

Counseling Guide Prenatal Women

Health Outcome: Delivers a healthy, full-term infant while maintaining optimal health status.

Suggested Open Ended Questions	Suggest Affirming Statements	Suggested Nutrition Education Statements
<p>Meal Patterns:</p> <ul style="list-style-type: none"> • Tell me about the meals and snacks you eat. • How do you feel about families eating meals together? • What types of restaurants do you select when eating out? • What concerns do you have about your eating habits? <p>Eating Pattern:</p> <ul style="list-style-type: none"> • What are some foods that you think you don't eat enough of? <ul style="list-style-type: none"> • Tell me about any food cravings you have been experiencing. <ul style="list-style-type: none"> • Tell me about your special diet? <p>Beverages:</p> <ul style="list-style-type: none"> • What do you drink on most days? <p>Supplements:</p> <ul style="list-style-type: none"> • What vitamins, minerals, or herbal supplements do you take? 	<ul style="list-style-type: none"> • It's common for amounts eaten to vary from meal to meal and day to day. • It can be challenging getting the entire family together for dinner. • Fast food restaurants can really be convenient when you have a busy schedule. • You've tried to do _____ before and it has not worked for you. <ul style="list-style-type: none"> • Eating a balance diet can be challenging for many of us. <ul style="list-style-type: none"> • Some pregnant women often have food cravings. <ul style="list-style-type: none"> • It sounds like you have a good understanding regarding your special diet. <ul style="list-style-type: none"> • It's difficult for many women to drink enough fluids in the early months of pregnancy. <ul style="list-style-type: none"> • Prenatal vitamins are encouraged. 	<p>Discuss:</p> <ul style="list-style-type: none"> • That some days, food intake will be better than others. She should strive to eat to the best of her ability on most days. • The importance of consuming regular meals and snacks, which leads to a diet that is sufficient in calories and essential nutrients. • The importance of good nutrition as related to fetal growth and development. <p>See NTM 3.3.1</p> <p>Encourage:</p> <ul style="list-style-type: none"> • Protein intake to be of high biologic quality, such as eggs, meats, and milk, can also include dried beans, peas and peanut butter. • Adequate calorie intake during pregnancy to ensure adequate prenatal weight gain. Reinforce any instructions from the participant's health care provider. <p>See NTM Sections 3.3.1, 3.3.2</p> <ul style="list-style-type: none"> • Suggest food items, which could satisfy the craving for the non-food item. • Have her speak to her physician if the cravings persist. <p>See NTM Section 3.4.1</p> <ul style="list-style-type: none"> • Avoid strict vegan diets, which may result in nutrient deficiencies. Nutrients of potential concern are: riboflavin, iron, zinc, B₁₂, vitamin D, calcium and selenium. <p>See NTM Section 3.4.2</p> <p>Encourage:</p> <ul style="list-style-type: none"> • Her to drink to thirst and consume fluids with meals. • Alternative products for individuals who avoid all milk products. <p>Discuss:</p> <ul style="list-style-type: none"> • The need for adequate vitamin/mineral intake during pregnancy. • Encourage a balanced diet, which includes good sources of vitamins and minerals. • Refer to health care provider if excessive intake of supplements is noted. <p>See NTM Section 3.3.2</p>

