

Level 2 Postpartum Nutrition

The Basics

Level 2	All CPA's must complete
Type	Online – Workday Learning Oregon
Completion time	2 hours
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-21
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

The *Postpartum Nutrition* online course focuses primarily on building knowledge on postpartum nutrition concepts. The following objectives are organized by the modules in which they are covered within this course.

Upon completion of this course, the learner will be able to:

Postpartum nutrition and weight

- Identify key nutrients for postpartum health.
- Describe special concerns associated with nutrition for postpartum teens.
- Identify weight issues for postpartum moms.
- Describe the characteristics of average weight loss after delivery.
- Identify factors that influence weight loss after delivery.

Behaviors, issues and outcomes

- Describe challenges faced by new mothers when trying to eat well.
- Describe barriers faced by new mothers when trying to be physically active.
- List issues related to smoking that can impact the postpartum period.
- Identify concerns with the use of alcohol and drugs during the postpartum period.
- Describe complications that might occur following a delivery by C-section.
- Identify common physical changes experienced by woman after delivery.

Learning activities

Learners can complete this course one module at a time or all at once. We recommend offering to meet with the learner after each module to discuss any questions or concerns the learner may have. There are a couple of activities in particular to review with the learner.



Module 1: Postpartum Nutrition and Weight

During postpartum certification much attention or focus is on the baby. Highlight to learner the importance of counseling mom too. In addition, non-nursing postpartum participants don't always get the attention they deserve. Highlight to the learner the importance of supporting postpartum moms with good nutrition which can prepare for potential future pregnancies.

Module 2: Behaviors, Issues and Outcomes

Discuss with the learner some common issues of postpartum moms, i.e. weight, lifestyle, behaviors, physical activity and emotions.

Modules 1 and 2

A number of items discussed in the modules of this course are associated with nutrition and dietary risks. Discuss with the learner the information that pertains to these risks.

Breastfeeding is not covered in detail in this course; refer learners to the Breastfeeding Module for information on breastfeeding.

Resources:

The resources section of the course includes many links where more information can be found.

Posttest Questions and Answers



The *Posttest* is online and scored automatically. There are 25 questions.

1. Select the **3** foods that are rich in folate:
 - a. **Legumes**
 - d. **Leafy greens**
 - e. **Orange juice**

2. Osteoporosis can result from an inadequate intake of which nutrient?
 - d. **Calcium**

3. True or False? It is recommended that postpartum women continue to take prenatal vitamins after delivery.
 - a. **True**
4. Select the **3** reasons why drinking water is important for new moms:
 - b. **Helps to flush out toxins**
 - c. **Carries nutrients throughout the body**
 - d. **Decreases constipation**
5. Select the **3** reasons why is it recommended to space pregnancies at least one year apart:
 - a. **Gives the body time to replenish nutrients, like iron and folic acid**
 - b. **Decreases the risk of having a low birth weight baby**
 - d. **Allows the body to reach a healthy weight before the next pregnancy**
6. True or False? Dairy products, canned fish with bones, certain nuts and seeds, leafy greens and fortified breads or juices are good sources of calcium for postpartum women.
 - a. **True**
7. Select the **4** physical changes that a postpartum mother may experience:
 - a. **uterine contractions**
 - b. **vaginal discharge**
 - c. **hemorrhoids**
 - e. **loss of large amount of hair**
8. True or False? It is safe for women using illicit drugs (street drugs) to breastfeed.
 - b. **False**
9. Which statement is true about postpartum nutrition?
 - b. **New moms need realistic suggestions about eating healthy while caring for a newborn.**
10. True or False: Putting a pacifier in the mouth to clean it can spread germs between the adult and baby.
 - a. **True**
11. True or False? Postpartum women who smoke should never breastfeed.

- b. **False**
12. When can most postpartum women expect to return to their pre-pregnancy weight?
- c. **6 months after delivery**
13. Identify which factor(s) contribute to weight loss after pregnancy:
- e. **All of the above**
14. Following delivery, how many pounds of weight loss would the baby, placenta, amniotic fluid, and blood loss account for?
- b. **10 to 13 pounds**
15. True or false? Women who were overweight or obese before their pregnancy retain more of their postpartum weight than other women.
- a. **True**
16. Due to blood loss from surgery, women who have had a C-section need more:
- d. **protein, vitamin C, iron and fluids.**
17. True or False? Postpartum women consuming vegetarian diets can receive all the necessary nutrients for their body through food.
- a. **True**
18. True or False? As a WIC counselor, it is okay to diagnosis a woman with postpartum depression.
- b. **False**
19. Select the **3** true statements regarding postpartum blues, also known as “Baby Blues”:
- a. **Symptoms can include mood swings, crying easily, irritability, changes in eating and sleeping**
 - b. **Common in postpartum women**
 - d. **Women showing symptoms should be referred to their health care provider and not diagnosed by WIC staff**
20. Select the **4** tips related to physical activity that are recommended for postpartum women:
- b. **Take a brisk walk with the baby stroller.**
 - c. **If there are safety concerns, walk in a mall or with friends.**

- d. **Walk more, dance more, play more – simply keep moving more as part of an active lifestyle.**
 - e. **Check with your doctor first. Most women are ready for physical activity six weeks postpartum.**
21. True or False? Breastfeeding mothers may transfer caffeine to infants, leading to wakefulness and irritability.
- a. **True**
22. True or False? Gestational diabetes is the same as type 1 or type 2 diabetes.
- b. **False**
23. A healthy, well-balanced diet after delivery will help:
- d. **All of the above**
24. A postpartum mom is in your office for her WIC appointment. She tells you that she had gestational diabetes and is worried that she still has it. Choose the best response as her WIC counselor.
- b. **“Gestational diabetes develops during pregnancy and usually goes away after delivery. Tell me more. What has your doctor said about that?”**
25. Caring for a newborn can be more challenging for women with:
- d. **All of the above**