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| **Readiness for Change**  **ACTIVITY** | **Case study information for GREGORY** | **Probing/Counseling ideas for Physical Activity**  ***\*NOTE: Education should be based on parent’s primary concern and the child’s risk codes.*** |
| **Not Ready**  *For this participant our goal will be to raise awareness* | **If you hear…**   1. Gregory ’s big boned like his dad… or 2. I think he’s growing fine… or 3. Gregory’s not as big as his cousin…or 4. Everyone in our family has size on them.   **If you see…**  **Background information**   * No medical conditions * Mom states she needs to locate childcare for Gregory. She thinks he’s growing fine * Gregory gets little or no exercise. * He is in the 90th percentile for all areas * Premature * He is two * He eats fruits and veggies. * He eats drinks 4-6 ounces of juice. | **Select probe(s) to use during certification.**  **\*Have staff develop probes individually and then discuss as a group. Below is an example for the trainer to use. Staff can use handout to develop their probes.**   * + - * I can see you are satisfied with the way Gregory is growing. According to his WIC growth chart he is at the 90th percentile – when you hear 90th percentile what does that number mean to you? You stated earlier that Gregory engages in no active play?-can you tell me more about what he is doing?   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select boxes of other areas you may like to probe during certification.**  **\*Have staff develop probes individually and then discuss as a group. Below are examples for the trainer to use.**   * Assess Gregory’s opportunities to play and activity patterns * Discuss Gregory’s growth with his Health Care Provider * Activity rewards (takes to the water park, takes to playground) * Assess physical activity level compared to screen time * Probe what types of playing the parent believes the child is interested in.   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select education topics you could cover with this “NOT READY” caregiver once risk codes are identified.**  **\*Have group identify different topics they would possibly discuss with parents relating to physical activity and what resource they would use to communicate topic.**   * Increase opportunities to play and set times to engage in play * Active Play Rewards(ball, balloon, swim trunks, Fit Wii\*, schedule time to play) * Parent modeling what wants child to do * HCP * referrals * Matching activities to child’s abilities * Offer additional opportunities to play. * Activity level (offer them active options(exergaming\*) to reduce screen time)   \***What else could you discuss?**  Now write your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now write your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **What handouts have you identified to promote parent’s awareness?**  \***What other resources could you use?**   * Child’s Play * Active living for families * HMBH * Helping your Child   Now list your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now list your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select boxes of affirmations/permission for this “NOT READY” caregiver.**  **\*Use handout to develop your affirmations and permissions.**  **Below are examples for the trainer to use. Have staff take turns affirming and asking permission. Ensure staff write their own and state to the group. Allow time to assist each other in tweaking response.**   * I see you are concerned about Gregory’s health and any good parent would be. **Would you like to talk about the physical activity recommendations for children his age?** This way you will know if you are on the right track. If not I can give you a copy that you can look over later when it is convenient for you. * You have so much going on with raising Gregory- **do you think you will have time to talk to Gregory’s doctor about his growth?** If so I can provide you with a copy of Gregory’s growth chart to give to him. * You are doing a great job of getting with Gregory. **Would you like to discuss additional strategies parents have used to determine if their children are moving and playing enough?** Then we can come up with a plan that works best for you and Gregory. If not I can give you a copy that you can look over later when it is convenient for you.   (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. Select boxes of closing affirmations for this “NOT READY” caregiver.**  **\*Have staff develop closing affirmations individually and then discuss as a group. Below are examples for the trainer to use.**   * I appreciate you coming in today. Hopefully this referral will help you to locate good childcare for Gregory-let me know how that works out. * Thanks for coming in and good luck with everything you have scheduled today. If you get a chance you may want to discuss our conversation with your HCP.   Now write your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |