
NE LESSON CODE CF-000-17

Alimentando a su niño a los 1-3 años/Feeding Your Child 1-3 Years

OBJECTIVE:

Participants will be able to discuss and provide solutions to common feeding problems for children ages 1-3.

MATERIALS:

TV/VCR

Videotape program: Feeding Your Child 1-3 Years (Produced by the Texas Department of Health, available in English 14:09 minutes, Spanish 14:14 minutes). To obtain additional copies, fax your order using the Texas WIC Materials Order Form to Forms Coordinator at (512) 458-7446.

Summary: Three families share their experiences in feeding their 1-3 year old toddlers. Topics covered in the video include:

- Parents influence on food choices
- Weaning from the bottle
- Dangers of bottle past one year of age
- Everyone eats the same food
- Avoid power struggles at meals
- Parent's responsibility
- Food jags
- Toddlers are messy
- "No more! I'm finished"
- Mealtime is family time

Activity cards; attached, make copies as needed
Oral Evaluation

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

Teaching tips:

Watch the video and read through the entire lesson before conducting the class for the first time.

If you do not have a flip chart, magnetic board or chalk board, keep a note pad handy to write down participants concerns about feeding their child.

Give participants enough time to discuss and come up with solutions to the activity situations.

Remember to thank participants for coming to class and participating.

Most of all, have fun teaching this class.

ICEBREAKER:

¿ Qué preocupación tiene acerca de como alimentar a su niño de 1-3 años? Pause for discussion. Write concerns on a flip chart, magnetic board, chalk board or note pad.

WRAP UP TO ICEBREAKER:

Mientras ven el video, preste atención para ideas que le puedan ayudar con su preocupación. Después de ver el video, vamos a participar en una actividad de como solucionar los problemas más comunes de alimentación en los niños de 1-3 años.

INTRODUCE THE VIDEO:

En éste video, *Alimentando a su niño a los 1-3 años*, va ver madres y padres participando con los niños y van a oír experiencias de alimentación.

ACTIVITY:

Use the attached situation cards to generate a short discussion after watching the video. Consider adding situations you have encountered in your own counseling sessions. Use the solution cards titled, *For the instructor*, to help you guide the discussion after the groups share their solutions. Have the following titles written on a flip chart, chalk board, magnetic board or poster:

- **¿Es mi niño difícil para alimentar?**
- **¿Toma mi hija demasiada leche?**
- **Dejando de tomar el biberón**
- **¿Estoy sirviéndole mucha comida a mi niño?**
- **¿Puede el exceso de jugo causar aumento de peso?**
- **¿Ayúdenme! (Mi hijo se niega a comer!**
- **¿Ayúdenme! (Mi hijo hace un batidero cuando come!**
- **¿Come suficiente mi hijo?**

Read the titles of the situation cards to the group. Allow the group to choose the topic(s) they want to discuss.

- C If the class is too large, divide the class into small groups or pairs. **Allow the group to choose the topic(s) they want to discuss.** Hand the situation card to the group or pair and allow at least 1 minute for them to come up with a solution(s) to their situation.

Ask each group or pair to share their solution(s) first. Read the solution card titled, *For the instructor*, to help you guide the discussion.

For participants who are uncomfortable reading or cannot read

- C Read the titles of the situation cards to the group. Allow them to choose the topic they want to discuss. Read the situation card and allow at least 1 minute for the group to come up with the solution (s). After the group has discussed their solution (s), read the information from, *For the instructor*, card to help you guide the discussion.

ORAL EVALUATION:

Do the oral evaluation (attached).

ORAL EVALUATION

1. ¿Con cuáles experiencias de nuestra discusión o del vídeo puede usted identificarse?
2. ¿Qué ideas nuevas va a poner usted en práctica en su casa?
3. ¿Qué otras preguntas tiene usted sobre el tema de hoy?

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Formulario de Evaluar La Lección - Participante

El nombre del video que you vi hoy fue: _____

1. Yo soy: (puede hacer un círculo alrededor de más de uno)

- a. embarazada
- b. dando pecho
- c. madre/padre de un bebé
- d. madre/padre de un niño
- e. pariente o amigo

2. ¿Cuánto le gustó el video?

- a. mucho
- b. un poco
- c. no me gustó

3. ¿Piensa usted que es un video bueno para enseñar en WIC?

- a. sí
- b. no

4. ¿Cuánto le gustó la actividad?

- a. mucho
- b. un poco
- c. no me gustó

5. ¿Cuál fue lo más útil del video y de la discusión? _____

Gracias!

**NE Lesson Code CF-000-17
Feeding Your Child 1-3 Years
Lesson Survey Form - Staff**

LA# _____

Date _____

1. Was the audiovisual easy to see and hear?

- a. yes b. no

2. Was the lesson easy to read and follow?

- a. yes b. no

3. What changes would you suggest for improving the lesson? _____

4. Was participant feedback:

- a. positive
b. negative
c. indifferent

4. Was the Spanish translation appropriate for your participants?

- a. yes b. no

5. Do you plan to use the audiovisual/lesson again?

- a. yes b. no

Comments: _____

6. Additional comments: _____

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