

**Texas WIC Lesson Evaluation Results  
CF-000-26: CCNE Great Tips for Feeding Kids**

**Client Feedback**

**Total # of clients who responded to survey: 224**

**Clients surveyed identified themselves as:**

- Pregnant: 12%
- Breastfeeding: 10%
- Caretaker of baby under 12 months: 42%
- Caretaker of a child over 1 year: 80%
- Friend of family: 12%
- First WIC class: 9%

**Language in which the class was taught:**

- English – 60%
- Spanish – 36%
- Both – 3%

Compared to other WIC classes, clients awarded this class **4.4 stars** (out of 5).

**Clients rated the class as follows on the items below:**

	<b>Not at all</b>	<b>A little</b>	<b>A lot</b>
Helpful	3%	10%	<b>88%</b>
Too long	<b>83%</b>	13%	4%
Informative	2%	11%	<b>87%</b>
Important	2%	10%	<b>87%</b>
Boring	<b>86%</b>	10%	5%
Covered things I already know	10%	<b>72%</b>	18%
Answered my questions	3%	23%	<b>74%</b>
Encouraged me to participate	1%	29%	<b>69%</b>
The instructor knew a lot about the topic	1%	6%	<b>94%</b>
Good for first-time parents	4%	7%	<b>89%</b>
I understood the language	0%	1%	<b>100%</b>

**Clients indicated one thing they learned that they would try at home. Out of 199 write-in responses, themes for the comments included:**

- Try new foods with my baby and give more table foods
- Do not force my child to clean his/her plate
- Do not make special meals for a picky eater
- Serve a new food with foods my child likes; offer new foods many times; how to get my child to try new foods
- To cook healthier meals for my child; try to serve more variety

## CF-000-26: CCNE Great Tips for Feeding Kids

- Making eating vegetables and fruits fun; try mixing them into dishes
- Serve child-sized portions
- Get my child involved in preparing foods or picking out fruits and vegetables at the grocery store
- I decide what foods to serve and when, and I let my child decide whether or how much to eat
- Not to reward with food
- Do not allow my child to fill up on drinks between meal and snack times

### Texas WIC Lesson Evaluation Results CF-000-26: CCNE Great Tips for Feeding Kids

#### Staff Feedback

**Total # of staff who responded to the survey: 32**

**Staff surveyed included:** Clerk (10), WCS (2), CA (2), Nutritionist (7), Nutrition Education Coordinator (3), Clinic Supervisor (3), Other (5) and had the following degrees: LVN (4), RD (3), LD (2), Degreed Nutritionist (12), Other (15).

#### Language in which the class was taught:

- English – 53%
- Spanish – 9%
- Both – 38%

#### Staff reported the following as working well when teaching the class:

##### Client Interaction

- The interaction the clients have with each other, learning from other clients
- Client-centered lesson and open-ended questions
- The circular seating for the clients
- Meeting and greeting all the clients, welcome to class, and introduction of what class will be about
- Allow feedback

##### DVD

- The video was short and direct, giving examples of family meal ideas, and how to incorporate family time with meal planning. This helped to spurt the discussion.
- Showing and discussing the video
- Short video segment is a good tool to encourage discussion and past experiences related to feeding kids

##### Other

- Giving a list of websites that had grocery shopping ideas, tips, lists, etc.
- Visuals always work well

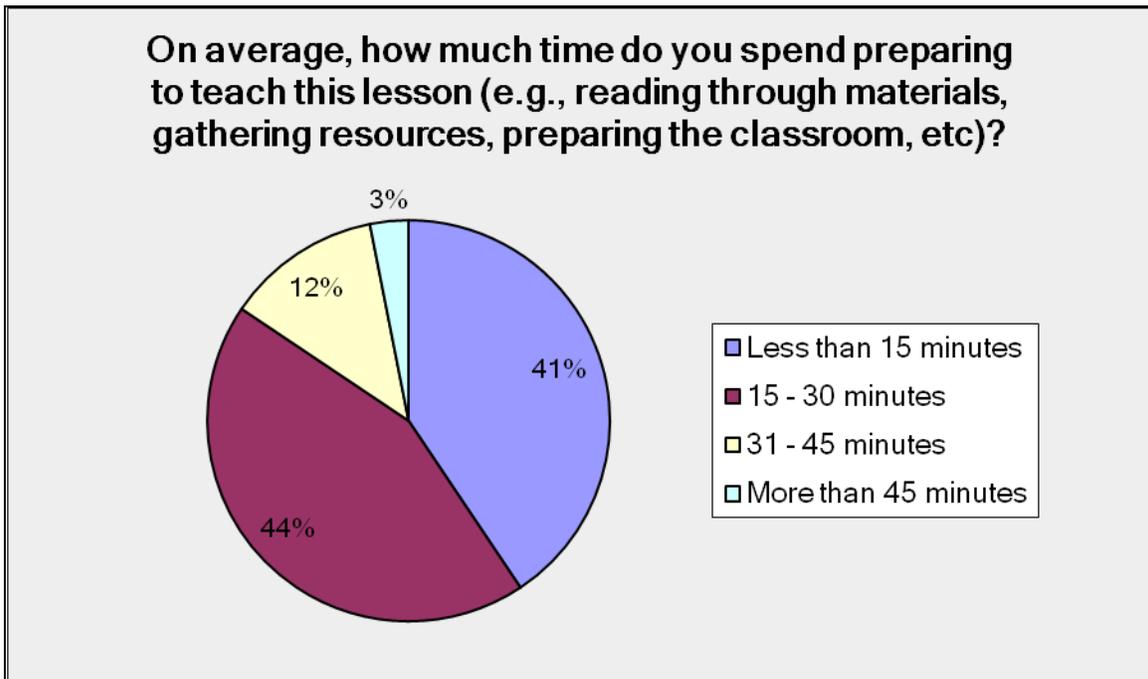
#### What staff would do differently the next time they teach the class:

