



Module 6 Providing Advice - Offering Nutrition Education

Handout: Pre-Filled Circle Charts

Instructions: The following pre-filled circle charts can be used when the participant doesn't bring up any concerns. To print individual pre-filled circle charts, use the following links. Bookmark or save for future use.

Participant category:	Links by language	
Pregnancy	English	Spanish
Postpartum	English	Spanish
Breastfeeding	English	Spanish
Infants 0 - 5 Months	English	Spanish
Infants 6 - 12 Months	English	Spanish
Children 13 - 23 Months	English	Spanish
Children 2 - 5 Years	English	Spanish



Eating during pregnancy



Weight gain



Nausea, constipation & heartburn



Unsafe foods during pregnancy



Breastfeeding my baby

Pregnancy



Healthy foods to eat



Losing weight



Low appetite



Low iron



Other topics?



Feeling sad

Postpartum



Milk supply



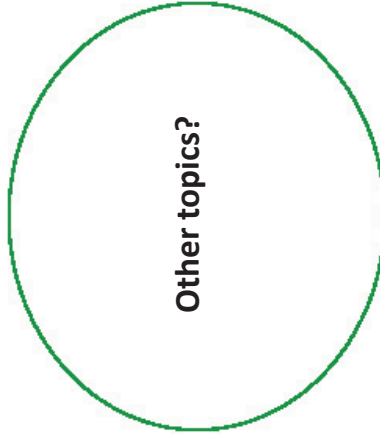
Positioning & Latching



Breastfeeding in public



Returning to work or school



Other topics?



Pumping breastmilk

Breastfeeding



Food & drinks to avoid



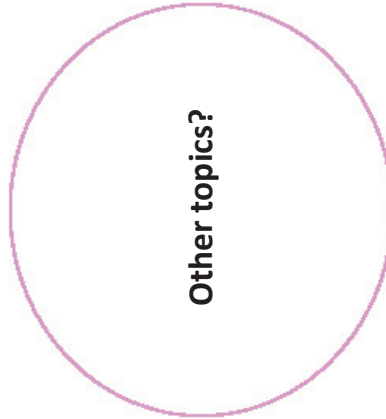
Breastfeeding



Baby's first foods



Formula feeding



Other topics?



**Signs that baby is hungry
or full**

Infants 0-5 Months



Feeding tips



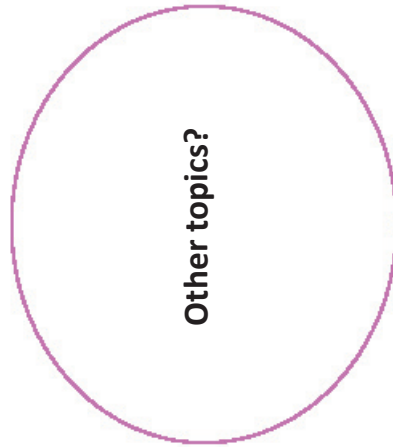
Introducing family foods



Starting a cup



Food and drinks to avoid



Other topics?



Happy mealtimes

Infants 6-12 Months



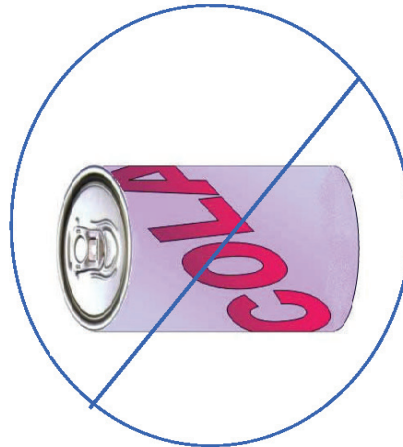
Picky eating



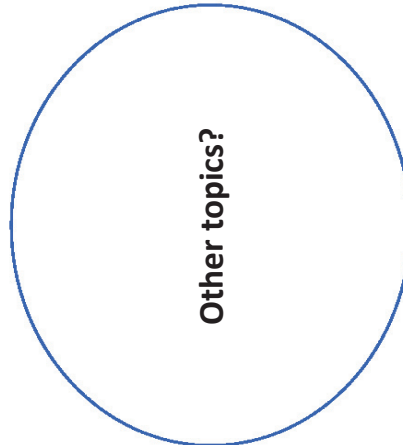
Portion sizes



Weaning



Food and drinks to avoid



Other topics?



Happy mealtimes

Children 13 - 23 Months



Picky eating



Portion sizes



Active play



Decreasing sweets & junk foods



Other topics?



Happy mealtimes

Children 2 - 5