

Nutrition & Breastfeeding Resource Links for Local Agencies

BREASTFEEDING	
Handouts	
<i>My Breastfeeding Plan</i>	English/Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/bf/breastfeeding-plan.pdf
<i>Making More Milk</i>	English/Spanish https://www.oregon.gov/oha/ph/HealthyPeopleFamilies/wic/Documents/785-making-more-milk-eng-spa.pdf
<i>Breastfeeding Employee Rights flyer</i>	English/Spanish https://www.oregon.gov/oha/PH/HealthyPeopleFamilies/Babies/Breastfeeding/Documents/bf-know-your-rights.pdf
<i>Marijuana and Your Baby</i>	English https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/MARIJUANA/Documents/OHA-9002-marijuana-and-your-baby.pdf Spanish https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/MARIJUANA/Documents/OHA-9002-sp-marijuana-and-your-baby.pdf
Videos	
Global Health Media - all topics	https://globalhealthmedia.org/videos/breastfeeding/
Hand Expression	http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html
Latch	https://www.youtube.com/watch?v=t8F7LAO7B3E
Websites	
Ready, Set Baby	https://www.readysetbabyonline.com/
Breast Milk: Every Ounce Counts	https://www.breastmilkcounts.com/
WIC Breastfeeding Support	https://wicbreastfeeding.fns.usda.gov/

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INFANT NUTRITION	
Handouts	
<i>It's Time to Eat</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/709_engl_timetoeat.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/709_span_timetoeat.pdf</p>
<i>Understanding Your Baby's Cues</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/712-eng-baby-cues.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/712-span-baby-cues.pdf</p>
<i>Why Do Babies Cry?</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/713-eng-babies-cry.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/713-span-babies-cry.pdf</p>
<i>Healthy Sleep for You and Your Baby</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/711-eng-sleep.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/711-span-sleep.pdf</p>
<i>Colic</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-colic-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-colic-span.pdf</p>
<i>Constipation</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-constipation-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-constipation-span.pdf</p>

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<i>Crying</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-crying-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-crying-span.pdf</p>
<i>Diarrhea</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-diarrhea-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-diarrhea-span.pdf</p>
<i>Food Allergies</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-foodallergies-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-foodallergies-span.pdf</p>
<i>Spitting Up</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-spittingup-eng.pdf</p> <p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/cip-spittingup-span.pdf</p>
Videos	
<i>Paced (or baby-led) bottle feeding (2 different videos)</i>	<p>https://www.youtube.com/watch?v=KY8ct80VqaE&feature=youtu.be (3:02)</p> <p>https://www.youtube.com/watch?v=OGPm5SpLxXY (3:46)</p>
CHILD NUTRITION	
Handouts	
<i>Why Won't My Toddler Eat?</i>	<p>English/Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/toddler-behaviors.pdf</p>
<i>Offering Fruits and Veggies to Young Children</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/741_fv_engl.pdf</p>

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<i>Offering Fruits and Veggies to Young Children</i>	<p>Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/741_fv_span.pdf</p>
<i>Prevent Early Childhood Cavities</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/726_prevent_ecc.pdf Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/726_prevent_ecc_span.pdf</p>
ADULT & FAMILY NUTRITION	
Handouts	
<i>My Pregnancy Plate</i>	<p>English https://www.ohsu.edu/sites/default/files/2020-10/CWH%203051517%20Pregnancy%20Plate%20FLY%202019.pdf Spanish https://www.ohsu.edu/sites/default/files/2019-06/CWH-3053867-Pregnancy-Plate-SPN-FLY-FNL-1.pdf</p>
<i>Advice About Eating Fish</i>	<p>English https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/advice-eating-fish.pdf</p>
<i>Vitamin D for Your Family</i>	<p>English/Spanish https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/57-710-vitamin-D.pdf</p>
QUARTERLY CONTACT VIDEO LINKS	
Infant Massage (Jackson County WIC)	<p>English https://www.youtube.com/watch?v=vxeSVPZe620&feature=youtu.be Spanish https://www.youtube.com/watch?v=wRm911ifids&feature=youtu.be</p>
Farmers Market (Jackson County WIC)	<p>English https://youtu.be/RspveZJMkJA Spanish https://youtu.be/QoXZ5ugfebg</p>

WIC Publications website:

<https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/publications.aspx>