**Instructions for Making “Cystic Fibrosis: Infant & Child Nutrition” Flip Chart**

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Ingredients:

* 17 sheets of 8 ½ x 11 inch computer paper
* 17 sheet protectors
* 7, 1 inch durable tabs
* 2, 1 inch metal book rings
* 1, 8 ½ x 11 inch slanted stand-up presentation sign holder
* Color printer
* 2-hole puncher (or single hole puncher)
* Drill with \_\_\_bit-size

Instructions:

1. Drill two holes into sign holder
2. Line up a piece of paper to the sign holder and mark with a pencil where the holes are so you can line up all the pages to the same holes
3. Print each provided file one-sided
4. Insert one sheet per sheet protector
5. Punch holes through sheet protector and inserted sheet based on sign holder holes
6. Write on tabs the topics for each hand-out
   1. Hunger and Satiety
   2. 4-7 months
   3. 8-12 months
   4. 12-24 months
   5. Feeding Tips
   6. Age 2 and Beyond
   7. Pill Swallowing
7. Line up pages by holes and put in metal rings through the sign holder as well