

# Introducing Prenatal Bingo:

## A Fun Approach for Prenatal Nutrition Education

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Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada



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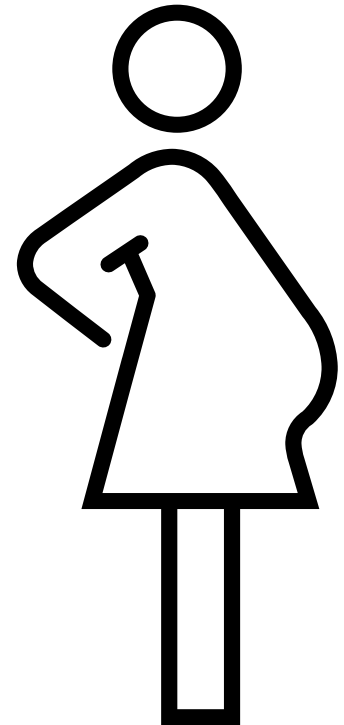
# Land Acknowledgement

## Background

Prenatal BINGO was created to be a fun and easy resource to use with your clients to learn and talk about prenatal nutrition.


# Prenatal Bingo Package

- 1 x Prenatal Bingo Instruction Sheet
- 1 x Caller Master Sheet
- 40 x Caller Cards
- 20 x Player Cards



# Prenatal Bingo Instruction Sheet

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## CPNP Prenatal Bingo Instructions

This CPNP Prenatal Bingo was developed as a fun and interactive learning tool to use with prenatal clients. Up to 20 people may play at one time.

### GAME SET UP

1. Gather the bingo chips (dried beans, rocks, buttons, pennies).
2. The first time the game is played, print out the Player Cards and Caller Cards.
3. The first time the game is played, print out the Caller Master Sheet. To reuse the Caller Master Sheet, place the original in a page protector. Use a white board marker to cross out the topics called. Use a damp paper towel to remove the writing.

### INSTRUCTIONS

1. Before each game, pass out a Player Card to each player.
2. The caller will shuffle the Caller Cards and place them face down in a pile.
3. Every player will place a chip on the "free square" of their Player Card.
4. As each Caller Card is drawn from the pile, the caller will read the category and the topic on the card.  
For example: "Under the category Body Basics, the topic is Heartburn".
5. The caller will then read the nutrition teaching on that topic.
6. The caller will cross out the topic on the Caller Master Sheet.
7. If the topic called out is on a player's card, they will place a bingo chip on the matching square.

### WINNER

There are three ways for a player to win:

1. Every corner square is covered
2. A row of 5 squares across or diagonal is covered
3. Every square on the card is covered (blackout)

Player must yell "Bingo!" to confirm a bingo. The player's Player Card will be compared to the topics crossed out on the Caller Master Card.

# Caller Master Sheet



Body Basics	Healthy Habits	Nutrients	Food Safety	Feeding Your Baby
Nausea & Vomiting	Healthy Snacks	Folic Acid	Caffeine	Holding Positions
Constipation	Eating for Health	Calcium	Herbal Teas	Colostrum
Heartburn	Vegetables & Fruit	Parent Vitamin D	Raw Meats	Cluster Feeding
Diabetes	Whole Grains	Iron	Expiry Dates	Feeding Cues
Fatigue	Protein Foods	Omega-3 Fats	Sugar Substitutes	Latching
Self-Care	Fish	Vitamin D for Baby	Alcohol	Let-Down
Healthy Weight Gain	Liquids	Multivitamins	Vitamin A	Skin-to-Skin
Active Living	Avoid Smoking	Fibre	Making Formula	Feeding Decisions

# Caller Cards

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## Body Basics

### Healthy Weight Gain

**Did you know?**  
Gaining a healthy amount of weight during pregnancy helps to prevent complications and helps your baby grow well.

**Helpful tips:**

- Weight gain is a normal and important part of a healthy pregnancy
- Most of your weight gain happens in the second and third trimesters.




## Healthy Habits

### Protein Foods

**Did you know?**  
Protein foods have iron for you and your baby and helps them grow.

**Try this!**

- Try to have 1/4 of your plate be a lean protein food.
- Animal based: moose, rabbit, bison, fish, beef, pork, chicken, eggs, milk, yogurt and cheese.
- Plant based: beans, lentils and peanut butter.




