questions:

- What problems are you currently experiencing?

Provide- suggestions for sharing:

- Nausea and vomiting are common in the early months of pregnancy.
 - Try eating small, frequent meals.
- Higher levels of hormones and pressure on the bowels can cause constipation.
 - Eat foods high in fiber such as beans, whole grains, fruits and vegetables.
 - Drink plenty of liquids, especially water.
- Heartburn may be more common later in pregnancy. In addition to the tips above, also try
 - Avoiding spicy and/or greasy foods.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

How to Feed My Baby

Ask- possible opening questions:

- Have you thought about how you are going to feed your baby?

Provide- suggestions for sharing:

- Breastmilk provides the best nutrition for your baby and changes as your baby changes to meet their needs for proper growth and development. It's the best food for your baby.
- All moms can breastfeed. We are here to help.
- The standard milk based formula WIC provides is: _____. WIC is supplemental and will not provide enough formula to meet all of your baby's needs.
- Discuss the differences in food packages

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

Being Active, Feeling Good

Ask- possible opening questions:

- What type of activities do you do to stay active?
- How often?
- What do you think you can do to be more active?

Provide- suggestions for sharing:

- Exercise is healthy and safe for most pregnant women. Check with your doctor before starting an exercise program.
- Aim for 30 minutes of aerobic activity a day. (walking or swimming)
- Listen to your body, if something doesn't feel right, stop.
- Avoid exercising to exhaustion or breathlessness.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

Eating During Pregnancy

Ask- possible opening questions:

- How do you feel about what you eat?
- How do you use your WIC foods?

Provide- suggestions for sharing:

- Eat five to six small meals a day or 3 meals with 1-2 snacks.
- Make half your plate fruits and vegetables, let her know she will be able to get fruits and vegetables with WIC.
- Drink low fat milk and 100% fruit juices.
- Choose healthier options at fast food restaurants such as grilled chicken, apple slices and salads.
- Limit sweetened drinks such as soda, sports drinks, coffee drinks, and sweetened ice tea.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?