

Topic Definition	Educational Materials	Category
AFTER YOU DELIVER		
<ul style="list-style-type: none"> Folic Acid Breastfeeding Immunizations Health Care Good Nutrition 	<ul style="list-style-type: none"> After You Deliver – Health Tips for Mom 	PP, PG
AGE APPROPRIATE FOODS		
<ul style="list-style-type: none"> Age appropriate foods Risks of inappropriate foods (Choking, allergies) 	<ul style="list-style-type: none"> Feeding Your Baby the First 6 Months Feeding Your Baby 6-8 Months Feeding Your Baby 8-10 Months Feeding Your Baby 10-12 Months Checklist for Feeding Kids Healthy 	I, C
ALCOHOL USE		
<ul style="list-style-type: none"> Referral to alcohol program Health risks of using alcohol 	<ul style="list-style-type: none"> WIC ID Folder 	PG, PP, BF
BREASTFEEDING BENEFITS		
<ul style="list-style-type: none"> Identify and address concerns about breastfeeding Benefits of breastfeeding 	<ul style="list-style-type: none"> Breastfeeding Basics-Keep It Simple It's A Bond Beyond Belief Why Should I Nurse My Baby 	PG
BREASTFEEDING HOW-TO		
<ul style="list-style-type: none"> Latch-on and positioning 	<ul style="list-style-type: none"> Why Should I Nurse My Baby Breastfeeding Basics-Keep It Simple 	PG, BF, I
BREASTFEEDING PROBLEM		
<ul style="list-style-type: none"> Identify problem Cause of problem Solutions to problems 	<ul style="list-style-type: none"> Engorgement Sore Nipples Have Enough Breastmilk? Why Should I Nurse My Baby Breastfeeding Basics-Keep It Simple 	BF
BREASTFEEDING SUPPORT		
<ul style="list-style-type: none"> Encourage continued breastfeeding Identify any potential problems/concerns Help mother come up with solutions to problems/concerns 	<ul style="list-style-type: none"> Why Should I Nurse My Baby Breastfeeding Basics-Keep It Simple Breastfeeding Certificate 	PG, BF, I, C
BREASTMILK PUMPING AND STORAGE		
<ul style="list-style-type: none"> Assembly and cleaning of pump How to use pump (frequency, expectations, etc.) How to store breastmilk How to use stored breastmilk 	<ul style="list-style-type: none"> Why Should I Nurse My Baby Breastfeeding Basics-Keep It Simple Give Your Baby the Best How to Store Breastmilk/Hand Expressing Breastmilk 	BF, I
BREASTMILK: WORKING AND SCHOOL		
<ul style="list-style-type: none"> Techniques of working/school while breastfeeding Advantages of breastfeeding vs. formula 	<ul style="list-style-type: none"> Why Should I Nurse My Baby? Breastfeeding Basics-Keep It Simple Give Your Baby the Best 	BF

Topic Definition	Educational Materials	Category
CALCIUM FOODS		
<ul style="list-style-type: none"> • Importance of calcium foods • Good sources of calcium • Foods that are acceptable to the client that would improve calcium intake 	<ul style="list-style-type: none"> • Strong Bones for Strong Kids • Strong Bones for Strong Moms 	PG, BF, PP, C, I
CALORIE BOOSTERS		
<ul style="list-style-type: none"> • Reasons for using calorie boosters • Ideas that are acceptable to the client to boost calories 	<ul style="list-style-type: none"> • Healthy Calorie Boosters 	PG, BF, PP, C, I
CHOKING HAZARDS		
<ul style="list-style-type: none"> • Age appropriate foods, consistency/form • Substitute foods and/or consistency that are acceptable to the client. 	<ul style="list-style-type: none"> • Checklist for Feeding Kids Healthy 	C, I
CLOSELY SPACED PREGNANCY		
<ul style="list-style-type: none"> • Importance of spacing pregnancies • Importance of multi-vitamins containing folic acid prior to pregnancy 	<ul style="list-style-type: none"> • Babies Soak Up a Lot of Vitamins 	PP, BF
CONSTIPATION		
<ul style="list-style-type: none"> • Normal bowel movements vs. constipation • Recommendations to improve constipation • Foods/behavior changes that are acceptable to the client 	<ul style="list-style-type: none"> • Helping Your Child Through Constipation • How to Avoid Constipation 	All
CONTROL BLOOD SUGAR		
<ul style="list-style-type: none"> • Importance of controlling blood sugar • Taking medication as directed • Testing blood sugar • Exercising • Follow food plan 	<ul style="list-style-type: none"> • You Can Make a Difference in Your Baby's Life 	PG, BF, PP, C
DENTAL HEALTH		
<ul style="list-style-type: none"> • Importance of seeing dentist as early as possible and regularly thereafter • Brushing teeth • Good snacks for dental health 	<ul style="list-style-type: none"> • Give Your Child Something to Smile About • Give Your Baby a Beautiful Smile 	All
DIABETES PREVENTION		
<ul style="list-style-type: none"> • Characteristics that put a person at risk for diabetes • Lifestyle choices that prevent diabetes • Incorporating these lifestyle choices into individual client's life 	<ul style="list-style-type: none"> • You Can Make a Difference in Your Baby's Life 	All
DIARRHEA TREATMENT		
<ul style="list-style-type: none"> • Importance of treating diarrhea • How to treat diarrhea • Go to doctor 	<ul style="list-style-type: none"> • Helping Your Child Through Diarrhea 	C, I
DRUG USE		
<ul style="list-style-type: none"> • Health risks of using drugs • Referral to drug program 	<ul style="list-style-type: none"> • ID Folder 	PG, BF, PP

