

**Weight gain**



# **What to eat during pregnancy**



# **What to drink during pregnancy**



# **Unsafe foods during pregnancy**



# **Vegetarian diets**



# Food allergies



# **Vitamins and herbal supplements**



# **Exercise during pregnancy**



**Morning  
sickness**



# Constipation



**Heartburn**



**Smoking**



**Diabetes/  
High blood sugar**



# High blood pressure



# **Eating disorders and pregnancy**



**How to feed  
my baby**



# Breastfeeding



**Having enough  
food to eat**



**Feeling safe  
at home**



**Other topics**



**Being a  
new mom**



**Eating well**



**Water**



**My weight**



**Exercising**



**Smoking**



**Going back to  
work or school**



**Feeling  
sad or blue**



**Having enough  
food to eat**



**Feeling safe  
at home**



**My baby's  
feeding patterns**



# Preparing formula



**My baby  
getting enough  
to eat**



**My baby's  
growth**



**My baby's  
fussiness  
or crying**



# **My baby's sleep habits**



**Type of bottles  
to use**



**Offering a cup**



**Starting solids**



**Other topics**



**Having  
enough milk**



**Being a new  
breastfeeding  
mom**



**Getting support  
from friends  
and family**



**Breast or nipple  
discomfort**



**Eating the right  
foods for  
breastfeeding**



# **Vitamins and herbal supplements**



**Water**



**Drinking  
alcohol**



**Smoking**



# **Pumping and storing breast milk**



**Going back to  
work or school**



**My weight**



**Exercising**



**Feeling  
sad or blue**



**Having enough  
food to eat**



**Feeling safe  
at home**



**My baby's  
feeding patterns**



**My baby  
getting enough  
to eat**



# **My baby's growth**



**My baby's  
fussiness  
or crying**



# **My baby's sleep habits**



# Using bottles



**Supplementing  
with formula**



**Offering  
a cup**



**Starting solids**



**Other topics**



# **My baby's growth**

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**Foods to offer  
my baby**

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**My baby getting  
enough to eat**

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# Introducing solids

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# Breastfeeding

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# Formula feeding

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# Food allergies

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**Fussy eater**

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**Foods I should  
avoid feeding  
my baby**

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# **Family mealtimes**

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# Choosing baby food

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# **Making baby food**

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**Finger foods**

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**Offering  
a cup**

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# Teething

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**Having enough  
food to eat**

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**Other topics**

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**Feeding  
my toddler—  
how much and  
how often**



**My toddler  
getting enough  
to eat**



**Milk and juice—  
how much is  
good for toddlers**



# Weaning from the bottle



**Refusing to  
eat fruits or  
vegetables**



**Healthy snack  
ideas for  
my toddler**



**Power struggles  
with my toddler  
over food**



**Strong likes  
and dislikes  
about food**



# Food allergies



**How my toddler  
is growing**



**Being active**



**Foods I should  
avoid giving  
my toddler**



**Healthy smiles  
and teeth**



**Watching TV**



**Having enough  
food to eat**



**Other topics**



**Feeding my  
child—how much  
and how often**



**Healthy snack  
ideas for  
my child**



**Type of milk to  
offer my child**



**Juice and milk—  
how much  
is too much?**



**Healthy weight**



**Strong likes  
and dislikes  
about food**



**Refusal to  
eat fruits or  
vegetables**



**Encouraging  
my child to try  
new foods**



**Grazing on  
snack foods  
all day**



# **Power struggles over food**



**Being active**



**Watching TV**



**Having enough  
food to eat**



**Other topics**

