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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.**  **\*Use example to develop your 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?   + - * 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 Craig’s opportunities to play and activity patterns * 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 “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 * 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 “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 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?**   (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. Select boxes of closing affirmations for this “READY” caregiver.**  **\*Develop closing affirmations individually and then discuss as a group. Below is an example for you 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. |