

## WIC Health Lesson Topics – Updated 11/16/20

### Breastfeeding

- Feeding Your Newborn
- Getting the Support You Need for Baby's First Weeks
- Understanding Your Newborn: Sleep, Crying, and Cues
- Returning to Work or School

### Healthy Families

- Building Healthy Bodies with Iron Foods
- Choose MyPlate to Build a Healthier Family
- A Guide to Food Safety
- Build Strong Kids with Dairy Foods
- Making Healthy Meals
- Be Healthy with Veggies and Fruits
- Making Mealtime a Family Time
- Simple Ways to Include Seafood in Family Meals
- Protect Your Family from Lead with Healthy Foods
- Two Minutes Twice Daily for a Healthy Smile
- Meatless Meals for Busy Families
- Make Meals and Snacks Simple
- Vaccinate your Family
- Go For Whole Grains

### Infants

- Getting the Support You Need for Baby's First Weeks
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues
- Baby's First Cup
- Feeding Your Infant Solid Food
- Give You and Your Baby a Lifetime of Healthy Teeth
- Vaccinate Your Family
- Protect Your Family from Lead with Healthy Foods

### New and Expecting Parents

- Eat Well Before and During Pregnancy
- In the Hospital - The First 48 Hours
- Getting the Support You Need for Baby's First Weeks
- Preparing to Meet Your Newborn
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues
- Give You and Your Baby a Lifetime of Healthy Teeth
- Returning to Work or School

### Children Ages 1-5

- Feeding Your 1-Year Old
- Solving Picky Eating
- Be Healthy with Veggies and Fruits
- Fun and Healthy Drinks for Kids
- Help Your Child Develop Healthy Eating Habits
- Two Minutes Twice a Day for a Healthy Smile
- Make Meals and Snacks Simple
- Build Strong Kids with Dairy Foods
- Go For Whole Grains

### Meal Planning

- Introduction: Finding Recipes That Work
- Using Substitutions in Healthy Meals
- Recipes Made Easy
- Saving Time with No Cook Recipes
- Making a Meal Plan
- Maximizing Food Dollars

### Guide to Newborns for Expecting Parents

- 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

Online Nutrition Education Lessons: [www.wichealth.org](http://www.wichealth.org)