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**#12-070**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** July 17, 2012

**SUBJECT:** New Infant Feeding CCNE Lesson Available – *IF-000-24, Fun and Feeding for a Healthy Weight*

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The following new Client-Centered Nutrition Education (CCNE) lesson is available for download at:

<http://www.dshs.state.tx.us/wichd/nut/iflessons-nut.shtm>

*IF-000-24 | CCNE: Fun and Feeding for a Healthy Weight*

- This lesson is a group discussion about promoting healthy weight in infancy and throughout life. Parents and caregivers will discuss hunger and fullness cues, healthy infant feeding practices such as limiting juice and appropriately starting solids, and ways to incorporate physical activity from birth to 24 months.

If you would like to add this new lesson to your current NE class schedule, please make the change to your online *Nutrition Education Plan*.

This new lesson, *IF-000-24 | CCNE: Fun and Feeding for a Healthy Weight* will replace the following lessons, which 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.

- *IF-000-19: Tips for Promoting a Healthy Weight During Infancy*
- *IF-000-20: Fit Families: Baby Talk About Food*
- *IF-000-21: Childhood Nutrition: Feeding Your Baby*

Once you have comfortably taught this 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 plan (if you teach this class during this timeframe). 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 have any questions or require additional information, please contact your Nutrition Education liaison, or Frances Diep, RD, LD, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341- 4584 or [frances.diep@dshs.state.tx.us](mailto:frances.diep@dshs.state.tx.us).