What’s on YOUR concern list?

Being pregnant can involve a whirlwind of emotions. You may feel excited, worried or stressed—all within the same hour. Please place a check by any topics you would like to talk about today. And please add any additional concerns you have as well.

- 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: ______________________________________________________________

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What’s on YOUR concern list?

Feeding your newborn baby is exciting – a great way to show your love. But it can sometimes be overwhelming. Please place a check by any topics that are causing you concern today. And please add any additional concerns you have as well.

About me:
☐ 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

About my baby:
☐ 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
☐ Water
☐ Supplementing with formula
☐ Offering a cup
☐ Starting solids

Other: ________________________________

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What’s on YOUR concern list?

Feeding your newborn baby is exciting – a great way to show your love. But it can sometimes be overwhelming. Please place a check by any topics that are causing you concern today. And please add any additional concerns you have as well.

<table>
<thead>
<tr>
<th>About me:</th>
<th>About my baby:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Being a new mom</td>
<td>□ My baby’s feeding patterns</td>
</tr>
<tr>
<td>□ Eating well</td>
<td>□ Preparing formula</td>
</tr>
<tr>
<td>□ Water</td>
<td>□ My baby getting enough to eat</td>
</tr>
<tr>
<td>□ My weight</td>
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</tr>
<tr>
<td>□ Going back to work or school</td>
<td>□ Type of bottles to use</td>
</tr>
<tr>
<td>□ Feeling sad or blue</td>
<td>□ Water</td>
</tr>
<tr>
<td>□ Having enough food to eat</td>
<td>□ Offering a cup</td>
</tr>
<tr>
<td>□ Feeling safe at home</td>
<td>□ Starting solids</td>
</tr>
</tbody>
</table>

Other: ____________________________________________

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What’s on YOUR concern list?

Babies thrive on smiles, hugs and attention. At six months, babies are often ready for solid food. Please place a check by any topic that you would like to talk about today. And please add any additional concerns you have as well.

☐ 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
☐ Finger foods
☐ Offering a cup
☐ Teething
☐ Having enough food to eat

Other: ____________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
What’s on YOUR concern list?

Toddlers love to explore and learn about their world. Loving parents want to offer foods that help them thrive and grow. Please place a check by any topic that is causing you concern today. And please add any additional concerns you have as well.

- 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: ____________________________________________________________

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What’s on YOUR concern list?

Easygoing children who enjoy all foods sometimes start to have strong opinions and demands. What is a loving parent to do?! Place a check by any topic that may be helpful to discuss today. And please add any additional concerns you have as well.

- 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: ________________________________

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