

## Let's Play Prenatal Bingo

## Let's Play Prenatal Bingo

**Body Basics**

**Healthy Habits**

**Nutrients**

**Food Safety**

**Feeding Your Baby**


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**Healthy Habits**

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**Food Safety**

**Feeding Your Baby**

Healthy Weight Gain	Protein Foods	Iron	Sugar Substitutes	Cluster Feeding
Heartburn	Vegetables & Fruit	Folic Acid	Caffeine	Feeding Cues
Diabetes	Healthy Snacks		Vitamin A	Feeding Decisions
Constipation	Liquids	Omega-3 Fats	Making Formula	Holding Positions
Self-Care	Eating for Health	Calcium	Alcohol	Skin-to-Skin

Constipation	Eating for Health	Fibre	Caffeine	Colostrum
Fatigue	Whole Grains	Vitamin D for Baby	Expiry Dates	Let-Down
Healthy Weight Gain	Protein Foods		Alcohol	Holding Positions
Heartburn	Vegetables & Fruit	Parent Vitamin D	Herbal Teas	Latching
Diabetes	Liquids	Folic Acid	Making Formula	Skin-to-Skin

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Healthy Weight Gain	Eating for Health	Multivitamins	Raw Meats	Skin-to-Skin
Constipation	Protein Foods	Iron	Caffeine	Latching
Active Living	Liquids		Expiry Dates	Colostrum
Nausea & Vomiting	Avoid Smoking	Vitamin D for Baby	Vitamin A	Holding Positions
Self-Care	Fish	Calcium	Sugar Substitutes	Cluster Feeding

Heartburn	Healthy Snacks	Calcium	Alcohol	Holding Positions
Fatigue	Eating for Health	Vitamin D For Baby	Expiry Dates	Feeding Cues
Diabetes	Whole Grains		Herbal Teas	Cluster Feeding
Self-Care	Vegetables & Fruit	Multivitamins	Vitamin A	Skin-to-Skin
Constipation	Fish	Fibre	Making Formula	Colostrum

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Constipation	Fish	Folic Acid	Alcohol	Feeding Decisions
Fatigue	Liquids	Vitamin D For Baby	Raw Meats	Colostrum
Healthy Weight Gain	Healthy Snacks		Making Formula	Skin-to-Skin
Self-Care	Vegetables & Fruit	Iron	Caffeine	Feeding Cues
Diabetes	Protein Foods	Parent Vitamin D	Vitamin A	Cluster Feeding

Nausea & Vomiting	Healthy Snacks	Calcium	Vitamin A	Skin-to-Skin
Fatigue	Whole Grains	Multivitamins	Raw Meats	Let-Down
Healthy Weight Gain	Fish		Making Formula	Latching
Heartburn	Eating for Health	Omega-3 Fats	Alcohol	Feeding Cues
Self-Care	Avoid Smoking	Folic Acid	Herbal Teas	Colostrum

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Fatigue	Avoid Smoking	Folic Acid	Expiry Dates	Holding Positions
Heartburn	Vegetables & Fruit	Vitamin D For Baby	Alcohol	Cluster Feeding
Constipation	Healthy Snacks		Herbal Teas	Skin-to-Skin
Active Living	Eating for Health	Omega-3 Fats	Caffeine	Colostrum
Diabetes	Liquids	Parent Vitamin D	Raw Meats	Feeding Decisions

Diabetes	Liquids	Folic Acid	Making Formula	Latching
Healthy Weight Gain	Vegetables & Fruit	Parent Vitamin D	Herbal Teas	Feeding Cues
Constipation	Whole Grains		Sugar Substitutes	Let-Down
Active Living	Eating for Health	Vitamin D For Baby	Expiry Dates	Holding Positions
Self-Care	Protein Foods	Multivitamins	Vitamin A	Colostrum

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Fatigue	Avoid Smoking		Expiry Dates	Feeding Cues
Nausea & Vomiting	Fish	Parent Vitamin D	Sugar Substitutes	Holding Positions
Self-Care	Liquids	Folic Acid	Vitamin A	Colostrum

Diabetes	Whole Grains	Parent Vitamin D	Making Formula	Feeding Decisions
Fatigue	Liquids	Calcium	Raw Meats	Skin-to-Skin
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