

Order Today's Mom

Today's Mom teaches nutrition and healthy lifestyle choices to moms-to-be. Eating well can help moms-to-be have healthy pregnancies and healthy babies. In conjunction with diet, physical activity can help them have a more comfortable pregnancy and easier delivery. Today's Mom aims to improve the dietary and physical activity habits of moms-to-be in ways that are sustainable before, during, and after pregnancy.

Lessons

- Lesson 1: Hello Baby
- Lesson 2: Building Baby
- Lesson 3: Feeding Baby
- Lesson 4: Fun in the Kitchen with Baby
- Lesson 5: On the Run with Baby
- Lesson 6: Welcome Home Baby

The Today's Mom kit includes the curriculum and all activities:

- Today's Mom Leader's Guide
- Discomfort Charades Cards
- From Seed to Melon Flip Chart
- What Am I? Cards
- Where Does The Weight Go? Poster
- Food Label Poster
- What Am I? Nutritional Label Cards
- Safe for Baby Cards
- Eating in the Fast Lane Cards
- Portion Distortion Cards
- Breastfeeding Challenge Poster and Booties

Today's Mom is comprised of a series of six lessons, each containing clearly stated goals. Each lesson has verbal and written instructions along with activities. Lessons are scripted to make delivery easy. Accompanying materials reinforce lesson concepts and make learning about healthy eating simple and fun. Each lesson includes hands-on activities, recipes, and more.

To order Today's Mom, visit
www.aces.edu/todaysmom
All forms and handouts can be customized for your state.

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