

Available Lessons

New and Expecting Parents

- A Recipe for a Healthy Pregnancy
- Food Safety for Moms-to-Be
- Understanding Your Baby's Sleep*
- Understanding Your Baby's Cues*
- Preparing for a Healthy Pregnancy
- Protect Your Family from Lead with Healthy Foods
- Get Into Shape After Your Baby Arrives
- Understanding Your Newborn: Sleep, Crying, and Cues*
- Returning To Work or School
- Getting the Support You Need for Baby's First Weeks
- Feeding Your Newborn
- In the Hospital – The First 48 Hours
- Preparing to Meet Your Newborn

Healthy Families

- Choose MyPlate to Build a Healthier Family
- Make Meals and Snacks Simple
- Farm to Family: Keeping Food Safe
- Make Mealtime a Family Time
- Making Healthy Meals
- Meatless Meals for Busy Families
- Keep Your Family Safe from E. Coli
- Be Healthy with Veggies and Fruits
- Protect Your Family from Lead with Healthy Foods
- Go For Whole Grains
- Build Strong Kids with Dairy Foods
- Two Minutes Twice a Day for a Healthy Smile

Children Ages 1-5

- Build Strong Kids with Dairy Foods
- Fun and Healthy Drinks for Kids
- Happy, Healthy, Active Children
- Help Your Child Make Good Eating Choices
- Make Meals and Snacks Simple
- Secrets for Feeding Picky Eaters
- Trust Your Child to Eat Enough
- Two Minutes Twice a Day for a Healthy Smile
- Protect Your Family from Lead with Healthy Foods
- Go For Whole Grains
- Be Healthy with Veggies and Fruits
- Offer Your Baby the Right Foods as He Grows

Breastfeeding

- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues*
- Getting the Support You Need for Baby's First Weeks
- Returning To Work or School

Infants

- Baby's First Cup
- Starting Your Infant On Solid Foods
- Understanding Your Baby's Cues*
- Understanding your Baby's Sleep*
- Protect Your Family from Lead with Healthy Foods
- Offer Your Baby the Right Foods as He Grows
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues*
- Getting the Support You Need for Baby's First Weeks

Guide to Newborns for Expecting Parents

- Preparing to Meet Your Newborn
- In the Hospital – The First 48 Hours
- Feeding Your Newborn
- Understanding Your Newborn: Sleep, Crying, and Cues*
- Getting the Support You Need for Baby's First Weeks
- Returning To Work or School

Welcome to WIC

- Welcome to WIC: Shopping With Your California WIC Card

* Lessons required for pregnant and postpartum women.
All lessons are available in Spanish.