Topic Definition	Educational Materials	Category
EATING DURING PREGNANCY		
<ul style="list-style-type: none"> Food groups and foods in these groups # of servings and serving sizes Identified deficiencies in any of the food groups Foods that are acceptable to the client that would improve diet 	<ul style="list-style-type: none"> Loving Your Baby Before She is Born 	PG
FEEDING YOUR CHILD		
<ul style="list-style-type: none"> Appropriate foods; types and forms Parenting skills Changes that are acceptable to parent that they will work on 	<ul style="list-style-type: none"> Feeding Our Children With Love A Hundred of these Kisses can't reward your child... Families Meals are a Time to Share... Cleaning the Plate Always Makes Sense Here... Checklist for Feeding Kids Healthy 	C, I
FIBER		
<ul style="list-style-type: none"> Benefits of fiber Foods that are high in fiber Specific foods that are acceptable to the client that would increase fiber intake 	<ul style="list-style-type: none"> Flavor Up Your Meals with More Vegetables 	PG, BF, PP, C
FINGER FOODS		
<ul style="list-style-type: none"> When and how to introduce finger foods Types of age appropriate finger foods 	<ul style="list-style-type: none"> Feeding Your Baby 8-10 Months Feeding Your Baby 10-12 Months 	I
FOLIC ACID		
<ul style="list-style-type: none"> Effects of folic acid deficiency on the fetus Importance of folic acid before pregnancy Foods that are high in folic acid Specific foods that are acceptable to the client that would increase folic acid intake Take prenatal vitamins as instructed by health care provider 	<ul style="list-style-type: none"> After You Deliver – Health Tips for Mom Making future babies healthy ID Folder 	PG, BF, PP
FOOD ALLERGIES		
<ul style="list-style-type: none"> Substitute foods with similar nutrients to those in the allergenic food Specific foods that are acceptable to the client 		All
FOOD SAFETY		
<ul style="list-style-type: none"> Importance of keeping food safe How to keep food safe Changes the client can make to improve food safety 		All

