



Memorandum

#12-008

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: February 1, 2012

SUBJECT: New Postpartum Nutrition and Child Feeding CCNE Lessons and Handouts Available

The following new Client-Centered Nutrition Education (CCNE) lessons are now available in the *Postpartum Nutrition* and *Child Feeding* categories on the WIC Lesson Plans website.

PN-000-10 | CCNE: Diet and Women's Health - Feeling Great Postpartum and Beyond

- This CCNE lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/pnlessons-nut.shtm>.
- This CCNE lesson focuses on healthy diet choices for weight loss and weight maintenance strategies in the postpartum period and beyond. It includes a discussion activity, an evaluation activity called "Anna's Choice", and a handout with quick, healthy meal ideas.
- **Effective March 1, 2012** *CCNE: Diet and Women's Health - Feeling Great Postpartum and Beyond (PN-000-10)* will replace *Feeling Great Postpartum: Weight Control Strategies for New Mothers (PN-000-06)*. PN-000-06 will be deleted from the WIC website, TXWIN and the online Nutrition Education and Breastfeeding (NEBF) Plan class list. Please revise your NEBF class schedule to reflect these changes.

PN-000-11 | CCNE: What Can I Do Besides Eat?

- This CCNE lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/pnlessons-nut.shtm>.
- This CCNE lesson gives postpartum women the chance to examine some of their emotional reasons for eating with discussion and activities, and emphasizes patiently improving eating habits for the whole family for optimum health.
- **Effective March 1, 2012** *CCNE: What Can I Do Besides Eat? (PN-000-11)* will replace *What Can I Do Besides Eat? (PN-000-07)*. PN-000-07 will be deleted from the WIC website, TXWIN and the online Nutrition Education and Breastfeeding (NEBF) Plan class list. Please revise your NEBF class schedule to reflect these changes.

CF-000- 29 | CCNE: Give Your Child 10 Tasteful Gifts That Will Last a Lifetime

- This CCNE lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/cflessons-nut.shtm>.
- This CCNE lesson uses group discussion and an emotion-based visual aid to encourage participants to learn about and share ways that offering children healthy foods can be considered gifts. Participants will also discuss ways to “package” the gifts of healthy foods in ways that are appealing to children.

Once you have comfortably taught a new lesson a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>. Please also have 30 clients per local agency complete the *Client New Lesson Evaluation Survey* (Scantron form) during the evaluation period dated on the lesson plans. Once the evaluation period for a new class has ended, or your agency has collected 30 surveys, there is no need to send back any more surveys. Your evaluations are very important for the State Agency to continuously improve our lessons.

If you would like to add these new lessons to your current *Nutrition Education Class Schedule*, please make the change(s) to your online *Nutrition Education Plan* or contact your State Nutrition Education Liaison for additional information.

NEW! Handouts for *CF-000-27, Help Your Child Have a Healthy Weight* and *CF-000-28, Picky Eaters – Making Peace with Food* are now available to order from the WIC catalog:

- **CF-000-27, Help Your Child Have a Healthy Weight**
 - “Keeping Their Spirits Up Helps Keep Their Weight Down” (Stock #13-06-13781, Spanish #13-06-13781A)
 - “Top 10 Ways to Grow Happy Kids” (Stock #13-06-13782, Spanish #13-06-13782A)
- **CF-000-28, Picky Eaters – Making Peace with Food**
 - “Smart Moms Resist the Food Fights” (Stock #13-06-13783, Spanish #13-06-13783A)

If you have any questions or require additional information, please contact Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at (512) 341-4517 or Debbie.Lehman@dshs.state.tx.us or Hildreth England, RD, LD, Nutrition Education Consultant, at (512) 341-4509 or Hildreth.England@dshs.state.tx.us.