TOOL	CHILD (C1-C4)
I'd like to get a better idea of how things are going…	
 Pick a texture that describes how/what…	▪ **You feel about introducing cow's milk (12-14 mo. old)** ▪ **You feel about meal times.** ▪ **You feel about your child's growth.** ▪ **You feel when your child wants a snack.** ▪ **You feel about your child's appetite.** ▪ **You feel about your child's fruit and vegetable consumption.** ▪ **You feel about eating out.** ▪ **You feel when you have a chance to fix a meal at home.** ▪ **You think when you are deciding what to make for dinner for your child.** ▪ **How you feel about sitting down at the table for family meals.** ▪ **You think represents your child's health.**
 Pick a color that describes how/what…	
 Pick a face that represents how/what…	
 Pick a picture that represents how/what…	

TOOL	CHILD (C1-C4)
I'd like to get a better idea of how things are going…	
 If you had a magic wand …	▪ **What is one thing you would change about meal times?** ▪ **What is one eating habit you would change for your child?** ▪ **What is one thing you could change about your child's milk, juice, or water consumption?** ▪ **What is one food your wish your child would eat or eat more of?** ▪ **What is one food your wish your child wouldn't eat or eat less of?** ▪ **And you gave it to your child, what foods would he/she wish could be eaten all the time (*if child is old enough you can him/her).**
	"Every mother/father faces challenges right? These cards contain challenges moms and dads share with us every day. **Please sort them into three piles:** ▪ Everyday challenges ▪ Sometimes challenges ▪ Not a challenge. That way, I can see which challenges are most important to you."