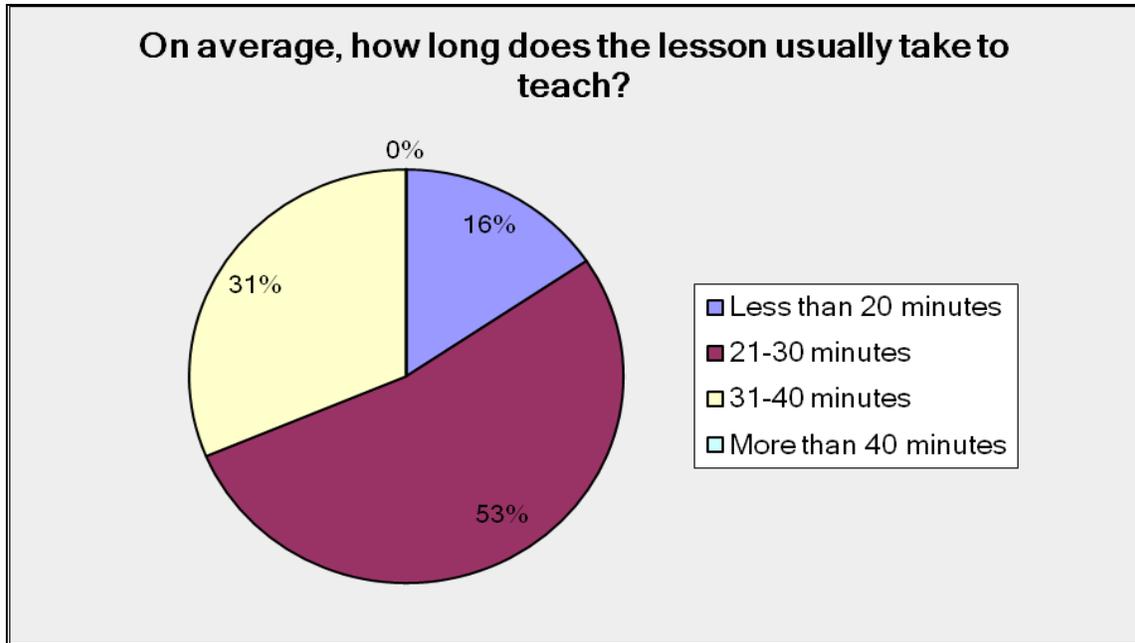
- List the eating problems addressed in the DVD. Have parents identify feeding problems from their current experience and watch for ideas from the video and share with the group.
- Need to work on longer pauses after questions to give clients time to think and speak
- At the conclusion of the class, list one tip as an example, and then ask for class feedback
- Like the lesson as is and would not change anything

## CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	0.0%	0
2	25.0%	8
3	15.6%	5
4	9.4%	3
<b>5 or more</b>	<b>50.0%</b>	<b>16</b>

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	37.5%	12
<b>Easy</b>	<b>59.4%</b>	<b>19</b>
Difficult	3.1%	1
Very Difficult	0.0%	0





**In your opinion, what would be the ideal size for this class?**

Answer Options	Response Percent	Response Count
Less than 6	9.4%	3
6-10	34.4%	11
<b>11-16</b>	<b>43.8%</b>	<b>14</b>
More than 16	0.0%	0
It doesn't matter	12.5%	4

