

Readability

Can they read it?

Readability refers to the relative difficulty of decoding the words. A number of formulas give a reasonable estimate of years of schooling needed to decode the words in written materials. For example, the new Third Edition (2007) of *Beginnings Pregnancy Guide* tests out at a fourth grade reading level. This makes *Beginnings* easily readable by 85% to 90% of the US population. We use the Flesch-Kincaid scale, designed for the US military to verify readability of field manuals' instructions to be read and used independently by individuals under stress. People of all literacy levels learn more from easy-to-read materials and prefer simpler rather than more complex health information (Ley 1976, Doak 1996).

FYI: You need a 10th grade reading level to understand this report.


Doak, LG, Doak C, Root J. Teaching Patients with Low Literacy Skills 2nd edition, Lippincott, Philadelphia 1996
Ley, P et.al. A method for decreasing patients' medication errors Psychological Medicine (6) 1976

For more information on readability and its value in multi-cultural prenatal care, read this article by Sandra Smith, MPH, PhD & Virginia Gonzales: [Developing Culturally and Linguistically Appropriate Health Education Materials - Studies in Communication Science:5 \(2\) 111-128 Dec 2005](#)

Help your baby learn eating skills

You can help your baby learn new skills for eating solid food and make mealtime a happy time. Check the things you do to help your baby eat well.

<p><i>I let my baby guide me</i></p> <ul style="list-style-type: none"><input type="checkbox"/> I feed my baby when he wants to eat.<input type="checkbox"/> I let my baby decide how much and how fast to eat.<input type="checkbox"/> I do not force my baby to eat. I respect his tastes and his caution about new foods.<input type="checkbox"/> I let my baby touch the food and eat with his fingers.<input type="checkbox"/> I let my baby try the spoon when he reaches for it.	<p><i>I guide my baby</i></p> <ul style="list-style-type: none"><input type="checkbox"/> I seat my baby straight up and facing forward.<input type="checkbox"/> I sit directly in front of my baby.<input type="checkbox"/> I hold the spoon where my baby can see it.<input type="checkbox"/> Before I offer food, I wait for my baby's attention.<input type="checkbox"/> I talk quietly to my baby.<input type="checkbox"/> I stay close to my baby when he is eating.
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Your job is to offer your baby healthy foods at least every 4 hours.

Your baby's job is to decide how much to eat.

