### High Parity at Young Age (PG/BF/NBF)

**Description**
- Women under age 20 at conception who have 3 or more previous pregnancies at least 20 weeks duration (PG current preg, BF/NBF most recent)
- Mother’s nutrition stores depleted from previous pregnancy, risk of delivering LBW infant

### Assess Readiness for Change:
- With open ended questions
  - “WIC would like to see you get the best nutrition, how do you feel this pregnancy?”
  - “How well do you think you eat?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td><strong>Not ready</strong></td>
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<td>“I’m heavy. I gained a little with each pregnancy. So I eat enough, and I eat lots of vegetables”</td>
<td>• “You’re ahead. Lots of people don’t eat vegetables every day. What else do you eat most days?”</td>
<td>• “You are eligible for WIC because you have 3 or more pregnancies before age 20. With a higher number, your body’s nutrient stores may be low, which increases your chances of having a LBW baby.”</td>
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<td><strong>Unsure</strong></td>
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| “You said my weight gain was normal, so I think I am eating enough?” | • “Yes, your weight shows you are eating enough. It is important to also eat a variety of foods. On a scale of 1-10, how do you do at eating foods from every food group daily?” | • Approximate daily pregnancy servings (MyPyramid):
  - 6-8oz grains (make half whole)
  - 2.5-3 cup vegetables
  - 1.5-2 cup fruit
  - 3 cup milk
  - 5-6.5oz meat |
|                   |                           |              |
| **Ready**         |                           |              |
| “I try to eat well, but sometimes I skip meals keeping up with the other kids.” | • “How would you eat differently if you had more time?”
  - “Have you tried time savers, like making double and freezing meals for later?” | • “If you would like, I have some recipes using WIC foods that I could share with you.” |

### Record Plan or Goal
- Mom feels she eats ok. Does not want pregnancy handout. Will re-assess readiness for change at next appointment.
- Mom doesn’t eat fruit daily, will try to add one time daily. Follow-up on fruit use and re-assess next appointment.
- Mom interested in WIC recipes, especially for peanut butter and beans. Booklet provided. Follow-up on use.

### Education Resources