Topic Definition	Educational Materials	Category
FORMULA AMOUNTS		
<ul style="list-style-type: none"> • Average formula intakes • What the hunger cues and signs of fullness are • Tips on formula feeding 	<ul style="list-style-type: none"> • Feeding Your Baby the First 6 Months • Feeding Your Baby 6-8 Months • Feeding Your Baby 8-10 Months • Feeding Your Baby 10-12 Months • Formula Feeding 	I, C
FORMULA PREPARATION		
<ul style="list-style-type: none"> • Mixing formula properly • Using safe techniques to prepare formula 	<ul style="list-style-type: none"> • Mixing Formula for Your Baby 	I, C
FRUIT/VEGGIES		
<ul style="list-style-type: none"> • Importance of eating fruits/veggies • How to include more fruits/veggies • Changes that are acceptable to the client that improve fruit/veggie intake 	<ul style="list-style-type: none"> • Flavor Up Your Meals with More Vegetables 	All
GRAINS		
<ul style="list-style-type: none"> • Importance of eating whole grains • How to include more grains • Changes that are acceptable to the client that improve intake of grains 	<ul style="list-style-type: none"> • Feeding Our Children with Love • Loving Your Baby Before She is Born • Feeding Your Baby 6-8 Months • Feeding Your Baby 8-10 Months • Feeding Your Baby 10-12 Months 	All
HEALTHY DRINKS		
<ul style="list-style-type: none"> • Problems with high sugar drinks • Healthy drink choices to sub for high sugar drinks • Changes that are acceptable to the client that improve health of drink intake 	<ul style="list-style-type: none"> • Think About What You're Really Drinking... • Checklist for Feeding Kids Healthy 	All
HEALTHY SNACKS		
<ul style="list-style-type: none"> • Why we need healthy snacks and how often • Ideas for Healthy Snacks • Snacks that the client can try to improve diet 	<ul style="list-style-type: none"> • Watch Your Child Grow and Glow 	All
HEARTBURN		
<ul style="list-style-type: none"> • Ways to improve heartburn • Foods/behavior changes that are acceptable to the client that would improve heartburn 		PG
INFANT FEEDING		
<ul style="list-style-type: none"> • Breastmilk or formula only until ~6 months • Signs of readiness for solids • First food to introduce • Introducing table foods • Age appropriate foods 	<ul style="list-style-type: none"> • Feeding Your Baby the First 6 Months • Feeding Your Baby 6-8 Months • Feeding Your Baby 8-10 Months • Feeding Your Baby 10-12 Months 	I, C
INTRODUCING THE CUP		
<ul style="list-style-type: none"> • When and how to introduce the cup • Appropriate drinks for the cup 	<ul style="list-style-type: none"> • Give Your Baby a Beautiful Smile 	I, C

Topic Definition	Educational Materials	Category
INTRODUCING SOLIDS		
<ul style="list-style-type: none"> • Signs of readiness for solids • First foods to give • How to mix and feed cereal • When and how to introduce other foods 	<ul style="list-style-type: none"> • Feeding Your Baby the First 6 Months • Feeding Your Baby 6-8 Months 	I
IRON FOODS		
<ul style="list-style-type: none"> • Importance of eating enough iron • High iron foods • Eating iron foods with vitamin C foods • Iron foods that the client can add to diet to improve iron intake • Visit doctor 	<ul style="list-style-type: none"> • Boost Your Energy Level! • Boost Your Child's Brain Power 	All
LACTOSE INTOLERANCE		
<ul style="list-style-type: none"> • Symptoms and cause of lactose intolerance • Ways to minimize symptoms • Calcium foods that are low in lactose • Strategies client will use to improve lactose intolerance symptoms and improve calcium intake 	<ul style="list-style-type: none"> • Strong Bones for Strong Moms • Strong Bones for Strong Kids 	All
LIMIT HIGH FAT FOODS		
<ul style="list-style-type: none"> • Importance of eating low fat foods • Lower fat cooking methods • Lower fat food choices to sub for high fat choices • Strategies client will use to lower fat in diet 	<ul style="list-style-type: none"> • Watch Your Child Grow and Glow • Feeding Our Children with Love • Loving Your Baby Before She is Born 	All
LIMIT TELEVISION		
<ul style="list-style-type: none"> • How television can contribute to inactivity • How much television is acceptable • Ways to decrease television viewing • Strategies client will use to decrease television 	<ul style="list-style-type: none"> • Feeding Our Children with Love • See TV as You've Never Seen it Before 	PG, BF, PP, C
LIMIT HI SUGAR FOODS		
<ul style="list-style-type: none"> • Importance of lowering sugar content of diet • Foods that are high in sugar • Lower sugar foods that can be substituted for high sugar foods that are acceptable to the client 	<ul style="list-style-type: none"> • Watch Your Child Grow and Glow • Feeding Our Children with Love • Loving Your Baby Before She is Born 	All
LIMIT JUICE		
<ul style="list-style-type: none"> • Appropriate amounts of juice for age • Drinks that can be used rather than juice • Strategies the client will use to lower juice intake 	<ul style="list-style-type: none"> • Feeding Our Children with Love • Checklist for Feeding Kids Healthy 	All
MEALTIME PARENTING		

