Post-Partum Woman

“I’m feeling sad.”

Feeling Constipated?

Getting Back in Shape

Breastfeeding Your Baby

Eating on the Run

I’d rather talk about

_____

Bottle Feeding

Eating to Feel Good

"I'm feeling sad…"

Questions:

- How have you been feeling since you had your baby?
- What has been going well for you?

Facts:

- Post-partum depression is common for some women.

Handouts:

- "Be a Healthy Mom"
- Information about post-partum depression

Getting Back in Shape

Questions:

- What questions do you have about getting back in shape?

Facts:

- Chose an activity you enjoy.
- Find an exercise buddy to get started.
- Do 30 minutes of moderate physical activity most days of the week

Handouts:

- "Let's Get Moving"
- "Be a Healthy Mom"

Constipation

Questions:

- What concerns do you have about constipation (staying "regular")?

Facts:

- Drink plenty of water.
- Eat 5 or more servings of fruits/vegetables each day.
- Eat foods high in fiber.
- Do some physical activity each day.

Handouts:

- "Be a Healthy Mom"

Breastfeeding

Questions:

- How is breastfeeding going?
- What questions or concerns do you have about breastfeeding?

Facts:

- Breastmilk is the best food for your baby.

Handouts:

- Information about breastfeeding
- Breastfeeding support services

Eating to Feel Good

Questions:

- What questions do you have about eating to feel your best after having your baby?

Facts:

- Healthy eating can give you more energy.
- Eat a variety of healthy foods.
- Eat 5 or more servings of fruits/ vegetables each day.
- Eat foods high in iron.
- Drink plenty of liquids.

Handouts:

- "Be a Healthy Mom"
- "Iron for Strong Blood"
- Quick and easy healthy recipes

Eating on the Run

Questions:

- What do you eat when you have a busy day?

Facts:

- Fruit is a great snack to have while on the run.
- If you eat at fast food restaurants, choose healthy items.

Handouts:

- "Be a Healthy Mom"
- Information about choosing healthy fast foods
- Quick and easy healthy recipes

Bottle Feeding

Questions:

- What questions or concerns do you have about preparing formula or feeding your baby?

Facts:

- Prepare formula properly. Do not over or under dilute.
- Always hold your baby when bottle-feeding.
- Never prop bottle or put your baby to bed with a bottle.

Handouts:

- "Feed Me! Birth to 6 Months"
- "How to Prepare Formula"