

# Lesson Recommendation Guide



**Key:**

PG= Pregnant            I = Infant  
BF = Breastfeeding    C= Child  
PP = Postpartum

Highlighted lessons apply to all

## Pregnancy And Baby's First 6 Months

- Eat Well For A Healthy Pregnancy (PG)
- Feeding Your Newborn (PG, BF, PP, I)
- Getting The Support You Need For Baby's First Weeks (PG, BF, PP, I)
- In the Hospital - The First 48 hours (PG, BF, PP, I)
- Preparing to Meet Your Newborn (PG, BF, PP, I)
- Returning To Work Or School (PG, BF, PP, I)
- Understanding Your Newborn: Sleep, Crying, and Cues (PG, BF, PP, I)
- Taking Care of You After Baby Arrives (PG, BF, PP)
- Give You and Your Baby A Lifetime Of Healthy Teeth (PG, I)

## Feeding Your 6 To 24-Month-Old

- Baby's First Cup (I)
- Feeding Your 1-Year-Old (C)
- Feeding Your Infant Solid Foods (I, C)

## Feeding Your 2 To 5-Year-Old

- Making Mealtime A Family Time (PG, BF, PP, I, C)
- Help Your Child Develop Healthy Eating Habits (C)
- Solving Picky Eating (C)

## Choosing Healthy Foods

- Go For Whole Grains (PG, BF, PP, I, C)
- Time to Eat! What's on Your Plate? (PG, BF, PP, I, C)
- Powerful Proteins, So Much More Than Meat (PG, BF, PP, I, C)
- Building Healthy Bodies With Iron Foods (PG, BF, PP, I, C)
- Be Healthy With Veggies and Fruits (PG, BF, PP, C)
- Build Strong Kids With Dairy Foods (C)

- Fun and Healthy Drinks For Kids (C)



## Lesson Recommendation Guide

---

### Keeping Your Family Healthy

- A Guide To Food Safety (PG, BF, PP, I, C)
- Protect Your Family From Lead With Healthy Foods (PG, BF, PP, I, C)
- Vaccinate Your Family (PG, BF, PP, I, C)
- Happy, Healthy, Active Children (C)
- Two Minutes, Two Times A Day For A Healthy Smile (C)

### Planning Simple Meals And Snacks

- Cooking Made Easy (PG, BF, PP, I, C)
- Finding Recipes That Work (PG, BF, PP, I, C)
- Make Meals And Snacks Simple (PG, BF, PP, I, C)
- Making A Meal Plan (PG, BF, PP, I, C)
- Maximizing Food Dollars (PG, BF, PP, I, C)
- Recipes Made Easy (PG, BF, PP, I, C)
- Saving Time With No Cook Recipes (PG, BF, PP, I, C)
- Using Substitutions In Healthy Meals (PG, BF, PP, I, C)
- Using Your WIC Foods (PG, BF, PP, I, C)

### Understanding Developmental Milestones

- Milestones Matter: An Introduction (BF, PP, I, C)
- Milestones Matter: Babies Under 6-Month-Old (I)
- Milestones Matter: Babies Ages 6 to 12 months (I, C)
- Milestones Matter: Children Ages 1 to 2 Years (C)
- Milestones Matter: Children 2 To 5 Years (C)

---

This institution is an equal opportunity provider.  
Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov.

