



HEALTHY BEVERAGE HABITS FOR CHILDREN

A NUTRITION IN-SERVICE FOR STAFF

“Too often we give children answers to remember
rather than problems to solve.”

~Roger Lewin



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A lesson on the exploring the societal norms around beverage consumption and inspiring clients to have healthy beverage habits.

- Who:** Participants: WIC Staff, range of 2-15 participants with a varying degree of maternal, infant and child nutrition knowledge and WIC experience.
Leader: WIC RD/Nutritionist
- Why:** Societal norms affect families' choices in how much and how often children consume beverages. By exploring these norms, WIC staff can support families in developing healthy beverage habits.
- When:** A monthly in-service that is designed to be 30 to 60 minutes - depending on the discussion and the number of staff attending.
- Where:** The session was designed for a WIC classroom, meeting room or large office depending on the size of the group.
- What:** By the end of the session, participants will have:
- Explored societal norms around beverage consumption.
 - Compared beverage cups and identified size.
 - Designed a group motto to describe healthy beverage habits.
 - Practiced client interaction to encourage healthy beverage habits.
- Materials Needed:** Sticky Note pads (4 x 6 size) and markers
- A variety of sippy cups, toddler cups, cups and glasses. Measure and record how many ounces of fluid each one holds (Part 2)
 - 8 ½ x 11 sheets of construction paper and a variety of pens and markers (Part 3)
 - Client scenarios copied and cut out (Part 4) see attached handout "Client Scenarios"
- Copies of:
- Healthy Beverage Habits for Children *Participant Copy*
 - Healthy Beverage Habits for Children *Feedback Form*

Background Please review before leading group:

- Reading for Leaders:**
- The Washington State In-service: *An Introduction to: Ask, Provide, Ask.*
 - Washington State WIC Manual, Volume 1, Chapter 14 - Nutrition Risk Criteria - Inappropriate Use of a Bottle/Cup.

For further review and consult:

- Ellyn Satter, 2000, *Child of Mine: Feeding with Love and Good Sense.* Palo Alto CA, Bull Publishing Co.

- How:**
- Schedule in-service.
 - Review background information.
 - Review in-service *Leader Copy (italicized print indicates leader speaking).*
 - Prepare materials needed.
 - Have fun!

Introduction / Warm-Up**5 minutes**

Welcome! I will be the leader for this month's nutrition training. I encourage all of you to participate. Together we can explore our topic and discover strategies to support our WIC clients.

By the end of this session you will have:

- Explored societal norms around beverage consumption.
- Compared beverage cups and identified size.
- Proposed strategies to encourage good beverage habits.
- Practiced client interaction to encourage good beverage habits.

In groups of two or three, share how often you carry a beverage with you today, compared to ten years ago.

Allow time for discussion.

Who would like to share?

Part 1**5 minutes****Societal norms**

We have become a society of "on the go beverage consumers." Let's think about all the places and items that feature built-in cup holders.

When I say "go," write down on sticky notes all the places you have seen cup holders. Write one answer per sticky note.

Wait one minute.

Now put your sticky notes on the wall.

Review responses, combining duplicates.

Ideas may include: Vehicles
Strollers
Shopping carts
Car seats
Lawn mowers

How do you think children are influenced by this societal "norm" shift?

Part 2**10 minutes****Looking at sippy cups**

Line up a variety of sippy cups, toddler cups and glasses. If possible include the plastic, decorated cups that are provided at some restaurants. Label with letters of the alphabet.

You may have noticed there are a lot more glass and cup options in the market place than ever before. Parents may be influenced by what is served at restaurants specifically in a "child's cup." Furthermore, due to societal norms parents may have a "super-sized" perception of beverage amounts. Parents may feel they are doing a "good thing" by purchasing and using "sippy" or toddler cups. However, they might not realize the size of these cups in relation to recommended amounts.

Look at the cups I have lined up and write down how many ounces you believe each cup holds.

After allowing time, share the actual amount each cup holds.

What surprises you about the amounts?

If you were a parent and these were your choices of cups to purchase, which would you choose and why?

