

Family Name _____		Visitor's Name: _____		
Nombre de la Familia _____		Nombre de la Visitante _____		
Home Visit # _____	Date: _____	Time: _____	Next Visit Date: _____	Time: _____
# de Visita _____	Fecha: _____	Hora: _____	Fecha de la Proxima Visita: _____	Hora: _____

Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :

Parent will be knowledgeable of the need for increased nutrients during pregnancy, limiting calories may slow down the baby's growth, the need for iron and folates doubles during pregnancy, importance of adequate weight gain during pregnancy, and there is an increased need for calcium to maintain the mother's and baby's bones and teeth.

Child Health And Developmental Services Family and Community Partnerships

Activities Examples:

Ejemplos de Actividades:

Discuss Nutritional and Caloric needs during pregnancy
Present Women's Diet Assessment Form and discuss recommended servings for each food group in the food pyramid. Discuss food that could be eaten to meet recommendations.

Discuss how the need for calcium, folate, iron and other nutrients increases during pregnancy.

Talk about what type of weight gain can be expected during pregnancy. Refer them to the WIC program, or have them follow-up with their WIC Certifier

Materials:

Materiales:

Diet Assessment Hand Out

Folic Acid Handout

Comments:

Comentarios:

During pregnancy a woman's nutrition needs increase. To meet these needs, a woman should choose what she eats carefully to include the increased amounts of vitamins, minerals, and protein necessary. There is an increased requirement for calories, calcium, iron, and folate. It is a good idea to eat on a regular basis and avoid long periods of not eating. Try 6 small meals per day, about every 2-3 hours. During pregnancy there is an increased need for calories. In the second and third trimesters there is a need for 300 kcal/day over normal pre-pregnant needs. It is not recommended that a pregnant woman diet or restrict calorie intake during pregnancy. A diet that limits nutrients and calories can slow down the physical or mental growth of the developing baby.

During pregnancy there is a need for increased calcium for the baby's growing bones and teeth. Remember mom needs to maintain calcium for her bones and teeth too. Milk, cheese and yogurt are the best sources of calcium. If you drink soy milk or rice milk, make sure it is fortified with calcium and vitamin D. The developing baby needs folate for normal growth and development. Low intake of folate could result in a specific type of anemia. Research has shown a link between folate intake and neural tube defects such as spina bifida. It is best to get folate through eating foods that are high in folate such as enriched breads and cereals, spinach, broccoli, black and pinto beans, peanuts and oranges. Folate can be supplemented (400 micrograms or .4 milligrams) in women who do not eat good food sources of folate daily.

The rate of weight gain in pregnancy is as important as the total weight gain. The nine months of pregnancy are divided into three stages called trimesters, 3 months each. Pregnancy usually lasts 40 weeks. Weight gain during the first trimester is usually 2 to 5 lbs. During the second and third trimesters, weight gain increases to approximately 1/2 to 1 1/2 lbs. per week. The weight that a woman is expected to gain is dependent on how much she weighed before becoming pregnant. Exercise during pregnancy can help to keep weight gain within normal limits and relieve some of the discomforts of pregnancy. Talk with your doctor about safe exercise levels for you.

General Program Information: Información del Programa en general:

Comments about the Home Visit (activities, successes, interests, etc.): Comentas de la Visita en Casa (actividades, sucesos, intereses, etc.): If the parent is enrolled in WIC, have them follow-up with their WIC Certifier. If the parent is not enrolled in WIC, Give the parent the number to the local WIC clinic.

Parent's Signature: Firma del Padre: _____

