

Open-Ended Questions to further the process of change in the WIC Program

To open a session:

- Is there anything you would like to do for your health in the next week or two?
- What do you see as the next step (or change) you might make toward better health for you and your kids?
- What would you like to do with the time we have today?
- Tell me how things are going with feeding your kids.
- How is the breastfeeding going?
- What's been happening since we last met?
- How can I help you today?

To explore reasons to change:

- How would you like your child's health to be in the next few years?
- Tell me about your goals for your child's life.
- So how would your life be better if your son used a cup instead of a bottle?
- Tell me about a better future (in regard to the target behavior).
- What do you want to accomplish?
- How do you want others to see you as a mom?
- What do you want to say years from now about the kind of mom you've been? How do you see getting there?
- What is the most important reason to do this?
- How would you know things were different?
- What would your life look like if you were successful in making these changes?
- Tell me about a time in your life when you were eating more fruit and vegetables. What did your life look like then?
- Tell me what's hardest for you about feeding your children.
- Let's imagine for a moment that you did... . How would your life be different?

To focus the session:

- I'm wondering if there is anything about this morning routine that you'd like to change.
- So you want to transition your daughter to going to bed without a bottle. Let's say that in two months you have achieved this. What would you have done to make it happen?
- What would you like to work toward in the next few weeks?
- Is there anything you'd like to do for your health (or your child's health) in the next week or two?
- If you were to (move in a direction of change), what might that look like?

To elaborate:

- Tell me more about this.
- What was that like?
- What else?
- In what ways?
- Give me an example.
- How do you see this happening?
- How?
- And...?

To evoke readiness:

- What's different for you this time?
- Tell me how you see this time as compared with the other times you tried to breastfeed.
- Is there anything you are ready to do for your (or your child's) health in the next week or two?

To ask permission:

- Would it be OK if we talked about...?
- Do you mind if we discussed...?
- Might I add some thoughts here?
- Would this be the time for me to fill you in on...?

To ask for a response to advice:

- What does that sound like to you?
- How might this information affect what you do this week?
- What are your thoughts?
- How might you use this information?

To evoke efforts and strengths:

- How were you able to make dinner every night for a week?
- What's going well for you now in feeding your children?
- Your son's weight is tending toward the normal area on the growth chart. You are taking him to the park more and getting fast food less often. What did you do to get to this point?
- What has allowed you to make changes in the past?
- So you breastfed your first child for a few weeks; how did you do it and what did you learn?

To ask for action:

- Tell me what you think about all of this.
- What do you see yourself doing now? This week?
- I'm wondering where you want to go from here.
- I'm wondering how you might be able to do that.
- What's the first step for you?
- How might you go about that?
- What could you do?
- What is possible at this time?

To strengthen confidence:

- What do you suppose would happen if you tried this?
- Tell me what made you choose a "4" instead of a "1."
- I'm wondering what could get in your way.
- If you were to decide to look at your week to find a time for exercise with your kids, tell me what would make that happen for you, if anything.
- What else?