

PN-000-09, CCNE: Postpartum Grab Bag

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: CCNE: Postpartum Grab Bag

Developed by: University of Texas at Austin and State WIC NE Staff

Date Developed: 02/2011

Approved by: State WIC NE Staff

NE Code: PN-000-09

Class Description: This lesson emphasizes the importance of self-care for postpartum mothers. It uses a “Grab Bag” filled with items (or pictures of items) that help spark a discussion about the various emotions and experiences of being a postpartum mother.

Target Audience: Postpartum women

Type of Learning Activities: Discussion, hands-on activity

Part 1: Planning the Nutrition Education Session

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Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none">• Name two ways to take better care of themselves.• Outline a personal self-care plan to use over the next several months.• Identify a postpartum depression resource in their community.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none">1. “Self-care techniques,” such as eating well, getting enough rest and exercise, are important during the postpartum period.2. New moms should not expect to be able to do everything they did before the child was born. Asking for help is key in helping new moms take better care of themselves and their babies.3. Postpartum depression – or baby blues – is common and should not be taken lightly. If you feel this way, talk to your doctor or health care provider.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none">• 2-page Handout: “Postpartum Blues – What to Do?”• Whiteboard or Dry-erase board, markers (for Facilitator)• A large Tupperware container or large paper bag (i.e. a grocery bag) with items of your choice to use as conversation starters. You can also use pictures of items.• Examples of items to include:<ul style="list-style-type: none">○ Healthy food items○ Watch/Timer○ Water bottle○ Tennis shoe○ Crying baby○ Sunscreen○ Squeeze ball

	<ul style="list-style-type: none"> ○ Pillow ○ Picture of the beach or sand and shells ○ A used cell phone/picture of a telephone
<p>Resources – Review current WIC resources or other reliable resources like WIC Works.</p>	<ul style="list-style-type: none"> ● Brown JE, Isaacs J, Krinke B. <i>Nutrition through the life cycle (2004).</i> ● WIC Nutrition Postpartum Lesson Plans: “CCNE: Get Your Groove on Mama!” - PN-000-08 ● WIC Postpartum Physical Activity DVD: “Get Your Groove On, Mama!” - Stock #DV0421 ● American Congress of Obstetricians and Gynecologists - Patient Education, “Getting in Shape After Your Baby is Born”/ Cómo ponerse en forma después de que nazca su bebé”: http://www.acog.org/publications/patient_education/bp131.cfm Spanish: http://www.acog.org/publications/patient_education/sp131.cfm
<p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p>	<p>Set the chairs in a circle or semi-circle to allow for a discussion. Participants should be allowed to browse through the “Grab Bag” items to select an item that catches their attention. Remember to leave room for strollers or car seats.</p>

Part 2: Session Outline

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Item	Notes for Conducting the Session
<p>Introduction: <i>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</i></p>	<p>Introduce yourself and invite the participants to browse through the items in the “Grab Bag” being passed around and to choose one item.</p> <p>Say something like, “While you are choosing something from the Grab Bag, spend some time just thinking about you. Think about your health and how taking care of yourself affects your baby’s health.”</p>
<p>Icebreaker: <i>Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</i></p>	<p>Possible Icebreaker:</p> <p>Once participants have an item, ask them to share their name and their children’s name. Say something like, “Now, if you’d like - turn to your neighbor and share one thing that you like to do to take care of yourself.”</p>
<p>Activities: <i>For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</i></p>	<p>Activity #1: Discussion</p> <ul style="list-style-type: none">● After each participant has chosen an item and is finished with the icebreaker with their neighbor, ask each participant <u>one</u> of the following core questions:<ol style="list-style-type: none">1. Why did you choose (<u>a particular item</u>)?2. What were your thoughts when you decided to choose this (<u>item</u>)?● Choose a few participants to dig a little deeper, and continue the conversation.<ul style="list-style-type: none">○ Ask one or two open-ended questions after the core question (you can also use any of the suggested questions below).● As ideas for self-care come up in the discussion, write them on the whiteboard/dry-erase board. You will use them for the wrap-up and evaluation.

Item	Notes for Conducting the Session
	<p>Suggested Discussion Questions:</p> <ul style="list-style-type: none"> • <u>Item or picture of a home cooked healthy meal</u> <ol style="list-style-type: none"> 1. What made you chose the item? (Core question) 2. How is eating healthy related to how you feel and your baby's health? 3. When was the last time you had a good meal? 4. What was that meal? 5. Who made the meal? • <u>Timer</u> <ol style="list-style-type: none"> 1. What made you pick the timer? (Core question) 2. How do you feel about your time now compared to before the baby? 3. Ask participants to respond to a quote such as: "<i>Some women have said that they feel like they don't have any time and that they struggle to get things done.</i>" <ul style="list-style-type: none"> ▪ What advice would you give a mom in this situation? ▪ What helps you get things done around your home? ▪ How do you make time for yourself? • <u>Tennis shoe</u> <ol style="list-style-type: none"> 1. What made you pick the tennis shoe? (Core question) <i>Listen to their response and try to relate the response to the importance of physical activity in order to get back into shape and help to reduce stress.</i> 2. What things can you do to help you get back into shape? 3. How can you make time to exercise? 4. What do you do with your baby when you are exercising? 5. How long do you exercise? <p style="text-align: center;"><i>Sample quote: "I feel that I haven't lost all the weight I gained and it's hard to find the time and energy for</i></p>

