

Nutrition and Health Education During Pregnancy



During your 1st through 3rd trimester you will receive nutrition and health information to help you and your baby grow healthy during your pregnancy. You select how you want to receive the information from the three options below:

Interactive Group Lessons:

(Join a group of expecting mother for a discussion on these topics)

- ✓ Understanding Your Newborn Baby
- ✓ WICconomics

One on One Lesson with a WIC staff:

- ✓ What is happening to My Body and My Baby?
- ✓ WICconomics
- ✓ How Will I Feed My Baby?
- ✓ Breast Milk in The Bottle
- ✓ What to Expect – Delivery and Beyond

Online Education: www.wichealth.org

(Take it when you have time, at your own pace)

- ✓ Understanding Your Newborn Baby
- ✓ A variety of topics are available on infant feeding and health information – ***select a topic that interests you***