

Checklist for Eating Smart, Being Active (ESBA)

Feeding Your New Baby Solids

Updated 3/2017

This checklist identifies materials you will need for this curriculum from campus, the share drive and selected Publications items. Be sure to review the Curriculum Information section and Supplies Needed section for each activity to see what other teaching materials you will need to teach this curriculum.

Description:

This supplemental lesson for ESBA reviews introducing solid foods to babies including baby's cues, how to avoid choking and how to feed babies safely.

BEFORE TEACHING

___ **FNP:** Check with your supervisor that the school/site is on the current **Approved Site List**

___ **Read:** **From Telling to Teaching** by Joye Norris. Provides background on the dialogue approach to teaching

MARKETING

___ **Displays:** (each region was given a one-time distribution of these). There is one display for agencies and one for participants. Contact Karen Sherbondy at sherbondyk@missouri.edu for more information

___ **Participant brochure:** Want to help your family develop good nutrition habits for a lifetime?
N977, NS977 (Spanish) available from Publications

___ **Agency brochure** - N982 – available from Publications. This brochure promotes all of our FNEP programs

___ **Tiger Business Cards** - N575: FNEP Program Business Cards qty of 50 – contain current required statements

TEACHING MATERIALS FROM CAMPUS – contact Stefanie Crupe - crupes@missouri.edu

TEACHING

___ **Curriculum:** Educator Guide - 8 Lessons, Handouts, Small Visuals (flipchart/table top easel binder -8 ½ X 11), and 3 Supplemental Lessons, Handouts & Visuals. All are available in Spanish except for the Supplemental Lesson Plans

- **10/14/09 guidance for use of ESBA handouts from Candy Gabel:**
 - *Use WIC or Steps handouts that go with the lesson if the participants are interested in having a handout. (Provide the handouts as an option at the end of class but do not give them out automatically)*
 - *Use MyPlate handouts in both English and Spanish when the ESBA lesson handouts provide information on amounts needed from each food group and portion size*

___ **Walkin' Indoors DVD**

MATERIALS ON THE WEB

___ **Movin' & Groovin' Video:**

<http://extension.missouri.edu/hes/healthystaff/movemore.htm>

___ **Takin' it Slow Video:** <http://extension.missouri.edu/hes/healthystaff/stressless.htm>

___ **Missouri's Fish Advisory Information:**

<http://health.mo.gov/living/environment/fishadvisory/pdf/fishadvisorysummary.pdf>

TEACHING MATERIALS FROM PUBLICATIONS

NS is a Spanish version

___ **Missouri Physical Activity Handouts N330 – N337** (series of 8 handouts on how to do a series of exercises)

___ **Show Me Simple and Healthy Recipe Cards – NC series** (When ordering select NC and then List to view all titles or view the current list of recipe cards on the share drive at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Recipe Cards)

MATERIALS ON THE SHARE DRIVE

S:\MUCampus\HES\FNEP\Curricula & teaching materials\ Eating Smart Being Active ESBA

___ **Curriculum Guide Sheet**

___ **Worksheet for Participants**

___ **Lesson Plan Checklist** – used to organize what you need for each lesson

___ **Let's make it baby cereal recipes** (English & Spanish)

___ **What is wrong with this picture photo**

___ **How to prevent choking pictures**

___ **What would you do scenario card** (English & Spanish)

___ **List of supplemental handouts for use with ESBA** (Title: Alternative handouts for ESBA) Some of these supplemental handouts are available from Publications, others are from WIC

___ **Missouri physical activity handouts N330 – N337** (series of 8 handouts that provide instructions on a series of exercises. In Spanish at S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts)

PARTICIPANT CERTIFICATES

___ Order N960 from Publications and write in the name of the participant on the English language certificate or go to the share drive at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program Completion Certificates for fillable certificates in English and Spanish.

NUTRITION EDUCATION REINFORCEMENTS GUIDANCE

- Approved reinforcements are supplied by campus and have a nutrition message
- Each region has a limited quantity that must last for the program year. Do not give an item to each participant for each class they attend, distribute an item after attendance in a series of classes

FORMS

Consent Form (FNP Only): <http://extension.missouri.edu/fnep/admin.htm>

Program Information Form, N525: <http://extension.missouri.edu/fnep/admin.htm>

EVALUATION/REPORTING FORMS

Instructions for using all FNP evaluation tools:

<http://extension.missouri.edu/fnep/performeval.htm>

FOR EFNEP only: EFNEP Adult Entry/Exit forms - N502 and N503 and NS502 and NS503 (Spanish available from Publications)

Success Stories – submit online at: <http://extension.missouri.edu/fnep/evaluation.htm>

Questions? Contact Candy Gabel, Curriculum Coordinator at GabelC@missouri.edu

Checklist located at: <http://extension.missouri.edu/fnep/teaching>

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 **Extension**
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Funded in part by USDA SNAP.

Running out of money for food?
Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.
For more information, call MU Extension's Show-Me Nutrition line at 1-888-515-0016.