

First Activity Session – Part 2

15 minutes

Groups of 4 people

**ECOP Message: Healthy eating and staying active while you are pregnant matters for you and your baby’s health.**

Supporting point: Eating well during pregnancy helps you maintain a healthy weight and gives your baby nutrients to grow and develop.

1. Choose a variety of different colored fruits and vegetables for meals and snacks.
2. Stay hydrated! Drink 8 glasses of water each day.
3. Pick whole grains with the words “whole wheat”, “whole grain”, or “100% whole” on the label.
4. Choose fat-free or low-fat milk and milk products, such as yogurt, cheese, or fortified soy beverages.
5. Eat lean sources of protein such as chicken, turkey, cooked beans, and fish.

**Exercise Instructions:**

So how might you use Appreciative Inquiry with the ECOP messages you’re going to hear a lot more about later today? The ECOP messages are designed to help prevent early childhood obesity, which is something we can all agree is very important. We don’t want this messaging to fall on deaf ears. You’re about to see how the techniques you’ve learned so far can be used to help your WIC participants feel more engaged and receptive to the new ECOP messaging you’ll be asked to share with them. Let’s practice:

1. Write an Appreciative Inquiry Question for the following supporting point to the ECOP Message:

**Eating well during pregnancy helps you maintain a healthy weight and gives your baby nutrients to grow and develop.**

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Need some help?

AI Question:

Tell me one thing you’re doing to maintain a healthy weight during your pregnancy.

Tell me something you’re proud of related to your eating during this pregnancy.

2. Role-play. One person in the group is the WIC participant, another the WIC staff person, and the rest will help the WIC staff person with affirmations.

Take the AI question you wrote down in #1 and role-play. After the WIC participant has responded, everyone else in the group offer an affirmation to the WIC participant.

Write down the affirmations:

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Need some help?

Affirmations: How does it feel to know you're making really healthy choices for you and the baby? How does it feel knowing you're on track to have a healthy weight gain? Do you mind if I share that great idea with some of my other WIC participants? I can see how much doing the right things with eating and exercise matter to you right now.

3. After the affirmations have been made, and the WIC participant has role-played her response to them, the WIC staff person will add one additional educational piece or tip from the ECOP message (they're numbered 1-5 at the top of this worksheet). After the WIC staff person has role played this, everyone else take a turn and practice giving the WIC participant one additional tip (from 1-5). Why? Because mom may be receptive and engaged after her couple of minutes of fame (AI) and may be ready to listen and learn. So, how do we do this?

Pick any one of the following 3 introductions. Then, follow it with one of the ECOP tips from the ECOP message (listed as 1-5 at the very beginning of this worksheet).

- "Did you know it is important to ... "
- "They recommend ..."
- "Some of my WIC moms who want to be healthy like to ... "

Write it down:

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Need some help?

"Did you know it's important to stay hydrated by drinking 8 glasses of water each day?"  
"Some of my WIC moms who want to be healthy like to choose lean proteins like chicken, turkey, cooked beans, and fish."