

PREPARING FOR MIRACLES

CLIENT	BEHAVIORS	TOOLS
Postpartum woman	Actively plan to space pregnancies at least 18 months or more, take action to lose excess body weight and take daily folic acid pills	“Preparing for miracles” photos

TOOLS:



OPENING ACTIVITY:

Position photos that show women engaged in endurance sports.

SAY: Here are photos of strong women taking part in endurance sports, like marathons, mountain climbing and biking. And you’re a strong woman. Pregnancy and delivery can often feel like an endurance test that produces a miracle at the finish line. What would happen if a woman ran a marathon or biked 50 miles or climbed a mountain everyday? What might happen if she didn’t take a rest between endurance sports like these?

Listen to responses.

DISCUSS: Discuss these key points:

- Like other endurance sports, pregnancy can drain bodies of essential nutrients, especially if spaced close together. (Less than 18 months apart.) Time helps repair a woman’s body for her second “finish line”—the delivery of her next miracle.
- Research suggests that folic acid helps bodies prepare for the second “finish line” and the next miracle. All women who have the potential to become pregnant should take 400 micrograms of folic acid everyday to prepare for their next miracle—even if they don’t expect to become pregnant. (About half of all pregnancies are unplanned.) Folic acid helps prevent birth defects like spina bifida and cleft lip.
- Only about 40 percent of women who recently had babies return to their pre-pregnancy weight or less within two years. Of those who retained some pregnancy weight, the average weight gain was an extra four pounds—for each child. Ask moms to discuss what they can do to return to their best weight.

ACTION PLAN:

SAY: “We’re all so busy and not looking to take on one more thing. Even busy, strong women can forget to take folic acid everyday. What could you say to yourself about taking a folic acid pill each day? What’s an activity you do everyday—like brushing your teeth or hair—that could prompt you to take a folic acid pill? How can you carve out even 15 minutes a day to be more active—with or without your baby?”