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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