

Try the activity on your own or with others from your agency. Talk about what you learn with a colleague.

RENEW Review Activity: Key points to writing a good **Next Step**

1. Nutrition-focused counseling helps the participant decide what changes they are ready to make that will improve their health. Using Explore – Offer – Explore will allow the participant to figure out how they can accomplish that change.
 - a. **Explore** what they already know or have tried
 - b. **Offer** your suggestions
 - c. **Explore** what they think of your suggestions, the barriers to taking the step, and what they want to do
2. Use what you hear from them during Explore – Offer – Explore to formulate a next step to reflect back to the participant.
 - a. The next step should be specific, realistic and include an action (verb).
 - b. A good next step helps address the barriers that might come up and can be accomplished within the cert period. That is the difference between a specific next step and a “goal.”
3. Ask if you got it all, to allow the participant a chance to agree with the next step you reflected or to make changes to it.
 - a. The next step will be from ideas from the participant, but does not have to be specifically stated by them. In other words, you don’t have to ask them what they want you to write as a next step.
4. Document the specific next step in TWIST – including the verb!
 - a. Each next step is a single activity, rather than combining 2 onto one line.
 - b. Documentation helps the next WIC team member when they see the participant at other times during the certification.
 - c. The status on next steps can be updated or new steps added at quarterly nutrition education and mid-cert health assessments.

Example:

Old way: Increase milk and veggies.

New way: 1. Mom will decrease milk to 16 oz per day by offering water in the cup between meals.

2. Mom will offer 3 veggies each day by including them in snack, lunch and dinner.

Practice on the next page

RENEW Review Activity: Practice writing a good Next Step

Practice – watch a video

Watch Leah from Linn Co. – <https://youtu.be/ARa9wGIrGp4> The video is 35 minutes long, and at about minute 16 you will see Leah use Explore-Offer-Explore to set a next step.

- A. How did Leah's process compare to the key points listed above?
- B. What, if anything, would you do differently?

Practice – write

Take the next steps below and re-write them to be specific, realistic, and action oriented.

BF to 6 months	
Increase yogurt	
Wean from bottle	
Eat more veggies	
Decrease juice	

Practice – five-day focus

Pick 5 days to focus on how you are writing and updating next steps.

- A. Start by looking at the next steps in the TWIST records of participants you see. How well can you understand what the participant is specifically working on based on what is written?
- B. Update the status of that next step if needed.
- C. Write a new next step that builds on what they worked on before and is based on what they talked with you about during today's nutrition-focused counseling.