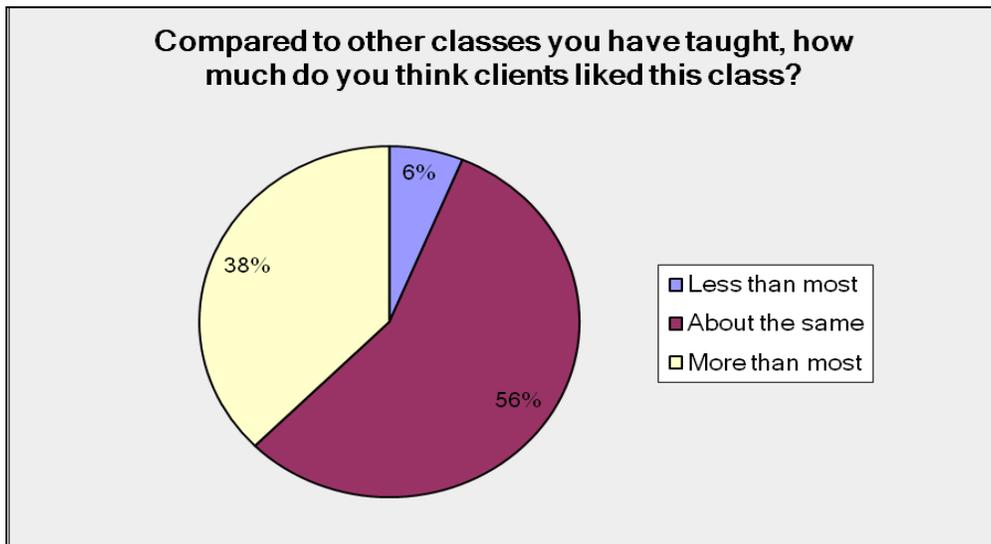
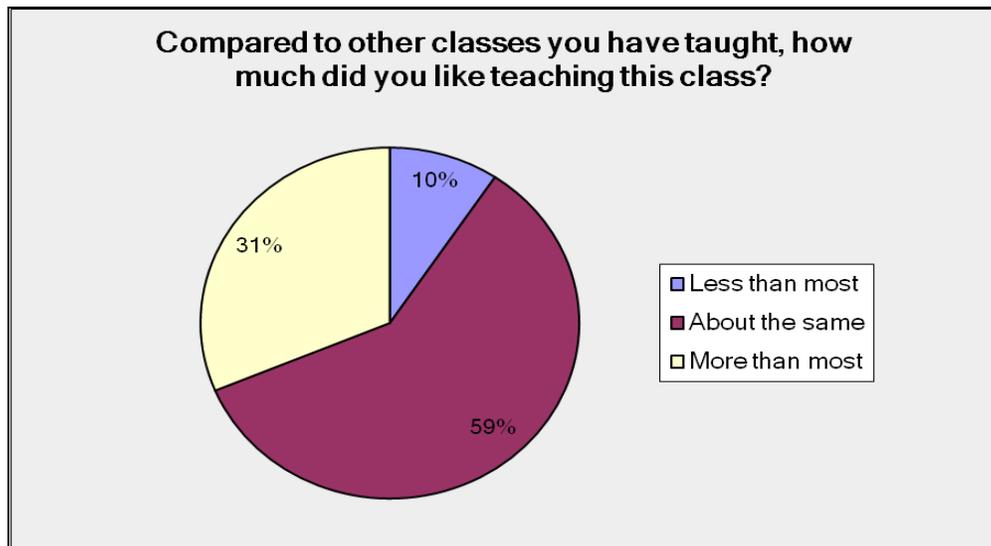
### CLASS FLOW

**How much of the following sections of the lesson plan did you usually cover?**

Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	0	4	<b>28</b>	0	32
Main activity	0	2	<b>29</b>	0	31
Optional activities	2	<b>13</b>	10	3	28
Conclusion/Take away	0	3	<b>26</b>	0	29
In-class evaluation	6	8	<b>12</b>	4	30

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	6.3%	2
Less than half	15.6%	5
About half	25.0%	8
More than half	15.6%	5
<b>Almost all</b>	<b>37.5%</b>	<b>12</b>

### ENJOYMENT OF CLASS



## TRAINING BACKGROUND

What training or background have you had that helped you teach this class? (Check all that apply.)		
Answer Options	Response Percent	Response Count
None	0.0%	0
Basic nutrition knowledge	53.1%	17
Advanced nutrition knowledge	46.9%	15
Basic breastfeeding knowledge	18.8%	6
Advanced breastfeeding knowledge	9.4%	3
Public speaking	31.3%	10
Client-centered NE training from State	50.0%	16
<b>Client-centered NE training at my local agency</b>	<b>81.3%</b>	<b>26</b>
Other (please specify)		4

### What additional training would help you teach this class?

- Practice makes perfect
- Would love to see how other clinics do classes and see what new ideas they have for making classes fun and interesting
- Baby behavior training
- Be sure to brush up on my nutrition facts as related to the class discussion topics