



Self Learning Modules

(Individual classes)

Who are these sessions designed for?

WIC participants, caregivers of WIC participants, and alternates/proxies of WIC participants who are able to read the English (or Spanish, if applicable) language at an 8th grade reading level or higher and have comprehension skills to complete a quiz related to the information they read in the booklet.

Why were these sessions designed?

Self Learning Modules serve as an alternative to a WIC group education session. For example, if a client needs a nutrition education contact, and the group session that the participant needs is not available at a convenient time for her/him, then the staff may offer him/her an appointment to read through a booklet and then take a quiz. Participants find this a very convenient way to get their nutrition education contact.

How much time will this session take?

For most, this session will take 15-20 minutes to read a booklet and complete a quiz.

Where will they be used?

Self Learning Modules can be read and quiz can be completed in the waiting room of a WIC Clinic.

What is the content?

There are 2 Self Learning Modules we are offering as part of the Fit WIC Baby Behavior Study that cover infant cues and sleep concepts. There is 1 prenatal module that is very similar in content to the prenatal class, Understanding Your Baby: Infant Behavior. The second module is modeled after the Secrets of Baby Behavior infant class, appropriate for postpartum moms. Completion of each module will count as a nutrition education contact.

What will the participants be learning during the session?

By the end of the session, participants will have:

- × Reviewed information on infant cues and sleep
- × Completed a quiz related to the reviewed information
- × Examined the answers to the quiz with a staff member
- × Received a handout related to the nutrition topic to take home

How do participants earn a nutrition education contact?

Check with your state WIC representative for official approval, but the key is that a participant reads the booklet, takes a quiz to see if they learned pertinent information from



the reading, AND reviewed their quiz answers with a staff member. This last step is what qualifies this contact.

When to use a Self Learning Module (examples):

- ✗ When a participant arrives late for a class or misses a class. Offer to reschedule their group class or have them complete a SLM today.
- ✗ When none of the group class times available fit the participant's schedule (i.e., working mom)
- ✗ When a participant has to come in for a voucher pick up for a hold on their file...may as well learn something while they are there!
- ✗ When a staff member is counseling a participant and feels that they would benefit from the information in the SLM.
- ✗ When a participant wants more information about infant cues or sleep but cannot attend a class.
- ✗ For small agencies that already do a lot of individual contacts and are not able to schedule many group classes because of clinic size or limited staffing.

How to provide a SLM-sample protocol

When scheduling appointment:

1. If, when scheduling a participant's next appointment, it is determined that the times offered for a group education session are inconvenient for the participant, then...
2. Assess whether the participant is able/willing to read a booklet on a nutrition topic and complete a quiz related to the information in the booklet. If yes, then...
3. Schedule appointment as voucher pick-up
4. Put hold on file stating "Please give SLM"
5. Write "SLM" on WAF as next appointment type and assign a code of SA## (as opposed to GA## for a group class) in ISIS.

When participant arrives for appointment:

1. Give SLM booklet with corresponding quiz and explain procedure to participant
2. When participant has finished, have her/him turn the booklet and quiz in to staff
3. Document contact code in ISIS
4. With participant, review quiz using answer key; ask, "What questions do you have?"
5. Issue participant's vouchers

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