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	<p><i>exercise."</i></p> <ul style="list-style-type: none"> ▪ What advice would you give this mom? ▪ What strategies do you do when you feel like this? <ul style="list-style-type: none"> • <u>Pillow</u> <ol style="list-style-type: none"> 1. What made you pick the pillow? (Core question) <p><i>Listen to their response and try to relate the response to the importance of getting enough rest during this period.</i></p> <ol style="list-style-type: none"> 2. How do you manage to get enough sleep? Or What things can you do to get enough sleep? 3. How do you feel when you've had enough sleep? When you haven't? <p><i>Sample Quote: "I can't seem to get enough sleep, it seems like my baby wakes up every hour and wants to feed, I'm so tired I can't think straight."</i></p> <ul style="list-style-type: none"> ▪ What suggestions would you give this mom? ▪ What strategies do you do when you feel like this? • <u>Crying Baby</u> <ol style="list-style-type: none"> 1. What made you pick the crying baby? (Core question) 2. How does it make you feel when your baby cries? 3. What are some things you do to get your baby to stop crying? <p><i>Sample Quote: "It seems like my baby won't stop crying...there is a moment in the day around 7pm when he just won't stop no matter what I do?"</i></p> <ul style="list-style-type: none"> ▪ What suggestions would you give this mom? ▪ What do you do when your baby doesn't stop crying? <p>To end Activity #1:</p> <p>Give participants the 2-page handout "Postpartum Blues – What to Do?" with further ideas for a personal "Grab Bag," community resources, and a</p>

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	<p>place to write down their personal self-care plan.</p> <p>OPTIONAL Activity #2: Discussion about Handout</p> <p>The purpose of this discussion is to help participants understand that their feelings are normal and feel comfortable sharing their experiences without shame.</p> <ul style="list-style-type: none"> • Take 5 to 10 minutes to discuss feelings related to baby blues and briefly explain postpartum depression. Invite women to talk about these feelings. • Encourage participants to share their feelings with a doctor or healthcare provider. • Go over the list of Personal “Grab Bag” ideas on the handout and the community resource listed. • Ask participants if anyone else knows of a community resource they can use as new mothers.
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<ul style="list-style-type: none"> • Discuss the key points with the participants. • Review the self-care techniques the group discussed that are written on the board. • Tell participants to turn to the second page of their handout (or turn it over) to the section called, “My Self-Care Plan.” <ul style="list-style-type: none"> ○ Say something like, “Which of these ideas on the [whiteboard/ dry-erase board] do you like the most? Take a moment, choose one or two ideas we’ve talked about, and write them down. This will help remind yourself that taking care of you is such an important part of being a great mom.”
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p>

Supplemental Information –
*Describe any attachments
and include any other needed
information.*

Community Resource (optional)

- **National Suicide Prevention Lifeline/ Red Nacional de Prevención del Suicidio:**
1-800-273-TALK (1-800-273-8255)
- **AMT Children of Hope Safe Haven Program:**
1-877-796-HOPE (1-800-796-4673)
- **Childhelp USA National Child Abuse Hotline:**
1-800-4-A-CHILD (1-800-422-4453)

POSTPARTUM BLUES – WHAT TO DO

MAKE A PERSONAL “GRAB BAG”

Make your own Grab Bag! Fill it with things that will remind you that your emotional and physical health is important.

- ✓ Keep it in a special place
- ✓ Pull out an item when you're feeling a little stressed or overwhelmed

Some Personal Grab Bag Ideas:



Mirror: to remind you that it is so much harder to take care of anyone else if you don't take care of yourself first.



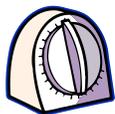
Watch: to remind you that time passes quickly. Whatever challenges you are facing will pass too, and it's important to live in the moment with your children because these precious days of childhood go by so fast!



Eyemask: to emphasize the importance of good rest...or at least a few solid hours. Try to catch sleep in between feedings or while the little one is napping.



Perfume: to remind you to take deep breaths as a way to stay calm and relaxed. Put a little dot of your favorite perfume or an essential oil that you really like on your wrist (lavender is a calming scent) and inhale deeply.



Timer: to remind yourself to take small breaks or to slow down. Count to ten or take deep breaths while the timer is going.



Handmade Card that says "It's Okay to Say No," "No thanks," or "Maybe later": to remind you that it's okay to say no to things when you are feeling spread thin or overwhelmed.



Bubble bath or lip balm: to remind you to be kind to yourself and to do little, nice things for yourself that can make a big difference in your day.

COMMUNITY RESOURCES

What can you do if you're not feeling yourself with your new baby? Just pick up the phone! There are plenty of people ready to listen to whatever's on your mind.

- ✓ **Postpartum Hotline in Texas:**
1-800-944-4PPD (1-800-944-4773)

MY SELF-CARE PLAN

In the next several months, I will take care of myself by doing these things...

1

2

3