

### Instructor Discussion Sheet

#### Eating What You Eat

Your baby gets the taste of what you eat. Over time, your baby develops a taste for the types of food you eat. So if you want to give your baby a treat, how about going out for ice cream? Remember, though, don't spoil your baby (and yourself) with too many sweets!

#### Your Baby's World Discussion Questions

Use these questions to help spur discussion and grow your relationship with your client. Not all questions are necessary - just work on connecting and helping your client connect with their unborn child.

1. When you think about your baby, nestled safely inside you, what do you think he/she is sensing about things around him/her?
2. Can you think of some other things in your daily routine that your baby is hearing?
3. Have you noticed that when you listen to some types of music you feel soothed, while other types of music make you feel energetic or agitated? What do you think your baby feels?
4. What foods do you think your baby is tasting the most? Do you think he/she will be used to spicy foods? Why?
5. Have you ever watched a six-month-old explore his world? What does he do with everything he grasps? What do you think your baby is doing in your womb?
6. You know that a fight can upset you. Have you ever felt a fight agitate your baby?
7. What are some things you learned in this lesson that surprised you?
8. Will anything you learned cause you to change things you are doing?
9. Did your thoughts of your unborn baby change after this lesson?



Babies start sucking their thumbs long before they are born.