

**Description**

- 2<sup>nd</sup> & 3<sup>rd</sup> trimester: Underweight <4lb/mo, Normal/overweight <2lb/mo, Obese <1lb/mo or any plot beneath bottom line pregnant growth grid
- Greater risk delivering infant with smaller birth weight and/or fetal growth restriction

**Assessing Readiness for Change** with open ended questions

- “How did you feel about your weight before getting pregnant? How do you feel about your weight now?”
- “What has your Dr said about your weight gain so far?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“My Dr says my baby is normal. I’ve gained the same as my last pregnancy.”</p> <p>Raise awareness &amp; Personalize Change</p>	<ul style="list-style-type: none"> <li>• “Great you’re seeing your Dr regularly. Looking at today’s weight, you have gained xx pounds.”</li> <li>• “WIC suggests gaining about x* pounds a week at this point in your pregnancy. How do you feel eating is going for you?”</li> </ul>	<ul style="list-style-type: none"> <li>• “WIC checks your weight because pregnant women with low weight gain have more health risks.”</li> <li>• “Women should gain 15-40* pounds during pregnancy.”</li> <li>• Visual showing recommended*/current weight gain</li> </ul>

**Record Plan or Goal** Participant viewed her growth record. States happy with gain Check weight, re-assess readiness for change next appointment.

<p><b>Unsure</b> →</p> <p>“I’ve been worried about gaining enough, but I haven’t had any problems this pregnancy.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “On a scale of 1-10, how comfortable are you with gaining about x* pounds a week?”</li> <li>• “What made you choose that number?”</li> <li>• “It sounds like you want to gain more. Tell me how eating is going for you?”</li> </ul>	<ul style="list-style-type: none"> <li>• Suggestions for assuring adequate intake:                             <ul style="list-style-type: none"> <li>○ Add between meal snacks to get in more foods</li> <li>○ Add high calorie dense foods (eggs, cheese &amp; peanut butter, or add dry milk to foods) to boost calories</li> <li>○ Review foods eaten, assess likes/dislikes and food groups lacking</li> </ul> </li> </ul>
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**Record Plan or Goal** Mom might try adding a snack each day. Will continue to monitor weight at next appointment.

<p><b>Ready</b> →</p> <p>“I would like to gain more. I eat all the time and just don’t gain.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “That sounds frustrating for you. How has your eating changed since you got pregnant?”</li> <li>• “What changes would you like to make to help you gain weight?”</li> </ul>	<ul style="list-style-type: none"> <li>• “That is a good start. Some women find it helpful to eat six small meals a day rather than eating just three.”</li> </ul>
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**Record Plan or Goal** Reviewed mom’s barriers for gaining weight. Participant plans to include cheese and peanut butter as snacks.

<b>Education Resources</b>	<p><a href="http://www.mayoclinic.com/health/pregnancy-weight-gain/PR00111">http://www.mayoclinic.com/health/pregnancy-weight-gain/PR00111</a> Reference- <i>Pregnancy Weight Gain: What’s Healthy?</i></p> <p><a href="http://www.marchofdimes.com/pnhec/159_153.asp">http://www.marchofdimes.com/pnhec/159_153.asp</a> Reference- <i>Weight Gain During Pregnancy</i></p> <p><a href="http://www.dshs.state.tx.us/wichd/nut/pdf/fac6-s.pdf">http://www.dshs.state.tx.us/wichd/nut/pdf/fac6-s.pdf</a> Reference- <i>Texas- Nutrition Fact Sheet- Gestational Weight Gain</i></p>
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