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<p>Food Safety</p> <ul style="list-style-type: none"> • How often do you eat; raw fish, refrigerated smoked seafood, refrigerated pate' or meat spreads, soft cheeses, raw vegetable sprouts? • Tell me how you cook deli meats, hotdogs and eggs when you have them. • How often do you make freshly squeezed fruit or vegetable juice? <p>Food Security</p> <ul style="list-style-type: none"> • What do you do when your family doesn't have enough food? <p>Physical Activity</p> <ul style="list-style-type: none"> • What kind of activity do you do on most days? <p>Oral Health</p> <ul style="list-style-type: none"> • What changes have you noticed regarding your teeth and gums? <p>Prenatal Care</p> <ul style="list-style-type: none"> • What has the doctor told you about prenatal care? 	<ul style="list-style-type: none"> • The method of preparing your foods can assist in a healthy pregnancy. • We have many families with the same challenges. • It can be challenging getting exercise into our busy lives. • Some women say their gums swell, bleed and become red and tender. • Prenatal care can help keep you and your baby healthy. 	<p>Discuss:</p> <ul style="list-style-type: none"> • Avoid unpasteurized fruit/vegetable juices and dairy products, soft cheeses and vegetable sprouts. • Encourage her to cook her meat (deli and hot dogs), poultry and seafood thoroughly. • Refer to physician if she reports symptoms of vomiting, diarrhea and/or abdominal pain. <p>See NTM Section 3.4.4</p> <p>Discuss:</p> <ul style="list-style-type: none"> • Possible low-cost menu selections and meal planning. • Proper handling and storage of food. • Referral information about other government-assisted programs. <p>Encourage:</p> <ul style="list-style-type: none"> • Increase activity level gradually and keep cool and hydrated. • Check with health care provider before starting an exercise program. • If time is limited, be active 10 minutes at a time segments, three times a day. <p>See NTM 3.5.4</p> <p>Discuss:</p> <ul style="list-style-type: none"> • Healthy snacks that do not stick to the teeth. • Schedule early and regular dental check-ups. • Refer to dentist if she reports bleeding gums, gum infections or inability to chew certain foods. <p>See NTM Section 3.2.6</p> <p>Encourage:</p> <ul style="list-style-type: none"> • If she has had her first appointment, encourage her to continue to keep future appointments. • Refer to health care provider if she hasn't received prenatal care. <p>See NTM Section 3.1.3</p>

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<p>Low Maternal Weight Gain</p> <ul style="list-style-type: none"> • How do you feel about your weight change? <p>High Maternal Weight Gain</p> <ul style="list-style-type: none"> • What do you think about your weight gain so far? <p>Low Iron</p> <ul style="list-style-type: none"> • What foods do you think are high in iron? <p>Morning Sickness</p> <ul style="list-style-type: none"> • What discomforts are you experiencing with your pregnancy? • How have you been dealing with them? <p>Substance Abuse</p> <ul style="list-style-type: none"> • Tell me how long have you been smoking? 	<ul style="list-style-type: none"> • Gaining weight in the early weeks of your pregnancy can be difficult when you have signs of morning sickness. • Weight gain is a normal part of pregnancy. • Sounds like you have a good understanding of foods high in iron. • Nausea and vomiting are common during pregnancy, especially during the first part of your pregnancy. • Sounds like you are making good choices for you and your baby. (if she has stopped/reduced smoking) 	<p>Discuss:</p> <ul style="list-style-type: none"> • Including a variety of nutrient-dense foods such as whole-grain breads and cereals, rice, beans, pasta, vegetables, and fruits as part of a balanced eating pattern. • Eating more often can compensate for smaller meals. <p>See NTM Sections 3.5.1, 3.5.3</p> <p>Discuss:</p> <ul style="list-style-type: none"> • The importance of limiting juice, sugar drinks, soda, sweets and other foods. • Encourage regular physical activity. <p>See NTM Sections 3.5.1, 3.5.2</p> <p>Discuss:</p> <ul style="list-style-type: none"> • Sources of iron such as meat, fish, poultry and WIC cereals. • Increasing iron absorption from foods by consuming vitamin C-rich foods with iron sources. • If she reports taking iron supplementation, determine if physician directed. • If not, refer to the physician. <p>See NTM Sections 3.3.2 and 6</p> <p>Encourage:</p> <ul style="list-style-type: none"> • Before getting up, sit up slowly and eat a couple of crackers or a dry piece of toast. • Try not to let the stomach get empty, eat small frequent meals and snacks and sit upright after meals. • Avoid smells that are strong. • Avoid greasy, rich, fatty or spicy foods. <p>See NTM Sections 3.2.2 – 3.2.7</p> <ul style="list-style-type: none"> • Refer to smoking cessation programs. <p>See NTM Section 3.6</p>

