

# Growing Strong: Feeding You and Your Baby

## Brochure Order Form



Please fax or scan and email to the Growing Strong Coordinator in your Region

Attention: (Please tick one below)	Contact Details
<input type="checkbox"/> Amanda Allen - Southern Queensland	Fax (07) 3000 9121 Phone (07) 3000 9131 Email AmandaL_Allen@health.qld.gov.au
<input type="checkbox"/> Maureen Chamberlain - Central Queensland	Fax (07) 4920 6865 Phone (07) 4920 7383 Email Maureen_Chamberlain@health.qld.gov.au
<input type="checkbox"/> Nutrition Team - Tropical North Queensland	Fax (07) 4753 9001 Phone (07) 4753 9000 Email TRS-ADMIN-TPHU@health.qld.gov.au

**Unit Cost, Postage and Handling may be charged, fees may vary dependant upon region.  
Contact your Growing Strong Coordinator if you would like an estimate.**

**Name:** \_\_\_\_\_

**Position title:** \_\_\_\_\_

**Organisation:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Postal address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

Brochure*	Unit cost per brochure	Quantity (Max 50)	Total Cost
Healthy food in pregnancy	1c		
Pregnancy and diabetes	1c		
Morning sickness and other pregnancy issues	1c		
Alcohol, tobacco and other drugs during pregnancy and breastfeeding	1c		
Physical activity during and after pregnancy	1c		
Breastfeeding: Good for Baby Good for Mum	1c		
How to breastfeed	1c		
Expressing breastmilk	1c		
Breastfed babies' growth and growth spurts	1c		
Healthy drinks for Baby	1c		
Starting solids	1c		
Iron rich foods for babies and growing children	1c		
Healthy foods for children aged 1 - 4 years	1c		
Healthy drinks for children aged 1 - 4 years	1c		
Healthy food ideas for children aged 1 - 4 years and older	1c		
How Dads can help	1c		
Healthy food and drinks for your grandkids	1c		
Baby's growth checks	1c		
Overweight children	1c		
Formula feeding	1c		
Sterilising bottles, teats and dummies	1c		
Keeping food safe	1c		
OR			
<b>All of the Above (Complete Set - 22 Brochures)</b>	22 c	Number of sets:	
			<b>TOTAL COST</b>

\* Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland . If you are not from Queensland you can download the PDF of these brochures at [http://www.health.qld.gov.au/ph/documents/hpu/growing\\_strong.asp](http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp)