

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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TH:CONCERN-PREGNANCY 09/08

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

Other: _____

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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TH.CONCERN-BREASTFEEDING 09/08

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About me:

- 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

Other: _____

About my baby:

- 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
- Water
- Offering a cup
- Starting solids

Other: _____



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TH:CONCERN-POSTPARTUM 09/08

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: _____



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TH:CONCERN-6-12MONTHS 09/08

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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TH:CONCERN-1-2YEARS 09/08

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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TH:CONCERN-2-5YEARS 09/08