

Lesson Recommendation Guide



Pregnancy: Being Healthy Before, During, And After

- Eat Well For A Healthy Pregnancy
- Get Into Shape After Your Baby Arrives

Preparing For Your Newborn

- Preparing to Meet Your Newborn
- In the Hospital - The First 48 hours
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues
- Getting The Support You Need For Baby's First Weeks
- Returning To Work Or School

Feeding Your 6-24 Month Old

- Baby's First Cup
- Feeding Your Infant Solid Foods
- Feeding Your 1-Year-Old

Feeding Your 2-5 Year Old

- Help Your Child Develop Healthy Eating Habits
- Solving Picky Eating
- Making Mealtime A Family Time

Choosing Healthy Foods

- Choose MyPlate To Build A Healthier Family
 - Be Healthy With Veggies and Fruits
 - Build Strong Kids With Dairy Foods
 - Go For Whole Grains
 - Meatless Meals for Busy Families
 - Simple Ways To Include Seafood In Family Meals
 - Fun and Healthy Drinks For Kids
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Keeping Your Family Healthy

- A Guide To Food Safety
 - Building Healthy Bodies With Iron Foods
 - Give You And Your Baby A Lifetime Of Healthy Teeth
 - Happy, Healthy, Active Children
 - Protect Your Family From Lead With Healthy Foods
 - Two Minutes, Two Times A Day For A Healthy Smile
 - Vaccinate Your Family
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Planning Simple Meals And Snacks

- Finding Recipes That Work
 - Make Meals And Snacks Simple
 - Making A Meal Plan
 - Maximizing Food Dollars
 - Recipes Made Easy
 - Saving Time With No Cook Recipes
 - Using Substitutions In Healthy Meals
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Understanding Developmental Milestones

- Milestones Matter: An Introduction
- Milestones Matter: Babies Under 6-Months-Old
- Milestones Matter: Babies Ages 6 to 12 months
- Milestones Matter: Children Ages 1 to 2 Years
- Milestones Matter: Children 2 To 5 Years