## Feeding Your Baby

### Cluster Feeding

**Did you know?**  
Cluster feeding is when your baby has small and frequent feeds within a short time frame.

**Helpful tips:**

- Follow your baby's feeding cues to know when they are hungry and full.
- Some days your baby will eat more, other days your baby will eat less.




## Nutrients

### Iron

**Did you know?**  
Iron is needed to make more blood. It is important to have enough iron stores to help your baby grow.

**Foods that have Iron:**

- Animal: beef, moose, bison, pork, fish, chicken, eggs
- Plant: beans, lentils, peanut butter
- Enriched grains: cereal, pasta, bread



## Food Safety

### Sugar Substitutes

**Did you know?**  
Some sugar substitutes are safe to have in small amounts. We do not know if all sugar substitutes are safe during pregnancy.


Safer choices:	Foods to avoid:
✓ Aspartame	x Sweet'n Low®
✓ Sucralose	x Sugar Twin®
✓ Stevia	
✓ Saccharin	



# Player Cards

## Let's Play Prenatal Bingo

**Body Basics**    **Healthy Habits**    **Nutrients**    **Food Safety**    **Feeding Your Baby**

Healthy Weight Gain	Protein Foods	Iron	Sugar Substitutes	Cluster Feeding
Heartburn	Vegetables & Fruit	Folic Acid	Caffeine	Feeding Cues
Diabetes	Healthy Snacks		Vitamin A	Feeding Decisions
Constipation	Liquids	Omega-3 Fats	Making Formula	Holding Positions
Self-Care	Eating for Health	Calcium	Alcohol	Skin-to-Skin

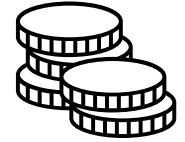
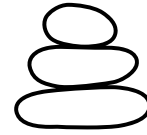
## Let's Play Prenatal Bingo

**Body Basics**    **Healthy Habits**    **Nutrients**    **Food Safety**    **Feeding Your Baby**

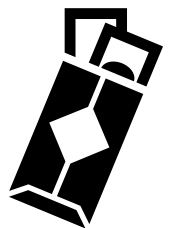
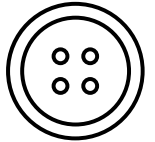
Constipation	Eating for Health	Fibre	Caffeine	Colostrum
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Healthy Weight Gain	Protein Foods		Alcohol	Holding Positions
Heartburn	Vegetables & Fruit	Parent Vitamin D	Herbal Teas	Latching
Diabetes	Liquids	Folic Acid	Making Formula	Skin-to-Skin



# Game Set Up



- Bingo Chips (example: dried beans, rocks, buttons, pennies)
- Caller Master Sheet
  - Page protector, whiteboard marker, and a damp paper towel
- Caller Cards
- Player Cards
  - Up to 20 people can play at one time
- Prizes (example: nick knacks, gift cards, coupons)



# Instructions To Play

1. Pass out Player Cards to each player.
2. Caller will shuffle Caller Cards and place them face down.
3. Each player will place a chip on the “free square” in the center of their Player Card.
4. As each Caller Card is drawn, the caller will read the category and the topic on the card.
  - Example: “Under the category Body Basics, the topic is Heartburn”.
5. The caller will then read the nutrition teaching on that topic.
6. The caller will cross out the topic on the Caller Master Sheet.
7. If the topic is called out, players will place a chip on the matching square on their Player Card.

# How To Win

1. Every corner square is covered
2. A row of 5 squares across or diagonal is covered
3. Every square on the card is covered

**Player's must yell "Bingo!" to confirm Bingo. The player's card will be compared to the topics crossed out on the Caller Master Sheet.**