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<p>Breastfeeding</p> <p>Determining Barriers</p> <ul style="list-style-type: none"> • What are your plans for feeding your baby? • How do you feel about breastfeeding your baby in front of others? • What do you know about breastfeeding your baby discreetly? • What have others told you about breastfeeding? • What does your family think about breastfeeding your infant? • What have you heard about breastfeeding? • What are your plans to return to work or school? • How do you think breastfeeding will fit into your plans (return to work, school)? • Tell me about your other breastfeeding experiences. • What concerns might you have about breastfeeding? • Tell me about the changes you have noticed in your breasts. 	<ul style="list-style-type: none"> • Many women are uncomfortable breastfeeding in front of others. • Many women do not realize it is easy to breastfeed in public discreetly. • Sounds like you have concerns with breastfeeding that a lot of mom's have. • It sounds like your mother is concerned about you. • My mother told me that, too. • A lot of fathers want to be involved with feeding their baby. • It sounds like you want to be a good mother. • It can seem overwhelming thinking about taking care of a new baby and returning to school or work. • It sounds as though you have been giving this a lot of thought. • Becoming a new mother can seem overwhelming at first. • I talk to a lot of mothers who have that concern. • Many women worry about the size of their breasts. • Mothers can make plenty of milk for their babies by getting off to a good start. 	<p>Barriers to Breastfeeding:</p> <p>Embarrassment:</p> <ul style="list-style-type: none"> • Discuss that once the baby is born, many women grow more comfortable with the idea of nursing. • Discuss ways that a mother can nurse discreetly in public. Encourage mother to practice techniques in front of a mirror. • Discuss the benefits of pumping milk in advance and feeding with a bottle in public to avoid embarrassment. <p>See NTM Section 4.3</p> <p>Lack of Support:</p> <ul style="list-style-type: none"> • Discuss what support is available after discharge from hospital and give phone numbers and names of support groups and lactation consultants. • Encourage mothers to talk with their partner and mother about infant feeding decisions. • Invite mothers to attend prenatal classes to learn more about breastfeeding. • Give suggestions for ways the father can be involved in the care and nurturing of a breastfed baby. <p>Returning to Work/School:</p> <ul style="list-style-type: none"> • Discuss options for pumping breast milk to be given in a bottle while away from baby. • Encourage mothers to talk with their teachers or employers about having a place to use a breast pump at work or school. • If mother is unable to express milk at work or school, remind her that she can still breastfeed when she is with her baby. <p>Lack of Confidence:</p> <ul style="list-style-type: none"> • Reassure the mother that she can breastfeed and that breastfeeding is the normal way to feed a baby. • Reassure her that not every breastfeeding experience will be the same. If she had problems feeding one baby, she may not have that problem this time. • Discuss that breast size does not determine how much milk she will make. Women of all breast sizes have been able to breastfeed. • Refer mother to La Leche League, a mother's support group or a peer counselor for support.

