



POSTPARTUM WEIGHT LOSS A NUTRITION IN-SERVICE FOR STAFF

“What are Raphael's Madonnas but the shadow of a mother's love, fixed in permanent outline forever?”

~ Thomas Wentworth Higginson



This institution is an equal opportunity provider.
Washington WIC does not discriminate.

For persons with disabilities this publication is available on request in other formats. To submit a request, please call 1-800-841-1410.



A lesson on the barriers to
postpartum weight loss and for inspiring
WIC clients who want to lose weight.

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: Postpartum moms often complain about being unable to lose the weight they gained during pregnancy. Understanding the barriers moms face and their motivation for weight loss, WIC staff can help them reach their postpartum weight goals.

When: Depending on discussion and size of staff – 30 to 60 minutes.

Where: A monthly in-service that is designed to be 30 to 60 minutes - depending on the discussion and the number of staff attending.

What: By the end of this session staff will have:

- Reviewed barriers to postpartum weight loss.
- Compiled tips for postpartum weight loss.
- Practiced discussing motivators for weight loss with postpartum moms.

Materials Flip chart, easel, paper and markers

Needed: On flip chart or white board write the heading: “Barriers to Postpartum Weight Loss” (Part 1).

Copies of:

- TH #09: Baby Legs (postpartum weight loss) “You can thin down long before your baby will.” - one for each participant printed from <http://www.touchingheartstouchingminds.com>
Select: Emotion-Based Materials.
Select: For Mothers of Infants
Select: #TH9: Baby Legs (postpartum weight loss)
- Photos clipped from magazines of celebrity moms a few months after childbirth (Optional)
- Client Scenarios (Part 3) - copied and cut out
- Postpartum Weight Loss In-service *Participant Copy*
- Postpartum Weight Loss In-service *Feedback Form*

Background Please review before leading group:

Reading for TH #09: Baby Legs (postpartum weight loss) - "You can thin down

Leaders: long before your baby will."

<http://www.touchingheartstouchingminds.com>

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**3 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:

- *Reviewed barriers to postpartum weight loss.*
- *Compiled tips for postpartum weight loss.*
- *Practiced discussing motivators for weight loss with postpartum moms.*

Part 1**10 minutes****Media review**

Display photos of celebrity moms just a few months after delivery from magazines and newspapers. (It is optional to have a magazine pictures displayed).

Think about photos you may have seen in magazines or on television of celebrity moms. Photos often show celebrity moms, holding their babies just a few months after delivery, already back to their pre-pregnancy weight. Flat stomachs, smiling and in control!

What makes celebrity moms so successful at losing their pregnancy weight so quickly?

Responses may include: personal chefs, personal trainers, nannies to care for baby, etc...

Do you think that celebrity moms' weight loss is typical?

How do you think seeing these photos affect non-celebrity moms and their weight loss efforts?

Part 2**10 minutes****Barriers to postpartum weight loss**

Postpartum weight retention is a common problem. Let's brainstorm the various factors that are barriers to losing weight after a woman has a baby.

Break up into pairs and come up with as many ideas as you can. We will then bring all of our ideas together as a group.

Give pairs time to come up with ideas, then call everyone back to the group.

What barriers to postpartum weight loss do our moms face?

Compile answers on flip chart or white board.

Sample responses may include:

No time to exercise

No energy

Gym membership too expensive

Use unhealthy food choices for energy boost

No “work-out clothes”

Postpartum depression

Part 3**10 minutes****Review of hand-out**

Hand out copies of “You can thin down long before your baby will” (TH #09)

Who would like to read Ebony’s story?

Read story part of the hand-out.

What surprises you about this story?

What makes this hand-out different than others you may have used in the past?

Part 4**15 minutes****Explore, Offer, Explore Activity**

It takes practice to talk with moms about losing weight. You want to be sensitive and encouraging. Break into new pairs. I will provide you with scenarios of a postpartum mom and WIC staff.

Practice discussing weight loss – focus on emotions instead of specific food tips.

Use Explore, Offer, Explore.

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

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

Explore...Explore about the client’s thought, feelings, and reactions

When you are in the role of a WIC client, give feedback on how the discussion felt to you emotionally.

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 3

*Leader: Make copies and cut out. Offer one participant of each pair a **client slip** and the other participant of the pair a **WIC Staff slip**.*

Client: You and your 3 month old daughter, Jill, are here today for a WIC visit. You are running late because you couldn't find anything to wear. You are done with maternity clothes (thank goodness) but all your "before pregnancy" clothes are too tight. You should probably go buy a few things, but money is tight and you are still hopeful that you will drop the extra 15 pounds. You are also tired from being up several times during the night with Jill. To make matters worse your husband joked about how you looked this morning (you think he was just trying to be funny and cheer you up... but still!). You are wondering if the WIC staff person has any ideas about weight loss.

WIC Staff: Today your visit is a PP certification with Jane and her 3 month old daughter Jill. Jane's weight gain was a little high during her pregnancy but consistent. Today's weight is 20 lbs above her pre-pregnancy weight.

Client: You and your 3 month old daughter, Jill, are here today for a WIC visit. You are running late because you couldn't find anything to wear. You are done with maternity clothes (thank goodness) but all your "before pregnancy" clothes are too tight. You should probably go buy a few things, but money is tight and you are still hopeful that you will drop the extra 15 pounds. You are also tired from being up several times during the night with Jill. To make matters worse your husband joked about how you looked this morning (you think he was just trying to be funny and cheer you up... but still!). You are wondering if the WIC staff person has any ideas about weight loss.

WIC Staff: Today your visit is a PP certification with Jane and her 3 month old daughter Jill. Jane's weight gain was a little high during her pregnancy but consistent. Today's weight is 20 lbs above her pre-pregnancy weight.

A lesson on the barriers to postpartum weight loss and for inspiring WIC clients who want to lose weight.

Learning Objectives

By the end of this session you will have:

- Reviewed barriers to postpartum weight loss.
- Compiled tips for postpartum weight loss.
- Practiced discussing motivators for weight loss with postpartum mom.

Part 1

Media Review

Think about photos you may have seen in magazines or on television of celebrity moms. Photos often show celebrity moms, holding their babies just a few months after delivery, already back to their pre-pregnancy weight. Flat stomachs, smiling and in control! What makes celebrity moms so successful at losing their pregnancy weight so quickly?

Do you think that celebrity moms' weight loss is typical?
How do you think seeing these photos affect non-celebrity moms and their weight loss efforts?

Part 2

Barriers to postpartum weight loss

Pair up with the person next to you.

Brainstorm factors that are barriers to postpartum weight loss.

We will hear your thoughts.

Part 3

Review of hand-out

“You can thin down long before your baby will”

What surprises you about this story?

What makes this hand-out different than others you may have used in the past?

Part 4**Explore, Offer, Explore Activity**

Pair up with a new person

Read the scenario provided. Role-play the scenario.

WIC staff: focus on emotional motivators. Use the Explore, Offer, Explore.

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

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

Explore...Explore about the client's thought, feelings, and reactions

WIC client: focus on how the discussion makes you feel.

Share with each other your experience of the role play.

What ideas can you take back to use in the clinic?

Closing

Thanks for participating today.

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

To print the hand-out used today please visit:

<http://www.touchingheartstouchingminds.com>.

Select Emotion Based Materials.

Select For Mothers of Infants.

TH #09: Baby Legs (postpartum weight loss) "You can thin down long before your baby will."

