



## Memorandum

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#12-082

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

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

**DATE:** August 20, 2012

**SUBJECT:** New Nutrition Education/Breastfeeding (NE/BF) Lessons Available!

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The following new lessons are now available in the Child Feeding and Self-Paced categories on the WIC Lesson Plans website.

**CF-000-31 | Client-Centered Nutrition Education Lesson (CCNE): *Child Nutrition Top Ten Discussion***

- 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 class uses facilitated discussion to encourage participants to learn about and share common child nutrition concerns. Participants will select at least three out of ten topics to discuss from a bulletin board or poster. Each topic includes suggestions for discussion questions, visual aids, and optional corresponding activities.
- The lesson is written in the CCNE Lesson Template format, and also includes a Supplemental Information Guide that is intended to help prepare facilitators with sufficient background information. The Supplemental Information Guide is not intended to be used as a script. Facilitators teaching this lesson should be comfortable with CCNE facilitation techniques, including getting clients involved in conversations, keeping the conversation on track, and handling misinformation. A variety of CCNE training materials are available at CCNE web site at <http://www.dshs.state.tx.us/wichd/nut/ccne.aspx>, including information on the CCNE training DVD titled *The Real (WIC) World: Applying CCNE in the Clinic*.

**SP-000-34 | *Anytime, Anyplace – Breastfeeding in Public***

- This self-paced lesson is now available for download from the WIC Nutrition – Self-Paced Lesson Plans web page at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
- Give breastfeeding moms a boost in confidence! This take-home lesson directs participants to the Breastmilk – Every Ounce Counts website at <http://www.breastmilkcounts.com/>, where they can learn tips and suggestions for breastfeeding in public. As the participant reviews the information online, she can complete questions covering topics that help her plan out every aspect of her outing so she will feel prepared for breastfeeding while on-the-go.

The following new bulletin board lesson and its associated components will be mailed in August to local agencies. Local agencies should receive enough displays for each of their clinic sites to display at their discretion.

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**PB-000-08 | *Healthy Teeth, Healthy Smiles***

- This lesson, in the format of an interactive bulletin board, emphasizes the importance of good oral (dental) health. Topics covered in the display include: what is tooth decay and how can it be prevented, the importance of a good daily oral hygiene routine and regular visits to the dentist, and foods that protect against or promote tooth decay. Upon completion, qualified WIC staff should review the lesson evaluation with the participant and address the participant's concerns.
- All components of this bulletin board lesson can also be downloaded and printed as low-resolution, 8.5" x 11" modular components from the WIC Nutrition — Self-Paced Lesson Plans web page at at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.

If you would like to add these new lessons to your Nutrition Education Class Schedule, please make the change to your online Nutrition Education Plan and contact your NE/BF liaison with any questions. Once staff have taught a new CCNE lesson comfortably a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28k>. Staff evaluations provide meaningful feedback that can help the State Agency to improve lessons.

If you have questions or require additional information about these new lessons, please call Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at (512) 341-4517 or email her at [debbie.lehman@dshs.state.tx.us](mailto:debbie.lehman@dshs.state.tx.us). You may also call Cristina Garcia, RD, LD, Breastfeeding Promotion Nutritionist, at (512) 341-4583 or email her at [cristina.garcia@dshs.state.tx.us](mailto:cristina.garcia@dshs.state.tx.us).