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<ul style="list-style-type: none"> • What do you know about how to position and latch your baby for breastfeeding? • What do you know about how to care for your breasts during pregnancy? <p>Benefits of breastfeeding</p> <ul style="list-style-type: none"> • What have you heard about the benefits of breastfeeding? • What do you know about the benefits of breastfeeding? • What has your doctor told you about breastfeeding? <ul style="list-style-type: none"> • What do you know about how breastfeeding can improve your overall health? <ul style="list-style-type: none"> • What do you know about the cost of formula? • What do you know about the increase in food benefits you and your infant will receive if you exclusively breastfeed? 	<ul style="list-style-type: none"> • Pain is a common concern I hear from moms. • I've heard other women say that too. <ul style="list-style-type: none"> • It sounds like you want to do what is best for your baby. • Many women do not know that breastfed babies are so much healthier than formula fed babies. • You are already thinking like a good mother. • Many women think formula is as good as breast milk. • It sounds as though you have been giving this a lot of thought. <ul style="list-style-type: none"> • Many women do not know that using formula could be so costly. • Many women do not know that WIC is a supplemental program and that we will not provide all the formula you will need. • Many women do not know that they will receive more food from WIC if they choose to breastfeed. 	<p>Fear of Pain:</p> <ul style="list-style-type: none"> • Encourage mothers to attend a prenatal class to learn how to properly position and latch their babies. • Discuss proper breast care during pregnancy and lactation. • Encourage mothers to contact someone for help if they think something is not going correctly or they are experiencing pain. <p>See NTM Sections 4.3.3 and 4.3.4</p> <p>Benefits of Breastfeeding for Infants:</p> <ul style="list-style-type: none"> • Promotes the best possible growth and development. Breast milk changes as baby grows to meet their needs. • Breast milk is easier to digest and significantly decreases the risk of diarrhea, lower respiratory tract infections, ear infections, allergies and eczema. • Decreases risk of SIDS (Sudden Infant Death Syndrome). • Decreases risk of obesity as a child and adult. • Reduces risk of diabetes, asthma and childhood cancers. • Improves cognitive development. Breastfed babies may have slightly higher IQ's. <p>Benefits to Mothers when Breastfeeding:</p> <ul style="list-style-type: none"> • Exclusive breastfeeding delays the return of fertility in most women. • Earlier return to pre-pregnancy weight. • Reduces risk of breast, ovarian, and endometrial cancers. • Reduces risk of osteoporosis and bone fracture later in life. • Is convenient because breast milk is always available at the right temperature, and requires no mixing. • Increases bonding with infant. <p>Economic Benefits:</p> <ul style="list-style-type: none"> • Breastfeeding saves several hundred dollars from not having to purchase formula. • Mothers have reduced absenteeism and fewer sick days from work. • Reduced infant health care costs since breast fed babies usually require fewer sick baby visits to doctor. • The fully breastfeeding food package offers more food benefits for both mothers and infants. <p>See NTM Sections 4.3.1 and 4.3.2</p>

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<p>Milk Supply</p> <p>What do you know about having an adequate milk supply?</p> <p>What do you know about the harm in supplementing with formula?</p> <p>Support Plan</p> <p>What plans do you have to prepare for breastfeeding?</p> <p>Who will be available to help you after the baby is born?</p> <p>What is your breastfeeding support plan?</p>	<ul style="list-style-type: none"> • Many women do not realize that it is important to build your milk supply the first month. • Many women do not know that supplementing with formula will decrease their milk supply. <p>I am glad you have started thinking about this.</p> <p>I have talked to many mothers who have not thought about where to get help if they should have problems.</p>	<p>Discuss:</p> <ul style="list-style-type: none"> • WIC and the AAP recommend that infants receive only breast milk the first 6 months and continue to breastfeed for at least a year, while being provided appropriate complimentary foods. • WIC does not recommend any formula to a breastfeeding baby for the first month in order for the mother to build her milk supply. • Supplementing with formula will disrupt the supply/demand balance and decrease milk supply. <p>Provide anticipatory guidance on :</p> <ul style="list-style-type: none"> • Skin-to-skin contact • Infant feeding Cues • Frequency and duration of breastfeeding • Baby led feeding • Indicators an infant is getting enough milk <p>See Infant-Breastfeeding Counseling Guide</p> <p>Assist mothers in developing a support plan and provide her with information on who to call if she encounters problems with breastfeeding.</p>

Suggested Participant Resources: #187 MyPyramid For Pregnancy, #158 Weight Gain During Pregnancy, #997 Why Snack, #579 Pregnant? Drugs & Alcohol Can Hurt your Unborn Baby