



## Lesson Descriptions

### Pregnancy: Being Healthy Before, During, And After

#### **Eat Well For A Healthy Pregnancy**

Pregnant now, or planning to become pregnant? Discover which foods offer the nutrients you need. And, learn why prenatal vitamins and healthy habits make a big difference for you and your baby.

#### **Get Into Shape After Your Baby Arrives**

New moms who have had their 6-week check-up, this lesson is for you! Get ideas for being active with your baby. And find quick and simple ways to eat healthy meals and snacks.

### Preparing For Your Newborn

#### **Preparing To Meet Your Newborn**

Expecting a baby or have a newborn? This lesson will help you understand the cues babies give when they need something. It will also teach you how to bond with your newborn through skin-to-skin time.

#### **In The Hospital - The First 48 Hours**

As you get ready for the birth of your child, the information and tips in this lesson will help you prepare for your hospital experience.

#### **Feeding Your Newborn**

This lesson will help you make the best decisions for feeding your newborn. Learn all about feeding, the importance of a great latch, how to get a good milk supply, using a bottle, and more.



## Lesson Descriptions

### Preparing For Your Newborn (continued)

**Understanding Your Newborn: Sleep, Crying, And Cues** From the minute they are born, babies will give you signs about what they need. These signs are called "cues." Take this lesson to learn how to know and respond to your baby's cues with confidence.

#### Returning To Work or School

Thinking about when you will return to work or school? This lesson can help make it easier. Get helpful tips for finding child care, organizing your home, and feeding your baby while you're away.

**Getting The Support You Need For Baby's First Weeks** For 12 weeks after delivery, your body will be healing. And, you will be adjusting to having a new baby. Explore this lesson for tips on creating the support team to help you with both.

#### Help Your Baby Sleep Safe And Sound

By following the ABCs of Safe Sleep, you can protect your baby from common bedtime dangers while teaching your infant to sleep through the night. Learn how!

### Feeding Your 6 To 24-Month-Old

#### Baby's First Cup

Teach your baby to start drinking from a cup. Get tips on the type of cup to use, what to put in the cup, and more!

#### Feeding Your Infant Solid Foods

Curious to learn the right time to begin offering baby foods? This lesson will show you signs to know your baby is ready. It will also give you a plan of which foods to offer and how to offer them.



## Lesson Descriptions

### Feeding Your 6 To 24-Month-Old (continued)

#### **Feeding Your 1-Year-Old**

Your child will learn so much from 12 to 24 months of age. Mealtime is a great time to help your child learn new skills. They will be messy, but it will be fun and worth it!

### Feeding Your 2 to 5-Year-Old

#### **Help Your Child Develop Healthy Eating Habits**

Learn tips to encourage your children to be independent eaters. Discover ways to offer a variety of healthy foods. Help your child to recognize their signs of hunger and fullness.

#### **Solving Picky Eating**

What causes picky eating? Is it a phase? What can parents do to get their kids to eat a variety of foods? This lesson has the answers to these questions and more!

#### **Making Mealtime A Family Time**

Regularly sharing meals as a family has been shown to help children grow up to be healthier, happier, and more successful. This lesson can help make family mealtimes easier and more enjoyable.



## Lesson Descriptions

### Choosing Healthy Foods

#### **Choose MyPlate To Build A Healthier Family**

Curious about what foods to eat and offer your family? This lesson will help you choose a variety of foods to eat throughout each week.

#### **Be Healthy With Veggies And Fruits**

Do you have a goal of getting your kids to eat more veggies and fruits? This lesson offers many ideas to do just that. Don't be surprised if you find yourself inspired to eat more as well!

#### **Build Strong Kids With Dairy Foods**

This lesson will help you learn why offering your child dairy foods is so important. Learn simple ways to include a variety of dairy in your family's meals every day.

#### **Go For Whole Grains**

What is a whole grain? What nutrients do they provide me and my family? Learn the answers to these questions. And, discover new ways to offer them in your meals and snacks.

#### **Meatless Meals For Busy Families**

Would you like to stay healthy and save money? This lesson includes a variety of useful tips and recipes for making healthy, nutritious meals without using meat.

#### **Simple Ways To Include Seafood In Family Meals**

Did you know seafood and fish offer really important nutrients that are not found in many foods? Get quick and easy meal and snack ideas to try with your family.

#### **Fun And Healthy Drinks For Kids**

Do you know what types of drinks to offer your children anytime, daily, sometimes, or never? Learn that plus get ideas for nutritious drinks your kids are sure to love!



## Lesson Descriptions

### Keeping Your Family Healthy

#### A Guide To Food Safety

Do you know how to protect yourself and your family from illness caused by food? How about the extra steps pregnant people need to take to avoid food poisoning? Learn these things and more!

#### Building Healthy Bodies With Iron Foods

Iron foods are important for the whole family. They are extra important during pregnancy and for infants! Learn which foods to include in family meals and snacks. And, know the signs of low iron.

