

WIC Health Lesson Titles

www.wichealth.org

Pregnancy and Baby's First 6 Months

- Eat Well for a Healthy Pregnancy
- Taking Care of You After Baby Arrives
- 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
- Give You and Your Baby a Lifetime of Healthy Teeth

Feeding Your 6-24 Month Old

- Feeding Your Infant Solid Foods
- Baby's First Cup
- 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

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

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

Keeping Your Family Healthy

- A Guide to Food Safety
- 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

Choosing Healthy Foods

- Be Healthy with Veggies and Fruits
- Powerful Proteins – So Much More Than Meat
- Go for Whole Grains
- Build Strong Kids with Dairy Foods
- Fun and Healthy Drinks for Kids
- Building Healthy Bodies with Iron Foods
- Time to Eat! What's on Your Plate?

(Updated 12/22/2022)