***Feeding Your New Baby* CD Introduction**

Welcome to the *Feeding Your New Baby* CD. This CD was designed for state EFNEP directors or curriculum coordinators to help prepare materials for educators to use in teaching the curriculum. If you have any questions regarding the use of this CD, please contact the Colorado State EFNEP Office at 970-491-2377.

**Contents of the CD**

This CD contains 2 primary folders. One is titled “Activity Bin Contents” and contains pre-made labels for the inside and outside of the *Feeding Your New Baby* activity bin. This folder also contains a sub-folder titled “Feeding Your New Baby Activity Bin Activities”. In this sub-folder are the documents needed for the activities in the lesson. The second primary folder is called “Feeding Your New Baby Evaluation Questionnaire”.

1. ***Feeding Your New Baby* “Activity Bin Contents” folder**

*Feeding Your New Baby* bin labels for the inside and outside of the activity bin are in this folder. The outside label is in a format that allows you to change the size of the label and copy and paste the label as needed. This will allow you to develop other documents such as training materials and recruitment materials for the curriculum.

**List of Activity Bin Materials (inside label) Instructions**

The lesson has a variety of activities, most of which require the use of hands-on materials. This document on the CD contains a list of materials needed to create bins to use when teaching the lesson. The amounts of materials listed will provide supplies for classes of one to four people. Larger classes may require additional materials.

**Template for the outside Activity Bin Label**

There is a document in this folder entitled “Activity bin outside label”*.* This label was designed to be printed on label paper and contains the curriculum logo and the title of the lesson. You can print these labels on label paper and stick them to the outside of the activity bin. The labels are included to help easily identify activity bins.

**Subfolder “*Feeding Your New Baby* Activity Bin Activities”**

Inside this folder are four documents that can be printed off to create the activities in the lesson. The four documents included in this folder are: instructions for the breastfeeding benefits game in English and in Spanish, breastfeeding benefits game pieces in English and in Spanish, and an English and Spanish version of the story card.

1. ***Feeding Your New Baby* Questionnaire folder**

Modifiable versions of the English and Spanish questionnaire for this lesson are in this folder. They contain a few questions related to breastfeeding and feeding your new baby. You can add your university logo to the forms.

The questions on this form were chosen to address the key concepts in the *Feeding Your New Baby* lesson. The questions are all from the NIFA ERS question database. The list was approved by the national EFNEP office.

1. ***Feeding Your New Baby* Recipes folder**

Thisfolder on the CD contains copies of the recipes used in the Feeding Your New Baby lesson. The recipes are included so that you can print copies to distribute to the participants if you choose to use these recipes. The recipes are in a format that can be edited so you can add your university’s logo or modify the recipe.

The nutrition information on the labels was calculated using the ingredients and amounts as listed on the recipe. If you modify the recipes, you will need to recalculate the nutrition information. See the ***Eating Smart • Being Active*** recipe bookletfor information on how the nutrition information was calculated.