5 Easy Steps for WIC Staff To Improve the Health of Mom After Baby

1. Encourage mom to track her weight loss postpartum.

Share with her, "Getting back to your weight before babies is one of the most important things you can do for your own health."
**After 6 months postpartum* — Ask, "Have you returned to your weight before you were pregnant?" If she hasn't weighed herself, let her know, "You can always weigh yourself at WIC!"

2. Discuss healthy weight loss with mom.

Ask, "What would be a healthy weight for you? (*Refer to BMI chart.) Tell me one thing you do to eat well and move more to be at a healthy weight."

3. Encourage mom to be a role model for her child by eating plenty of fruits and vegetables.

Ask, "What fruits and vegetables do you like? Tell me one thing you do to make sure you eat enough fruit and vegetables each day."
Share with her, "It's best if half your plate, and your kids' plate, is fruits or vegetables.

4. Promote an active lifestyle.

Ask, "Are you satisfied with the kind and amount of activity you are currently doing?"
If not, "Tell me what you would like to do to move more. What is one thing you could do to get started?"

5. Promote planning for the next pregnancy and ensure access to birth control.

Ask, "Do you plan to have more children in the future?" If yes, "When?" Share with her, "It's healthier for you if you wait until your youngest child is at least two years old before getting pregnant again."
Ask "What is your plan for preventing another pregnancy right now?"

*Refer to Beforeplay.org or the local family planning clinic for information on birth control options and services. For a clinic locator go to www.colorado.gov/cdphe/familyplanning.

Colorado Department of Public Health and Environment

** Remember: The best way to help mom lose weight after pregnancy is to help her gain only what she needs during pregnancy!**

Colorado WIC Growing Healthy Families

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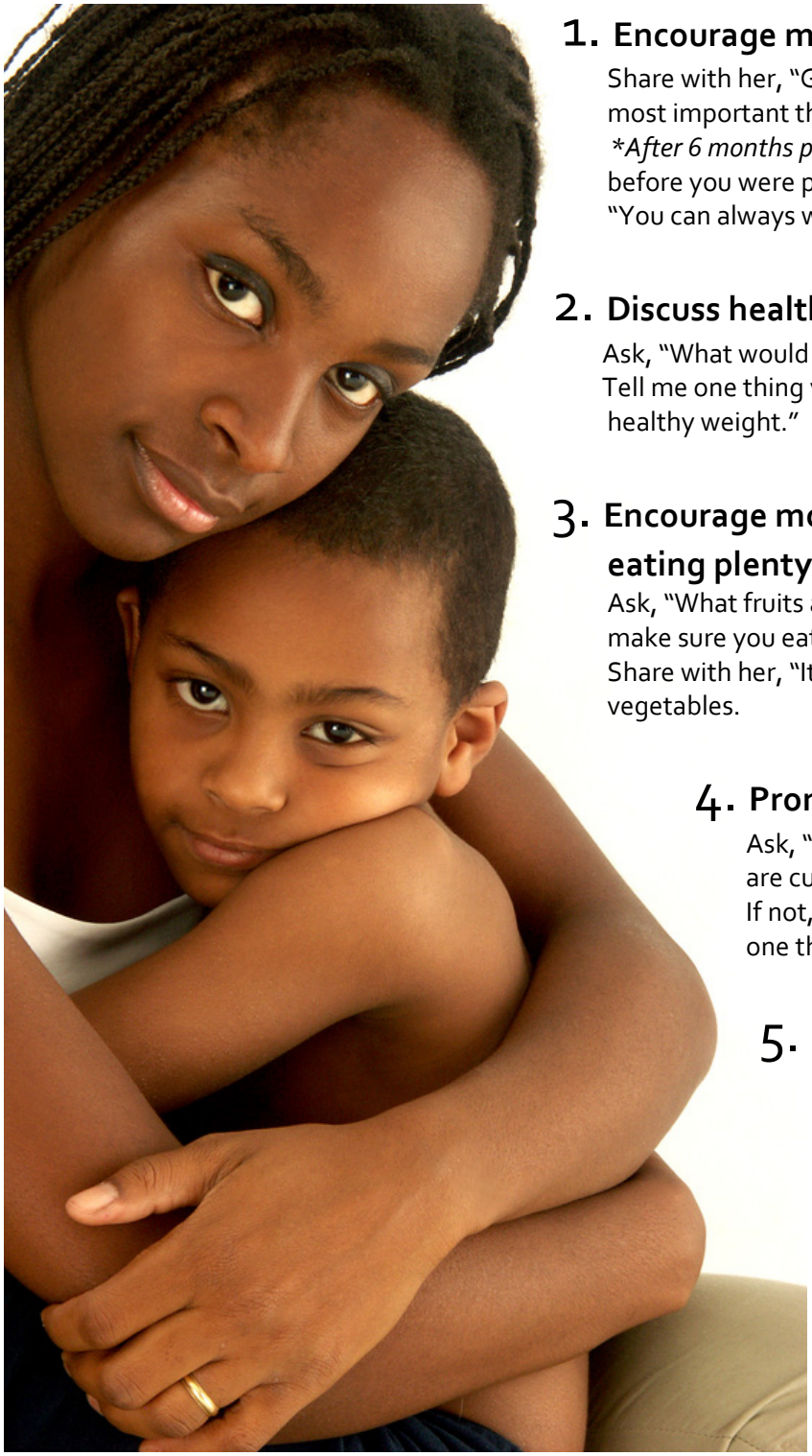

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