

New and Expecting Moms

A Recipe for a Healthy Pregnancy

Get helpful tips about eating healthy and staying active while pregnant.

Food Safety for Moms-to-Be

Covers important facts and tips about food safety for the mom-to-be.

Understanding Your Baby's Sleep

Learn how babies sleep and tips for sleepy parents.

Understanding Your Baby's Cues

How to recognize and respond to baby's cues.

Preparing for a Healthy Pregnancy

Understand the importance of making healthy foods choices and taking a multivitamin with folic acid before becoming pregnant.

Get into Shape After Your Baby Arrives

How to become or stay physically active and develop good eating habits after childbirth.

Infants

Baby's First Cup

How to introduce a cup to a baby, why do it, and what to put in a cup.

Shining Some Light on Vitamin D

Learn how much Vitamin D babies need and easy ways to get it.

Starting Your Infant on Solid Foods

Understand how and when to introduce solids to a baby.

Breastfeeding: Building a Bond for a Lifetime

The benefits of breastfeeding and tips to help make the experience enjoyable.

Understanding Your Baby's Sleep

Learn how babies sleep and tips for sleepy parents.

Understanding Your Baby's Cues

How to recognize and respond to baby's cues.

Two Minutes Twice a Day for a Healthy Smile

Why brushing is important and what foods help children have healthy teeth.

Breastfeeding

Breastfeeding: Building a Bond for a Lifetime

The benefits of breastfeeding and tips to help make the experience enjoyable.

Lessons Available 2016

Children Ages 1-5

Build Strong Kids with Dairy Foods

The importance of low-fat dairy and tips for getting enough.

Fruits and Veggies Grow Healthy Kids

Why fruits and veggies are important and tips on how to include them everyday in meals and snacks.

Fun and Healthy Drinks for Kids

Discover healthy drinks for children and how different types of drinks can affect their health.

Happy, Healthy, Active Children

Why physical activity for children is important, as well as how much and what types of activities are best for kids.

Help Your Child Make Good Eating Choices

How to give children the freedom to make healthy eating choices.

Make Meals and Snacks Simple

Why it's important to offer healthy meals and snacks on a regular basis and how to do it.

Secrets for Feeding Picky Eaters

Explore how best to deal with a picky eater.

Trust Your Child to Eat Enough

Understand the strategy behind parents providing the food and children deciding what and how much to eat.

Two Minutes Twice a Day for a Healthy Smile

Why brushing is important and what foods help children have healthy teeth.

Healthy Families

Choose MyPlate to Build a Healthier Family

How to utilize MyPlate to make healthy food choices.

Eat Well- Spend Less

Tips for saving money at the grocery store while still buying healthy food.

Farm to Family: Keeping Food Safe

Learn about food safety.

Healthy Whole Grains

Learn easy ways to choose and prepare whole grain foods and why it is important to do so.

Make Mealtime a Family Time

Teaches the importance of family mealtime and tips to make it successful.

Making Healthy Meals

Get help preparing meals in healthy new ways, using less salt, sugar, and fat.

Meatless Meals for Busy Families

Understand the benefits and get tips for offering meatless meal and snack options.

Be Healthy with Fruits and Veggies

Why eating fruits and vegetables is important for good health and easy ways to add them to meals and snacks.

Choose Iron-Rich Foods

Why iron-rich foods are important and ways to include them.

Keep Your Family Safe from E. Coli

Discover simple food safety steps to help lower the risk of getting sick from E. coli infection.

Make Meals and Snacks Simple

Why it's important to offer healthy meals and snacks on a regular basis and how to do it.