

WIC Health Lesson Titles

www.wichealth.org

Pregnancy: Being Healthy Before, During, and After

- Eat Well for a Healthy Pregnancy
- Get into Shape After Your Baby Arrives

Feeding Your 6-24 Month Old

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

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

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

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 2-5 Year Old

- Helping Your Child Develop Healthy Eating Habits
- Solving Picky Eating
- Making Mealtime a Family Time

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

Understanding Developmental Milestones

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

(Updated 9/10/2021)