#### Give You And Your Baby A Lifetime Of Healthy Teeth

Pregnant now or have a baby under 1-year-old? Learn about oral health and why it's so important. There are simple things you can do now to help you and your child have healthy teeth and gums for life.

#### Happy, Healthy, Active Children

Children need to move their bodies to be healthy. In this lesson, you will learn fun ways to help your child get more active. Discover new ideas for plenty of active play, throughout the day!

#### Protect Your Family From Lead With Healthy Foods

Lead is a heavy metal that may be in your water, home, and yard. This lesson will show you how you can protect your family against lead by eating healthy foods.

#### Two Minutes, Two Times A Day For A Healthy Smile

The ideas in this lesson will help you brush your child's teeth for 2 minutes in the morning and 2 minutes before bed. Plus, learn how to teach them to brush on their own.

#### Vaccinate Your Family

Vaccine-preventable diseases still exist in the U.S. and around the world. Learn how you can protect yourself, your family and your community.



## Lesson Descriptions

### Planning Simple Meals And Snacks

#### **Finding Recipes That Work**

Save time and money, reduce stress, and serve nutritious meals by learning to find recipes using WIC foods. Grow your confidence in the kitchen with great recipes and easy to use tools!

#### **Make Meals And Snacks Simple**

Ever wonder if healthy food can be quick and simple? It can! Discover ideas to make your life in the kitchen easier.

#### **Making A Meal Plan**

Learn a variety of ways to meal plan. Your meal plan will lead to making a helpful grocery list that is sure to save time, money, and frustration.

#### **Maximizing Food Dollars**

Learn how to get the most nutritious food with the food dollars you have available.

#### **Recipes Made Easy**

Learn how to confidently work with new recipes while preparing healthy meals.

#### **Saving Time With No Cook Recipes**

Learn how No Cook recipes can help you save time while preparing healthy meals.

#### **Using Substitutions In Healthy Meals**

Learn how to use substitutions in a variety of new recipes as well as in many of your long time favorites.



## Lesson Descriptions

### Understanding Developmental Milestones

#### **Milestones Matter: An Introduction**

Learn what milestones are, why they matter, and how to track them. After you complete this lesson, you can take the milestone lesson for your child's age group.

#### **Milestones Matter: Babies Under 6-Months-Old**

Learn what milestones to look for once your baby reaches the ages of 2 months and 4 months. Get ideas for activities to help your baby meet these milestones. And, learn when to ask for help!

#### **Milestones Matter: Babies Ages 6 to 12 months**

Learn what milestones to look for once your baby reaches the ages of 6 months and 9 months. Get ideas for activities to help your baby meet these milestones. And, learn when to ask for help!

#### **Milestones Matter: Children Ages 1 to 2 Years**

Learn what milestones to look for once your child reaches the ages of 12 months and 18 months. Get ideas for activities to help your child meet these milestones. And, learn when to ask for help!

#### **Milestones Matter: Children Ages 2 To 5 Years**

Learn what milestones to look for once your child reaches the ages of 2 years, 3 years, and 4 years. Get ideas for activities to help your child meet these milestones. And, learn when to ask for help!



## Lesson Descriptions

### **Mothers In Motion**

#### **Mothers In Motion Introduction And Overview**

Understanding the goal of the Mothers in Motion Series.

#### **Better Ways To Handle Everyday Stress**

Developing healthy responses to stress.

#### **Time Saving Tips For Busy Moms**

Creating more time for yourself and your family.

#### **Effective Ways To Help With Parenting**

Developing positive relationships with children with effective parenting tools.

#### **Effective Ways To Reduce Junk Food**

Reducing junk food intake.

#### **Useful Tips For Grocery Shopping (Part I)**

Becoming a better shopper; saving time and money.

#### **Useful Tips For Grocery Shopping (Part II)**

Becoming a better shopper; choosing healthier food and saving money.

#### **Practical Ways To Cook Healthier**

Eating healthier by cooking at home.



## Lesson Descriptions

### Mothers In Motion (continued)

#### Fun And Realistic Ways To Get More Exercise

Becoming more physically active.

#### Journey To Weight Loss

Eating healthier and being more physically active.

#### Effective Ways To Handle Negative Feelings

Being happier by handling negative feeling.

### State Specific

#### Welcome To WIC

##### **WIC Orientation: Welcome To WIC (California)**

Find out what services and food benefits WIC offers. Plus, learn how to shop with the California WIC Card! This lesson will also teach you your Rights and Responsibilities as a WIC participant.

##### **WIC Project FRESH (Michigan)**

##### **Get FRESH At The Farmers Market**

After you take this lesson, you may be eligible to receive WIC Project FRESH coupons to spend on eligible, locally grown, fresh, unprepared fruits and veggies at the farmers market.