

# MOTIVATIONAL INTERVIEWING GUIDE

## 1 OPEN THE CONVERSATION:

- With empathy, active listening, and optimism!
- Ask permission

*“Can we take a few minutes to discuss your breastfeeding plan/weight gain today?”*

## 2 ASK OPEN-ENDED QUESTIONS:

*“How do you feel about your current weight or weight gain?”*

*“What are your weight gain goals for this pregnancy?”*

*“What do you think would be a healthy amount of weight for you to gain during this pregnancy?”*

*“How important is breastfeeding to you?”*

## 3 NEGOTIATE THE AGENDA:

*“Would it be okay to discuss some ways for you to maintain a healthy lifestyle during your pregnancy?” (OR “...to prepare for breastfeeding?”)*

*“What ideas do you have about diet or activity?”*

## 4 EXPLORE AMBIVALENCE:

- Ask disarming questions

*“How comfortable do you feel with the suggestion to walk for 30 minutes a day?”*

*“On a scale of 1 - 5, how important is breastfeeding to you?”*

## 5 ASSESS READINESS TO CHANGE:

**Pre-contemplation** – not yet considering change

**Contemplation** – aware of problem, but ambivalent

**Preparation** – recognizes something has to be done

**Action** – engages in specific behaviors to change

**Maintenance** – does what is needed to maintain change

**Relapse** – slips and returns to previous behavior

## 6 ASK ABOUT THE “NEXT STEP”:

*“What goal will you work on until your next visit?”*

- **AVOID:** choosing the goal for the patient

## 7 PROVIDE RESOURCES FOR EDUCATION:

- Offer a handout, but allow them to decline

- **AVOID:** ordering, arguing, scare tactics, threatening, lecturing, and preaching

## 8 CLOSE AND SUMMARIZE THE CONVERSATION:

- Show appreciation for intent or effort

- Summarize the behavior change goal they have set for themselves

- Voice confidence in achieving their goal

*“I am confident you will be successful with this goal. We will follow up on your progress at your next visit. Thank you for coming in today.”*

# 2009 IOM WEIGHT GAIN GUIDELINES

NEW RECOMMENDATIONS FOR TOTAL AND RATE OF WEIGHT GAIN  
DURING PREGNANCY, BY PRE-PREGNANCY BMI

Pre-Pregnancy BMI	BMI (kg/m <sup>2</sup> )	Total Weight Gain (lbs.)	Rates of Weight Gain 2 <sup>nd</sup> & 3 <sup>rd</sup> Trimester (lbs. per week)
Underweight	< 18.5	28 - 40	1 (1 - 1.3)
Normal Weight	18.5 - 24.9	25 - 35	1 (0.8 - 1)
Overweight	25.0 - 29.9	15 - 25	0.6 (0.5 - 0.7)
Obese (Includes all classes)	≥ 30.0	11 - 20	0.5 (0.4 - 0.6)

## GENERAL INFORMATION:

**Medications if breastfeeding:** [toxnet.nlm.nih.gov](http://toxnet.nlm.nih.gov) (LactMed Database)

**Medications if pregnant or breastfeeding:**

**California Teratogen Information Service:** [ctispregnancy.org](http://ctispregnancy.org) (800) 532-3749

**Breastfeeding information:** [bfmed.org](http://bfmed.org)

**San Diego County Breastfeeding Coalition:** [breastfeeding.org](http://breastfeeding.org)

**Information about California WIC:** [wicworks.ca.gov](http://wicworks.ca.gov)

**Caring for a baby or child:**

**American Academy of Pediatrics:** [aapca3.org](http://aapca3.org)

**San Diego County Childhood Obesity Initiative:** [ourcommunityyourkids.org](http://ourcommunityyourkids.org)

**Text4Baby:** [text4baby.com](http://text4baby.com)

**Nurse-Family Partnership:** [nursefamilypartnership.org](http://nursefamilypartnership.org) (619) 515-4209

*(two years of home visits by a public health nurse for eligible first-time mothers)*

