

# **Ellyn Satter's Feeding in Primary Care Reproducible Masters**

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## **User Guide**

- a. Copyright statement
- b. Reproduction rights
- c. To the user
- d. Health Supervision Schedule
- e. Frequently Asked Questions Record

## **Prenatal and Postpartum**

### **Health Supervision**

1. Eating for pregnancy
2. Eating after the baby
3. Have meals (less text)
4. Have meals (more text)
5. Breastfeeding or formula-feeding?
6. Teaching your child to be a good eater
7. Cooking in a hurry

### **Frequently Asked Questions**

8. Keeping food safe
9. How do you stretch your food money?
10. What you like can be good for you
11. Fat in family meals
12. Tuna noodle casserole
13. Macaroni-tomato-hamburger casserole
14. Are you a vegetarian? Is your child?
15. If you or your child don't eat vegetables
16. If you or your child don't drink milk
17. How do you know how much to eat?
18. Do you eat too much?
19. Moving your body

## **Baby: Newborn and Infant**

### **Health Supervision**

20. Understand your newborn
21. Understand your infant
22. How to feed your baby
23. Breastfeeding your baby
24. Bottle-feeding formula and equipment
25. Feed based on what your baby can do
26. Understand your baby's sleeping and waking

### **Frequently Asked Questions**

27. What is your baby telling you?
28. Your baby's temperament
29. Is your baby too small? Does he not eat enough?
30. Is your baby too big? Does she eat too much?
31. Teaching your breastfed baby to take a bottle
32. Feeding your prematurely born baby

## **Older Baby and Almost-Toddler**

### **Health Supervision**

33. Understand your older baby
34. How to feed your older baby solid foods
35. Feed the way your child can eat
36. Solid foods, step by step
37. Nipple to the cup to the table
38. Understand your almost-toddler
39. How to feed your almost-toddler
40. Making food easy to eat
41. Keeping your child from choking
42. Giving up the breast or bottle
43. Grown-up snacks for children

### **Frequently Asked Questions**

44. Making your own baby food
45. Feeding your prematurely born older baby
46. Is your child too small? Does he not eat enough?
47. Is your child too big? Does she eat too much?
48. Feeding your prematurely born almost-toddler

## **Toddler and Preschooler**

### **Health Supervision**

49. Understand your toddler
50. How to feed your toddler
51. Child-friendly feeding tips
52. Understand your preschooler
53. How to feed your preschooler

### **Frequently Asked Questions**

54. How to handle the picky eater
55. What kind of parent will you be?