

Lesson Guide

“You Are Special”



Format:

This is an Adult Centered Education lesson plan. It is structured to be an interactive dialogue between the facilitator and participants.

Helpful tip:

Provide activities for children to do independently (such as coloring sheets, books or toys) while adults are engaged in the lesson.

Who: Adult participants
WIC facilitator

Why: To provide WIC families with information and highlight the importance of women’s health between pregnancies.

Time: 20-25 minutes

Set-up: Chairs set up in a circle or semi-circle

Objective: By the end of the session, participants will have:

- Recognized the importance of taking care of their health before becoming pregnant.
- Understood the connection between their own health to the health of their child.

Materials: Class Outline Poster
Tips for Good Health (magnet/bookmark/card)

WARM UP ACTIVITY

Invite participants to introduce themselves and share how many children they have and the ages of their children. Be sure to acknowledge and include fathers, grandparents and other family members who are also in the session. If there are participants who have children ages one and up ask:

How long have you been coming to WIC? How has it benefited you?

(If there are participants with infants, this is an opportunity to encourage them to continue to come to WIC for the 5 years that their child is eligible.)

Much of your time is spent making sure your children and families stay healthy and grow well. Today we are going to focus on YOU and YOUR HEALTH.

- ***Why is it important for you and your partner to take care of yourselves?***
- ***When do you begin taking care of your health?*** (Discuss)

If you and your partner/husband are planning to have another baby, your health between pregnancies is very important to the health of that baby. The health of both father and mother, even before a woman is pregnant, affects the baby for the rest of his or her life. More than half of mothers say that their last pregnancy was a surprise so it's important to be healthy all the time.

- ***What advice would you give to parents to stay healthy, in case they have a surprise pregnancy?*** (Discuss)

TIPS FOR GOOD HEALTH DISCUSSION:

Distribute the 'Tips for Good Health' magnets (or bookmarks or cards)

Let's look at 9 things to do to be in good health. Most of these are important for everyone, even if you don't plan to have a baby.

Ask for volunteers to read each point, one at a time, and discuss each one. Use open questions to discuss each point.

- ***Why is that important to you?***

The facilitator needs to read the following background statement after tip #4.

Folic Acid is a B-vitamin found in food and is very important in preventing birth defects. It also helps prevent strokes, heart disease and cancer. Foods high in folic acid include fortified cereals, beans, orange juice, dark green leafy vegetables, citrus fruits, whole grains and peanuts. Health experts recommend that every woman of child bearing age take folic acid supplement every day, even when not pregnant.

Remind them that most of these recommendations are important for everyone's good health, including men, and they can support a woman before she becomes pregnant.

CLOSING:

- ❖ ***What are your questions?***
- ❖ ***What can you do today to take care of yourself?***