# How To Get A Copy Of Prenatal Bingo

- **Fill out evaluation at the end of this presentation**

**Erin Bligh, RD**

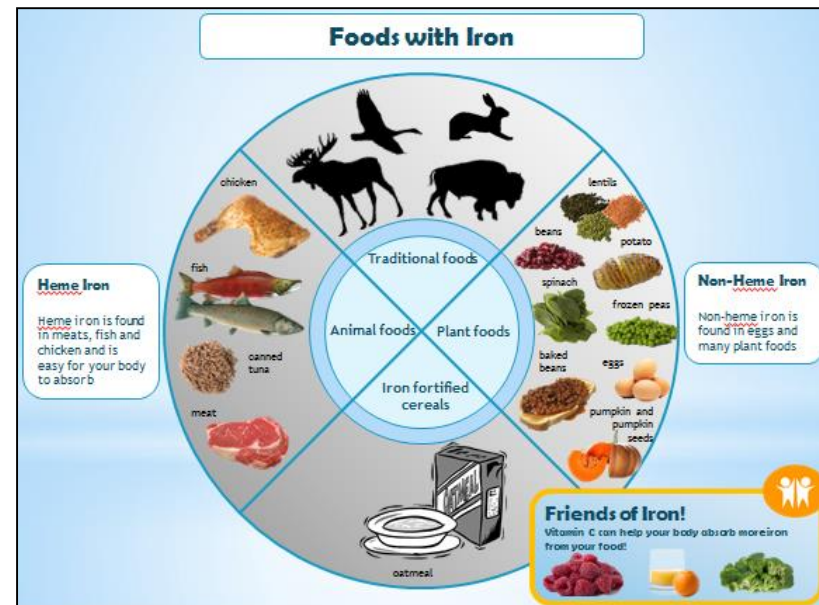
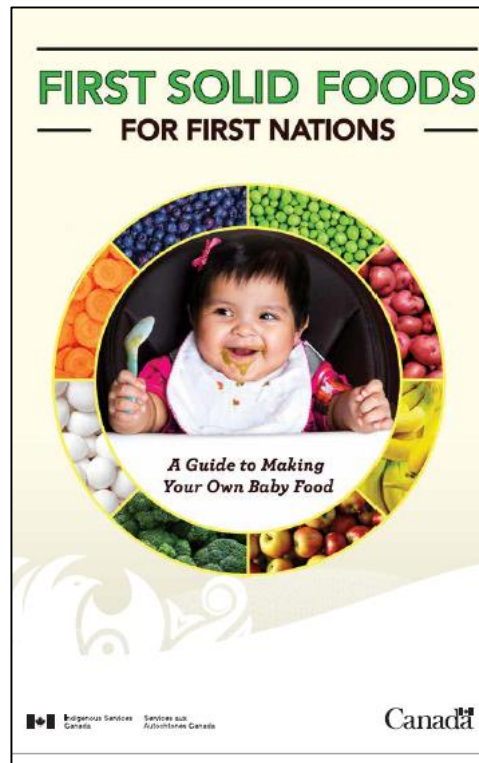
**Community Nutrition Advisor**

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**587-338-0953**

**First Nations Inuit Health Branch**

# Other Prenatal Resources



<https://www.onehealth.ca/ab/>

# CPNP 101

## Canada **Prenatal Nutrition** Program (CPNP 101)

This programming is presented by the FNIHB Nutrition Advisory Team.

+ Introduction to the Canada Prenatal Nutrition Program

+ Nutrition During Pregnancy

+ Discomforts During Pregnancy

+ Diabetes and Pregnancy

+ Simplifying Breastfeeding

+ Infant Feeding

+ First Solid Foods for First Nations Resource Training

+ How to Host a Baby Food Making Workshop

[Canada Prenatal Nutrition Program \(CPNP 101\) \(fntn.ca\)](https://fntn.ca)

# AHS Prenatal Nutrition Resources

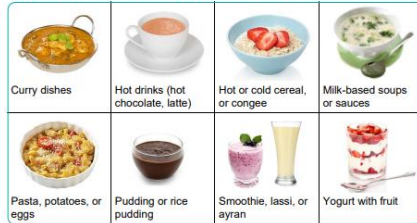
## Dairy Foods for Pregnancy

Dairy foods help your baby grow. They give you and your baby protein, calcium, and vitamin D. Choose dairy foods at meals and snacks.

### Dairy foods



### Ways to include dairy foods at meals and snacks

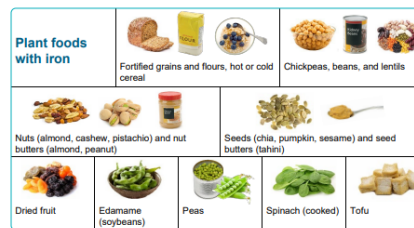
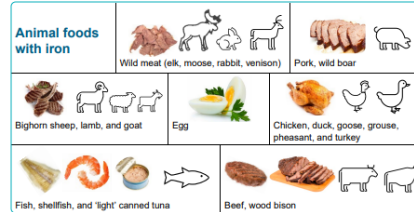


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## Iron Foods for Pregnancy

Iron helps give you energy. Iron helps your baby's body and brain grow. Eat foods with iron every day. Take your prenatal vitamin daily.



