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| **Stage of Change**  **ACTIVITY** | **Case study information for CRAIG** | **Probing/Counseling ideas for Physical Activity**  ***\*NOTE: Education should be based on parent’s primary concern and the child’s risk codes.*** |
| **Ready or have already started**  *For this participant our goal* Discuss parents concern and build on current strategies | **If you hear…**  Since my last visit to WIC I have taken Craig to the neighborhood “play date” for toddlers for 45 minutes every other day.  **If you see…**  **Background information**  **Nutrition hx indicates:**   * No medical conditions * Craig gets 45 minutes of exercise a few times a week and plays everyday around the house. * He is in the 85th percentile for all areas * Mom’s says she takes him to “play dates” with other parents and their children...Its great! * He is four. | **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 Craig’s development! – He has gotten taller and he looks great! You mentioned “play dates” with other parents and their children. How’s that working for you? Tell me more?   + - * According to his WIC growth chart he is at the 85th percentile – when you hear 85th percentile what does that number mean to you? * You also stated he is active for 45 minutes each day could you tell me more about what Craig is doing on those days.   + - * 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 Craig’s opportunities to play and activity patterns * Discuss Craig’s growth with his Health Care Provider * 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 * Activity level (offer them active options(exergaming\*) to reduce screen time) * 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.   \***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 write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now write 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.**   * You have made a lot of healthy changes in balancing what you eat with what you do. Would it be okay to ask you another question about Craig**? What do you think the next step is in becoming more physically active with Craig?** * You are doing a great job of getting Craig’s out to move and play more! **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 Craig.   (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 is an example for the trainer to use.**   * You are a real warrior! You are doing it all and keep up the good work with Craig! Let me know if you need any more information on keeping your family more active.   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \*\*Reference utilizing FIT Wii only if parents already have this “exergaming” system in-house. |