

# Online WIC Lesson Topics

## Pregnancy And Baby's First 6 Months

- Eat Well for A Healthy Pregnancy
- Feeding Your Newborn
- Getting the Support You Need for Baby's First Weeks
- Give You and Your Baby A Lifetime of Healthy Teeth
- Help Your Baby Sleep Safe and Sound
- In the Hospital - The First 48 Hours
- Preparing to Meet Your Newborn
- Returning to Work or School
- Taking Care of You After Baby Arrives
- Understanding Your Newborn: Sleep, Crying, and Cues

## Feeding Your 6 To 24-Month-Old

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

## Feeding Your 2 To 5-Year-Old

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

## 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
- Build Strong Kids with Dairy Foods
- Building Healthy Bodies with Iron Foods
- Fun And Healthy Drinks for Kids
- Go For Whole Grains
- Powerful Proteins – So Much More Than Meat
- Simple Ways to Include Seafood in Family Meals
- Time To Eat! What's On Your Plate?

## 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-Month-Old
- Milestones Matter: Babies Ages 6 to 12 months
- Milestones Matter: Children Ages 1 to 2 Years
- Milestones Matter: Children 2 to 5 Years

Complete just one lesson  
today at:

[www.wichealth.org](http://www.wichealth.org)