Topic Definition	Educational Materials	Category
<ul style="list-style-type: none"> • Appropriate parenting skills that encourage healthy eating behaviors • Strategies parent can use to improve parenting skills 	<ul style="list-style-type: none"> • Feeding Our Children with Love • Cleaning the Plate Makes Sense Here... 	I, C
MEAT/PROTEIN FOODS		
<ul style="list-style-type: none"> • Importance of eating adequate protein per day • How to include more protein foods • Changes that are acceptable to the client that improve intake of protein foods 	<ul style="list-style-type: none"> • Feeding Our Children with Love • Loving Your Baby Before She is Born 	All
MILK AMOUNTS		
<ul style="list-style-type: none"> • Appropriate amounts of milk for age • Drinks that can be used rather than milk • Strategies the client will use to lower milk intake 	<ul style="list-style-type: none"> • Feeding Our Children with Love 	I, C
MORNING SICKNESS		
<ul style="list-style-type: none"> • Causes of morning sickness • Ways to improve nausea/vomiting • Foods/behavior changes that are acceptable to the client that would improve nausea/ vomiting 	<ul style="list-style-type: none"> • Tips to Control Morning Sickness 	PG
PARENT/CHILD FEEDING RESPONSIBILITIES		
<ul style="list-style-type: none"> • Appropriate parenting skills that encourage healthy eating behaviors • Strategies parent can use to improve parenting skills 	<ul style="list-style-type: none"> • Feeding Our Children with Love • Cleaning the plate always makes sense here... • A hundred of these Kisses can't reward your child... 	I, C, BF, PP
PHYSICAL ACTIVITY		
<ul style="list-style-type: none"> • Role of exercise in healthy lifestyle • Fun ideas for physical activity • Strategies participant will use to increase activity 	<ul style="list-style-type: none"> • See TV as you've never seen it before... • Keep diabetes a hop, skip, and jump behind you. 	All
PICA		
<ul style="list-style-type: none"> • Definition of Pica • Possible causes and effects of Pica • Possible solutions 		PG, BF, PP, C
PICKY EATER		
<ul style="list-style-type: none"> • Why some children are picky eaters • Ideas to use to deal with a picky eater • Strategies the client will use to help the picky eater have variety in the diet 	<ul style="list-style-type: none"> • Easy Answers to Feeding Problems / No, I don't want that! 	I, C
PG WEIGHT GAIN		
<ul style="list-style-type: none"> • Importance of weight gain during pregnancy • Recommended weight gain for individual • Weight gain grid • Ways to ensure adequate, but not excessive weight gain 	<ul style="list-style-type: none"> • Loving Your Baby Before She is Born • Weight Gain Grid 	PG

Topic Definition	Educational Materials	Category
RD CHART REVIEW		
<ul style="list-style-type: none"> Nutritionist reviewed client chart and set up care plan 	N/A	All
RD VISIT		
<ul style="list-style-type: none"> Visit with the Nutritionist 	N/A	All
SMOKING- HEALTH RISKS		
<ul style="list-style-type: none"> Health risks of smoking Ways to stop smoking Referral to smoking cessation program 	<ul style="list-style-type: none"> ID folder 	PG, BF, PP
USE OF BOTTLE		
<ul style="list-style-type: none"> Problems with inappropriate use of bottle How bottle should be used (Weaning for Children) Strategies client will use to improve use of bottle 	<ul style="list-style-type: none"> Give Your Baby a Beautiful Smile 	I, C
WEANING FROM BOTTLE		
<ul style="list-style-type: none"> Importance of weaning Ideas for eliminating bottles 	<ul style="list-style-type: none"> Give Your Baby a Beautiful Smile 	I, C
WEANING FROM BREAST		
<ul style="list-style-type: none"> Ideas for decreasing or discontinuing breastfeeding 	<ul style="list-style-type: none"> Why Should I Nurse My Baby? Breastfeeding Basics-Keep It Simple 	I, C, BF
WHAT GOES IN BOTTLE		
<ul style="list-style-type: none"> Problems with inappropriate items in bottle Items that should go in bottle Strategies client will use to put appropriate items in bottle 	<ul style="list-style-type: none"> Feeding Your Baby 6-8 months Give Your Baby a Beautiful Smile 	I, C
WHAT IS DIABETES		
<ul style="list-style-type: none"> Explanation of diabetes Effects of uncontrolled diabetes How to control diabetes 	<ul style="list-style-type: none"> You Can Make a Difference in Your Baby's Life 	PG, BF, PP