

WIC Health Lesson Topics – Updated 11/15/19

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

- Choose MyPlate to Build a Healthier Family
- Farm to Family: Keeping Food Safe
- Keep Your Family Safe from E. Coli
- Build Strong Kids with Dairy Foods
- Making Healthy Meals
- Be Healthy with Veggies and Fruits
- Make 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

- Baby's First Cup
- Starting Your Infant on Solid Foods
- Offer Your Baby the Right Foods as He Grows
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues
- Getting the Support You Need for Baby's First Weeks
- Give You and Your Baby a Lifetime of Healthy Teeth

New and Expecting Parents

- In the Hospital – The First 48 Hours
- A Recipe for a Healthy Pregnancy
- Getting the Support You Need for Baby's First Weeks
- Preparing to Meet Your Newborn
- Feeding Your Newborn
- Food Safety for Moms-to-Be
- 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

- Secrets for Feeding Picky Eaters
- Be Healthy with Veggies and Fruits
- Fun and Healthy Drinks for Kids
- Trust your Child to Eat Enough
- Offer Your Baby the Right Foods as He Grows
- 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