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Lesson Descriptions

Pregnancy And Baby's First 6 Months

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.

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.

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.

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.

Help Your Baby Sleep Safe And Sound

Take comfort in your baby sleeping through the night by following the ABCs of Safe Sleep.

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Lesson Descriptions

Pregnancy And Baby's First 6 Months *(continued)*

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.

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.

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.

Taking Care Of You After Baby Arrives
Be your healthiest self after baby arrives. Learn how mental health, sleep, nutrition, and physical activity affect each other. Know what you can do to start feeling your best, one small habit at a time.

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.

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Lesson Descriptions

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 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. Mealtimes will be messy, but they will be fun and worth it!

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.

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.

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.

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!

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Lesson Descriptions

Choosing Healthy Foods

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.

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.

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!

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.

Powerful Proteins — So Much More Than Meat

While all protein foods are important for health and growing bodies, some come with extra perks! This lesson includes tips to offer your family a variety of protein foods while on a budget.

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Lesson Descriptions

Choosing Healthy Foods *(continued)*

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.

Time To Eat! What's On Your Plate?
Get family-friendly ideas on how to offer a variety of foods from all five food groups.

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!

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.

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Lesson Descriptions

Keeping Your Family Healthy *(continued)*

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.

Planning Simple Meals And Snacks

Cooking Made Easy
Improve your cooking skills, no matter your experience level. Learn how to cook smarter, not harder, to make delicious meals faster!

Finding Recipes That Work
Save time and money, reduce stress, and serve nutritious meals by learning to find recipes using WIC foods. Explore how wichealth.org will help grow your confidence in the kitchen with great recipes and easy to use tools.

Make Meals And Snacks Simple
Make more meals and snacks at home with these quick and easy ideas!

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.

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Lesson Descriptions

Planning Simple Meals And Snacks *(continued)*

Using Your WIC Foods
Find new ways to use the WIC foods you buy and reasons to buy the ones you don't.

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, 15 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, 2 ½ years, 3 years, and 4 years. Get ideas for activities to help your child meet these milestones. And, learn when to ask for help!

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Lesson Descriptions

Mothers In Motion

Mothers In Motion Introduction And Overview

Understand the goal of the Mothers In Motion Series.

Better Ways To Handle Everyday Stress

Develop healthy responses to stress.

Effective Ways To Help With Parenting

Develop positive relationships with children with effective parenting tools.

Effective Ways To Reduce Junk Food

Reduce junk food intake.

Effective Ways To Handle Negative Feelings

Be happier by handling negative feelings.

Fun And Realistic Ways To Get More Exercise

Be more physically active.

Journey To Weight Loss

Eat healthier and be more physically active.

Plan Meals To Help Children Eat Healthier

Plan meals and make a grocery shopping list that includes healthy foods.

Practical Ways To Cook Healthier

Eat healthier by cooking at home.

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Lesson Descriptions

Mothers In Motion *(continued)*

Time Saving Tips For Busy Moms
Create more time for yourself and your family.

Useful Tips For Grocery Shopping (Part I)
Be a better shopper; save time and money.

Useful Tips For Grocery Shopping (Part II)
Be a better shopper; choose healthier food and save money.

Partner 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 Produce Connection (Michigan)

Buy Local Produce with WIC Produce Connection
Learn how to use your Michigan WIC Produce Connection to buy locally grown, fresh vegetables and fruits.