

Maternal/Child/Infant Nutrition Modules Objectives

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Following the training, the participant will be able to:

Module 1: Nutrition and Weight Gain During Pregnancy

1. Identify physiological changes that occur during pregnancy.
2. List the weight gain recommendations for pregnancy, based on pre-pregnancy BMI.
3. Describe recommended rate of weight gain during pregnancy.
4. State nutrition-related goals during pregnancy.
5. Describe nutritional needs during pregnancy.
6. Explain nutrition needs specific to adolescent pregnancy.

Module 2: Hypertensive Disorders of Pregnancy and Gestational Diabetes

1. List the categories of hypertension that can occur during pregnancy.
2. Describe the risk factors for preeclampsia.
3. Explain dietary management of hypertension during pregnancy.
4. Understand dietary strategies for the prevention of gestational hypertension and/or preeclampsia.
5. Define Gestational Diabetes and state the incidence of Gestational Diabetes.
6. Describe the risk factors for Gestational Diabetes.
7. Explain the dietary management for Gestational Diabetes.
8. List common clinical complications for Gestational Diabetes.

Module 3: Infant Feeding

1. State the AAP and WHO recommendations for breastfeeding.
2. List the benefits of breastfeeding for baby, mother and the environment.
3. Understand the effects of different substances (e.g., alcohol, drugs, and medications) on the breastfed infant.

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4. Describe the physiology of lactation.
5. Describe the content of human milk and changes that occur in the composition.
6. List factors affecting breastmilk production.
7. Describe the composition and intended use of cow's milk based, soy milk based and specialized formulas.
8. Explain formula preparation.
9. Identify the special nutritional needs of preterm infants.
10. Describe assessment for infant feeding problems such as gastroesophageal reflux.

Module 4: Introduction to Solid Foods

1. Describe the signs of infant physiological readiness for solid foods.
2. List infant cues of hunger and satiety.
3. Explain recommendations for introducing solids foods.
4. Describe how the progression of solid foods follows motor development.
5. Explain typical portion sizes for children 1-5 years of age.
6. Understand the impact of psychosocial development on child nutrition.
7. Describe typical food acceptance patterns of young children.
8. List parental and child responsibilities for mealtimes.
9. Explain the impact of poverty and food insecurity on child nutritional status.
10. List physical activity recommendations for young children.

Module 5: Iron Deficiency Anemia in Women and Children

1. Describe the role of iron in the body.
2. List food sources of heme and non-heme iron.
3. Explain physiological and dietary factors affecting iron absorption.
4. Understand the consequences of iron deficiency for women, infants and children.
5. State the causes of iron deficiency anemia in women.
6. Explain the strategies for preventing iron deficiency anemia in women.
7. State the causes of iron deficiency anemia in infants and children.
8. Explain the strategies for preventing iron deficiency anemia in infants and children.

Module 6: Pediatric Overweight and Obesity

1. Define child obesity and overweight.
2. Describe complications associated with childhood overweight and obesity.
3. Identify methods of assessing for child overweight and obesity.
4. List child obesity prevention nutrition recommendations.
5. Describe the American Academy of Pediatric four-staged approach to child obesity treatment.

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