**LESSON PLAN** (2/29/12)

**Helping Children Grow More Healthfully:**

Talking to Parents of Overweight/Obese Children

**Objective:**

After completing this activity staff will be able to:

* State cut-offs for risk of risk of overweight and obesity for children 2 to 5 years
* Demonstrate critical thinking skills in selecting nutrition education topic when risk of overweight/obesity is present
* Use open-ended questions to inform caregiver and initiate discussion about child’s unhealthy weight, to gather information about the weight risk, and to assess caregiver’s stage of change
* Use participant centered approach to address weight issues when speaking with caregivers

**Materials**:

* Handout 1: Summary of new risk code descriptions for growth risks
* Handout 2: *Helping Children Grow More Healthfully: Talking to Parents of Overweight/Obese Children -* Roadmap
* Handout 3: *Helping Children Grow More Healthfully: Talking to Parents of Overweight/Obese Children –* Critical thinking skills
* Handout 4: *Helping Children Grow More Healthfully: Talking to Parents of Overweight/Obese Children* Counseling guidelines by Stage of Change
* Handout 5: *Helping Children Grow More Healthfully: Talking to Parents of Overweight/Obese Children* Affirmations
* Slide: WIC Participant Focused Counseling Goal
* Case study (Aaliyah) for 4 y.o. child with BMI >=95%

**Introduction:**

* Review new risk codes for overweight/obesity
* Group discussion – what do you find the most challenging when weight risk is present?

**Description of Activity:**

* Review Handout 2: *Helping Children Grow More Healthfully: Talking to Parents of Overweight/Obese Children –* Roadmap through “Consider the Option”
* Discuss determining focus when a high risk condition is present and when caregiver has expressed a particular interest or concern
* Review roadmap for addressing overweight/obesity concern
* Small group activity (groups of 3): Staff will rotate Caregiver, WIC staff, and “Maven” roles to role play gathering information, assessing readiness of change, and providing participant centered education for three stages of readiness using Case Study Aaliyah and Handouts 3-5. Maven will suggest open-ended questions, affirmations to WIC Staff, as well as provide assistance with the direction of interview and participant centered nutrition education.

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* **Closing:**