

*Ellyn Satter's FEEDING IN PRIMARY CARE
PREGNANCY THROUGH PRESCHOOL:
Easy-to-read Reproducible Masters*

HEALTH SUPERVISION SCHEDULE

Child's Name _____ Date of Birth _____

Health Supervision Visit*	Handout	Page	Date given
Prenatal	Eating for pregnancy	1	
	Have meals	3,4	
	Breastfeeding or formula feeding?	5	
	Understand your newborn	20	
	How to feed your baby	22	
	Breastfeeding your baby OR	23	
	Bottle-feeding formula and equipment	24	
Postpartum	Eating after the baby	2	
	Have meals (repeat)	3,4	
	Teaching your child to be a good eater	6	
	Cooking in a hurry	7	
Newborn 1 Month	Understand your newborn	20	
	How to feed your baby	22	
	Breastfeeding your baby OR	23	
	Bottle-feeding formula and equipment	24	
	Understand your baby's sleeping and waking	26	
Infant 2 Months	Understand your infant	21	
	How to feed your baby (repeat)	22	
	Feed based on what your baby can do	25	
Infant Older Baby 4 Months 6 Months	Understand your older baby	33	
	How to feed your older baby solid foods	34	
	Feed the way your child can eat	35	
	Solid foods, step-by-step	36	
	Nipple to the cup to the table	37	
Older Baby Almost-toddler 9 Months 12 Months	Understand your almost-toddler	38	
	How to feed your almost-toddler	39	
	Making food easy to eat	40	
	Keeping your child from choking	41	
	Giving up the breast or bottle	42	
	Grown-up snacks for children	43	
	Child-friendly feeding tips	51	
Teaching your child to be a good eater (repeat)	6		
Almost-toddler Toddler 15 Months 18 Months 24 Months	Understand your toddler	49	
	How to feed your toddler	50	
	Keeping your child from choking (repeat)	41	
	Giving up the breast or bottle (repeat)	42	
	Grown-up snacks for children (repeat)	43	
	Child-friendly feeding tips (repeat)	51	
Teaching your child to be a good eater (repeat)	6		
Preschooler 36 Months 48 Months	Understand your preschooler 3 to 5 years	52	
	How to feed your preschooler 3 to 5 years	53	
	Teaching your child to be a good eater (repeat)	6	

*Identifying the child's developmental stage Ages on the chart are given as a place to start, not as a concrete guideline for the handouts appropriate for the child. It is more important to consider the child's developmental stage, not age. Educate and give handouts based on the what the child does. Use the handout, *Feed the way your child can eat* (page 35), and ask the key question, "what is your child doing?"