

TOOL	WOMEN				
I'd like to get a better idea of how things are going...	PG	EN	PN	P	<i>Any</i>
 <p>Pick a texture that describes how/what...</p>	<ul style="list-style-type: none"> You expect breastfeeding to feel like. It will feel to latch baby on for the first time. 	<ul style="list-style-type: none"> It feels right before you latch your baby on. You feel about your milk supply. 	<ul style="list-style-type: none"> It feels right before you latch your baby on. You feel about your milk supply. 	<ul style="list-style-type: none"> You feel when you offer a bottle. You feel when your baby is hungry. 	<ul style="list-style-type: none"> You feel about your appetite. You feel about your fruit and vegetable consumption.
 <p>Pick a color that describes how/what...</p>	<ul style="list-style-type: none"> Breastfeeding will fit into your life. How you're eating now that you're pregnant? 	<ul style="list-style-type: none"> You feel when your baby is hungry. You feel right after you feed your baby. Your plans for getting back to your pre-pregnancy weight. 	<ul style="list-style-type: none"> You feel when your baby is hungry. You feel right after you bf your baby. About pumping. About using a breast pump. 		<ul style="list-style-type: none"> How you feel about your water intake. You feel about eating out.
 <p>Pick a face that represents how/what...</p>			<ul style="list-style-type: none"> You feel right after you feed your baby. About pumping. About using a breast pump. You feel when you offer formula. 		<ul style="list-style-type: none"> You feel when you have a chance to fix a meal at home.
 <p>Pick a picture that represents how/what...</p>			<ul style="list-style-type: none"> You feel about fitting pumping into your life. 		

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I'd like to get a better idea of how things are going...	PG	EN	PN	P	Any
 <p>If you had a magic wand ...</p>	<ul style="list-style-type: none"> ▪ What would you wish for when you first breastfeed your baby? ▪ To make one wish about how feeding your baby will go, what would it be? ▪ What would you change about the types of foods you're eating now that you're pregnant? ▪ What would you change about the way your pregnancy is going? 	<ul style="list-style-type: none"> ▪ What would you change about your breastfeeding experience? ▪ What would you change about your milk supply? ▪ What's one thing you would change to make breastfeeding easier? 	<ul style="list-style-type: none"> ▪ What would you change about your milk supply? ▪ What would you change about the pump? ▪ What would you change about your breastfeeding experience? ▪ What's one thing you would change to make breastfeeding easier? 	<ul style="list-style-type: none"> ▪ What is one thing about bottle feeding that you wish was easier? 	<ul style="list-style-type: none"> ▪ What do you wish was different about your baby's sleeping pattern? ▪ What do you wish you could change about baby's feedings? ▪ What is one thing you would change about your eating habits? ▪ What would you wish you would eat more of? Less of? ▪ What is one aspect about feeding your baby that you would like answered? ▪ What is one thing you wish you didn't have to worry about?
	<p>“Every mother faces challenges right? These cards contain challenges moms share with us every day. Please sort them into three piles:</p> <ul style="list-style-type: none"> ▪ Everyday challenges ▪ Sometimes challenges ▪ Not a challenge. <p>That way, I can see which challenges are most important to you.”</p>				

WOMAN, INFANT, OR CHILD



STEP 1: These doors represent the hopes and dream of mothers everywhere. Pick a door that says something about the hopes and dreams you have for your baby/child.

STEP 2A: Why this door? What does it say about your hopes and dreams you have for your baby/child?

STEP 2B: Notice there is a little lock on the door. If I gave you a key to unlock the door and walk through it—What are the hopes and dreams that lie behind that door for your baby/child?

STEP 3: What can WIC do you help you achieve those hopes and dreams you have for your baby/child?