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
Foods to offer my baby
My baby getting enough to eat
Introducing solids
Breastfeeding
Formula feeding
Food allergies
Fussy eater
Foods I should avoid feeding my baby
Family mealtimes
Choosing baby food
Making baby food
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Finger foods
Offering a cup
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Teething
Having enough food to eat
Other topics
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