

## Forming Reflections – Practice Handout

A

“I’ve tried a bunch of different things and nothing works.”

B

“Fruits and vegetables are expensive and I’d rather spend money on something I know they will eat.”

C

“I want to prepare more meals at home. It is hard to find the time though.”

D

“My kids get sick all the time and I think they’d be healthier if we ate more fruits and vegetables.”

E

“I’d like to wean him off the bottle. I know he is too old to be using one and it is not good for his teeth.”

F

“Maybe I could be a little more creative when it comes to how I serve them fruits and vegetables.”

G

“I don’t like many vegetables so my kids don’t either.”

H

“I know that you think I should breastfeed but I’m not sure I want to. I tried it with my first baby and it was really painful.”

I

“My husband and I just separated a few weeks ago, and I just haven’t had time to get to the store.”