Part 3**10 minutes****Designing a beverage motto**

As WIC professionals we can help parents encourage good beverage habits. Break up into groups of three. Design a "beverage motto" in your group. Write and decorate your groups motto on the paper provided. We will hear each group's motto. You have 5 minutes.

Allow time for activity and then call groups back. Hear each group's motto.

Part 4**15 minutes****Practicing Ask, Provide, Ask**

Can anyone think of what Washington State WIC Nutrition Risk Criteria goes with today's in-service topic?

Review: Inappropriate use of bottle/cup risk criteria.

Knowing that excessive beverage intake is not good for young children and following through with recommendations are two very different things. Let's practice working with clients on

encouraging healthy beverage habits. Focus on the “when” (alone or with meals and snacks, all day access vs. at the table) and “how” (bottle vs. cup, type of cup).

Pair up with someone new and act out the scenarios provided. Identify one person as WIC staff and one as WIC caregiver. Use Ask, Provide, Ask to motivate change to healthy beverage habits.

Ask...Ask what the client knows, or would like to know

Provide...Offer information in a neutral, nonjudgmental manner

Ask...Ask about the client’s thoughts, feelings, and reactions

Pass out slips of paper with scenarios.

Allow time for discussion then call back group.

What surprised you about your interactions?

For those acting as a WIC staff what was most difficult?

For those acting as a WIC caregiver, what made you feel good? What made you feel defensive?

Closing

1 minute

Thanks for participating today. We heard some great discussion and ideas that will help us to better serve our WIC clients.

Please fill out a Feedback Form – your input is greatly appreciated.

Collect Feedback Forms.

Make any notes you have as a leader.

Review participants’ Feedback Forms.

Document this training.

Client Scenarios (Part 4)

Leader: Make copies and cut out. Provide one participant in each pair a caregiver slip and the other participant of the pair a WIC Staff slip.

Caregiver: You and your 2 year old daughter, Sally Sue, are here today for a WIC certification. As is normal, Sally Sue has her “sippy cup” with her today. You are very proud of the cup, it is very cute, and was expensive. It was a treat for Sally Sue (and you) because she no longer uses a bottle. You know Sally Sue probably drinks more than she should, but she likes it, it keeps her from whining and it’s quicker than packing a snack.

WIC Staff: Today is Sally Sue’s 2 year old certification. During the visit, you notice Sally Sue carrying and sipping on a large sippy cup filled with a colored beverage. From her chart notes, it appears that bottle use has been an issue at past certifications. After verifying and congratulating mom on discontinuing the bottle, you turn your discussion to the sippy cup.

You may wish to begin with:

- What questions do you have about children and sippy cup use?

OR

- Now that Sally Sue has graduated to a cup, what thoughts do you have about how much she is drinking?

What risk criteria, if any would you choose?

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What risk criteria, if any would you choose?

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Learning Objectives

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- Proposed strategies to encourage good beverage habits.
- Practiced client interaction to encourage good beverage habits.

In groups of two or three, share how often you carry a beverage with you today, compared to ten years ago.

We will hear your thoughts.

Part 1

Societal norms

When I say “go.” Write down on sticky notes all the places you have seen cup holders. Write one answer per sticky note. Place your sticky notes on the wall.

How do you think children are influenced by this societal “norm” shift?

Part 2

Looking at sippy cups

Look at the cups that are displayed. Write down how many ounces you believe each cup holds.

What surprises you about the amounts?

If you were a parent and these were your choices of cups to purchase, which would you choose and why?

Part 3

Designing a beverage motto

In groups of three, design a “beverage motto.” Write and decorate your motto on the paper provided. We will hear each group’s motto. You have 5 minutes.

Part 4**Practicing Ask, Provide, Ask**

Practice working with clients on encouraging healthy beverage habits. Focus on the “when” (alone or with meals and snacks, all day access vs. at the table) and “how” (bottle vs. cup, type of cup).

Pair up with someone new and act out the scenarios provided.

Use Ask, Provide, Ask to motivate change to healthy beverage habits.

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Provide...Offer information in a neutral, nonjudgmental manner.

Ask...Ask about the client’s thoughts, feelings, and reactions.

Closing

Thanks for participating today.

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