40427-NFS



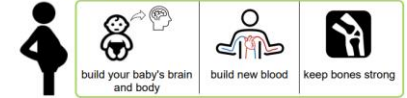
## Take a Multivitamin When Pregnant

When you are pregnant, it is hard to get all the nutrients you need from the food you eat. Eat a variety of foods and take a multivitamin daily.



### Multivitamins give you extra nutrition

This extra nutrition helps to:



### Choose a multivitamin

Health Canada recommends taking a daily multivitamin with 16–20 mg iron and 0.4 mg folic acid (folate). Multivitamins with these exact amounts can be hard to find.

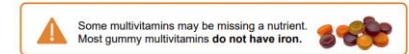
Look for these amounts when choosing a multivitamin:

- Iron between 16–27 mg
- Vitamin D at least 400 IU (10 mcg)
- Folic acid (Folate) between 0.4–1 mg (400–1000 mcg)



✓ These amounts are safe in pregnancy.

If you have questions about multivitamins in the store, talk to the pharmacist.



Developed by Registered Dietitians Nutrition Services 40423-NFS

## Nutrition when Pregnant with Twins, Triplets, or More

Eating well during your pregnancy will help you have the healthiest babies possible. Healthy eating may help protect you from nutrient deficiencies and help you recover from your delivery.

### Where can I get information on healthy eating?

A registered dietitian can help you understand how much food you may need. Ask for a referral as early in your pregnancy as possible. This is even more important if you:

- avoid many kinds of foods
- are vegetarian or vegan
- drink plant-based beverages (almond, rice, coconut) instead of milk or fortified soy beverages
- are having problems gaining enough weight or are losing weight
- are having extreme nausea and vomiting
- are under 18 years old
- have other medical conditions that could affect your nutrition

For general pregnancy information about food safety, constipation, nausea, vomiting, and more, go to [healthyseniors.albertahealthservices.ca](http://healthyseniors.albertahealthservices.ca)

### Why is weight gain important when expecting more than one baby?

Early weight gain is important to lower the risk of preterm birth and to increase the chance for your babies to be born at a healthy weight. Try to gain weight in the first and second trimesters because the length of your pregnancy may be shorter than if you were having one baby.

### Recommended amount of weight gain for twins

How much weight you need to gain depends on your pre-pregnancy body mass index (BMI).

Pre-Pregnancy BMI	Total range of weight gain
<18.5	Talk with your healthcare team
18.5–24.9	17–25 kg (37–54 lbs)
25–29.9	14–23 kg (31–50 lbs)
30 and over	11–19 kg (25–42 lbs)

Talk with your healthcare team about how much weight you need to gain for triplets or more.

### Do I need more energy (calories)?

You have higher energy (calorie) needs. Your own calorie needs depend on your [pre-pregnancy weight or BMI](#), how active you are, and the number of babies you're carrying. Work with your healthcare team to see what your calorie needs are.

### Examples of total calories needed for twin pregnancy

Pre-Pregnancy BMI	Total calories per day
17	about 4000
22	about 3500
27	about 3250
33	about 3000

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## Eating Fish in Pregnancy

Eat fish to help your baby's eyes and brain grow. Fish gives you and your baby omega-3 fats (healthy fats), protein, and vitamin D. Most fish and shellfish are safe to eat in pregnancy.

### Choose fish at least 2 times each week ✓



### Ways to eat fish at meals or snacks ✓



### If you do not eat fish

Ask your healthcare team about other ways to get omega-3 fats.



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# AHS Prenatal Nutrition Resources: Food Safety in Pregnancy

## Food Safety in Pregnancy



**Alberta Health Services**  
Nutrition Services  
Population and Public Health

### Menu of Cards

Pick a topic to learn more about.

 Caffeine	 Tea	 Sugar Substitutes
 Deli Meats & Wieners	 Cheese	 Raw Meat, Fish, Shellfish, & Eggs
 Mercury in Fish	 Sprouts & Unpasteurized Juice	 Preparing Food Safety

## Caffeine

**Alberta Health Services**  
Nutrition Services  
Population and Public Health

### Caffeine

Too much caffeine can harm your baby.

Aim for **300 mg or less of caffeine daily** from all foods and drinks.

Examples of 300 mg caffeine include:

- 6 cups (1500 mL) of black or green tea
- or
- 2 cups (500 mL) coffee



Energy drinks are **not recommended** in pregnancy because of caffeine and other ingredients.





# Questions?

**Erin Bligh, RD**

**Community Nutrition Advisor**

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# Prenatal Bingo Presentation Evaluation



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