<table>
<thead>
<tr>
<th>Description</th>
<th>*PG lb/wk: underwt &gt;1.3, normal &gt;1, overwt &gt;.7, obese &gt;.6; BF/NBF: total gain; underwt &gt;40 lb, normal &gt;35 lb, overwt &gt;25 lb, obese &gt;20 lb</th>
<th>Greater risk high birth weight infant, prolonged labor, C-section &amp; other complications. Later risk obesity &amp; chronic health conditions</th>
</tr>
</thead>
</table>

### Assessing Readiness for Change with open ended questions
- “How do you feel about your gain so far?”
- “What concerns do you have today about your weight?”

### Discussion, Counseling and Education

#### If the answer is: Not ready

- “I’m not worried, I’m eating for two.”

**Try Counseling Strategies**
- “We do want your baby to get the nutrition it needs. Looking at today’s weight, you have gained xx pounds.”
- “WIC suggests gaining about x* pounds a week at this point in your pregnancy. How comfortable are you with that?”
- Postpartum

**Try Education**
- “WIC checks your weight because pregnant women with high weight gain can have babies with high birth weight and have other health or delivery problems.”
- “Overweight women should gain 11-20 pounds during pregnancy.”
- Visual showing recommended*/current weight gain

**Raise awareness & Personalize Change**

#### If the answer is: Unsure

- “My Dr said my ultra sound was normal so I haven’t worried about my weight since the baby is ok.”

**Try Counseling Strategies**
- “It sounds like you are happy with your current weight. How do you feel about the weight you will gain for the rest of your pregnancy?”
- “On a scale of 1-10 how concerned are about gaining too much weight?”
- “Tell me how eating is going for you?”

**Raise awareness & confidence & identify barriers to change**

#### If the answer is: Ready

- “I know I gained a lot. I don’t want to gain any more. I’ll have too much to lose later.”

**Try Counseling Strategies**
- “A lot of mom’s are worried about losing weight after the baby is born! What concerns you most?”
- “What kind of changes do you think you should make?”
- “On a scale of 1-10 how comfortable would you be in gaining at least 2lbs a month?”

**Help plan change-support**

#### Record Plan or Goal

**Participant viewed her growth record. Will check weight and re-assess readiness for change at next appointment.**

**Provide suggestions for controlling intake:**
- Foods eaten, food groups lacking
- Consistent meals with snacks
- Variety of foods
- Limiting high fat low nutrient foods

**Record Plan or Goal**

**Mom doesn’t want to change her eating habits. Re-visit weight gain next appointment.**

**Record Plan or Goal**

**Mom says she can limit herself to two sodas daily. Follow-up on soda use next appointment.**

### Education Resources