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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.**  **\* Use example below to develop your probe.**   * + - * 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?     Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select boxes of other areas you may like to probe during certification.**  **\*Develop probes individually and then discuss as a group. Below are two examples as a guide.**   * Assess Gregory’s opportunities to play and activity patterns * Discuss Gregory’s growth with his Health Care Provider   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select education topics you could cover with this “NOT READY” caregiver once risk codes are identified.**  **\*Select different topics you would possibly discuss with parents relating to physical activity and what resources you could use to communicate topic.**   * Increase opportunities to play and set times to engage in play * Parent modeling what wants child to do * HCP * referrals * Matching activities to child’s abilities * Active Play Rewards(ball, balloon, swim trunks, Fit Wii\*, schedule time to play)   \***What else could you discuss?**  Now write your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now write your own:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **What handouts have you identified to promote parent’s awareness?**   * Child’s Play * Active living for families * HMBH * Helping your Child   \***What other resources could you use?**  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 is an example for you to use. Take turns affirming and asking permission. Ensure you write your own and state them to the group. Allow time to assist each other in tweaking response.**   * 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.   (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. Select boxes of closing affirmations for this “NOT READY” caregiver.**  **\*Develop closing affirmations individually and then discuss as a group. Below is an example for you to use.**   * 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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