



Trainee Edition

Arizona WIC Training

Postpartum Nutrition Guidebook



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Training Notes

Module 1 Notes

1. For optimal health for both the participant and the infant, it's recommended that a participant wait _____ months before getting pregnant again.

Folate/ Folic Acid

2. Why is folate/folic acid important to the body?

Folic Acid	Postpartum	Postpartum/Breastfeeding
Recommended Daily Dosage		

Folate/ Folic Acid	Folic Acid Supplement	Folate from Food
% absorbed by the body		

Folate: List of Food Sources

Calcium

- 3. Why is calcium important to the body?
- 4. The recommended dosage of calcium each day for a postpartum woman is _____ mg.
- 5. How many 8 oz glasses of milk are needed to get the recommended dosage of calcium?

Calcium: List of Food Sources

Calcium: List of Food Sources for Lactose Intolerance

Iron

6. Why is iron important to the body?

Iron: List of Food Sources

Vegetarian Diets

Vegetarian Sources of Protein	Vegetarian Sources of Calcium	Vegetarian Sources of Vitamin B12
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Fluids

Benefits of Water

Weight

Health Risks Related to Weight Classification: Overweight/Obese	Health Risks Related to Weight Classification: Underweight

Average Weight Loss:

Timeline	Typical Amount of Weight Lost
Following Delivery	
First 6-8 Weeks	
First 3-4 Months	
By 6 Months	

Factors that Influence Weight Loss After Pregnancy

Module 2

Nutrition Tips:

Tips for New Moms




- Eat breakfast
- Focus on healthy snacks and mini meals
- Homemade meals prepared by family and friends
- Cook large batches and eat the rest for leftovers
- Choose foods lower in fat and calories
- Reach for fruit and vegetables any chance you get
- Be smart buying convenience foods - read labels for healthier choices

Food Safety Tips:

Food Safety Step	What does this mean?
Clean	
Separate	
Cook	
Chill	

Physical Activity Tips:



Physical Activity Tips

- Check with your doctor, most women ready 6 weeks postpartum
- Stay in on rainy or overly hot day with exercise videos
- Take a brisk walk with the baby stroller
- Safety concern, walk in mall or with friends
- Walk more, dance more, play more - simply keep moving more as part of an active lifestyle

1. What are some things parents can do to support their infant's oral health?

Smoking

Health risks to infants if they are exposed to secondhand smoke	Tips to reduce infants' exposure to secondhand smoke

Postpartum Depression

Chart of Common Symptoms:

- Mood swings
- Crying easily and for no reason
- Irritability
- Restlessness
- Difficulty sleeping
- Difficulty eating
- Uncertainty about caring for a new baby



Difficult Outcomes**Tips to reduce risk of SIDS for healthy infants**

Infant Loss**Tips for working with families that have experienced loss**

C-Section and Medical Delivery**Nutrients that support healing after a C section:**

Postpartum Physical Changes

Normal or Possible Physical Changes Associated with Being Postpartum

Practice Activities

1. Salina is a new mother who is 6 weeks postpartum. She is 5 feet 4 inches tall and currently weighs 174 pounds. Salina tells you that she hopes to lose the weight she gained during her pregnancy and, over time, reach a healthy weight. Salina has been very focused on her new infant and is now ready to focus on herself and change some of her current eating habits. When asked what she is eating, she states that she usually eats whatever is quick and easy throughout the day, which is usually chips, cookies, and candy. What are some tips that you could share with Salina?
2. You are certifying a postpartum woman, Molly, and during your assessment, you ask her to choose her biggest concerns and she identifies she wants more energy. She says she is already working on her diet, sleeping when she can, but exercise is where she struggles. Molly states: "I always feel better after I exercise. I enjoy going to aerobics classes, but I can't afford to join a gym right now." What are some tips that you could share with Molly?
3. Sara is a new mom who is 3 weeks postpartum. She says all is going well. Her mom is staying with her and making sure she is getting lots of rest and good food to eat. She feels very lucky to have the support. The one thing she is struggling with is smoking. She was able to quit during pregnancy but as soon as she delivered the cravings hit hard. She knows she should quit but does not think that is possible so she is aiming to only smoke 2-3 cigarettes a day. She would like some tips on how to keep her baby safe while still smoking a few cigarettes per day.

Live Training Notes