Lesson Recommendation Guide

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Pregnancy And Baby's First 6 Months

- ☐ Eat Well for a Healthy Pregnancy
- ☐ Feeding Your Newborn
- ☐ Getting The Support You Need For Baby's First Weeks
- ☐ Give You And Your Baby A Lifetime Of Healthy Teeth
- ☐ Help Your Baby Sleep Safe And Sound
- ☐ In The Hospital - The First 48 Hours
- ☐ Preparing To Meet Your Newborn
- ☐ Returning To Work Or School
- ☐ Taking Care Of You After Baby Arrives
- ☐ Understanding Your Newborn: Sleep, Crying, And Cues

Feeding Your 6 To 24-Month-Old

- ☐ Baby's First Cup
- ☐ Feeding Your 1-Year-Old
- ☐ Feeding Your Infant Solid Foods

Feeding Your 2 to 5-Year-Old

- ☐ Help Your Child Develop Healthy Eating Habits
- ☐ Making Mealtime A Family Time
- ☐ Solving Picky Eating

Choosing Healthy Foods

- ☐ Be Healthy With Veggies And Fruits
- ☐ Build Strong Kids With Dairy Foods
- ☐ Building Healthy Bodies With Iron Foods
- ☐ Fun And Healthy Drinks For Kids
- ☐ Go For Whole Grains
- ☐ Powerful Proteins — So Much More Than Meat
- ☐ Simple Ways To Include Seafood In Family Meals
- ☐ Time To Eat! What's On Your Plate?

Lesson Recommendation Guide

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Keeping Your Family Healthy

- ☐ A Guide to Food Safety
- ☐ Happy Healthy, Active Children
- ☐ Protect your Family From Lead with Healthy Foods
- ☐ Two Minutes, Two Times A Day For A Healthy Smile
- ☐ Vaccinate Your Family

Planning Simple Meals And Snacks

- ☐ Cooking Made Easy
- ☐ Finding Recipes That Work
- ☐ Make Meals And Snacks Simple
- ☐ Making A Meal Plan
- ☐ Maximizing Food Dollars
- ☐ Recipes Made Easy
- ☐ Saving Time With No Cook Recipes
- ☐ Using Substitutions In Healthy Meals
- ☐ Using Your WIC Foods

Understanding Developmental Milestones

- ☐ Milestones Matter: An Introduction
- ☐ Milestones Matter: Babies Under 6-Months-Old
- ☐ Milestones Matter: Babies Ages 6 to 12 months
- ☐ Milestones Matter: Children Ages 1 to 2 Years
- ☐ Milestones Matter: Children Ages 2 to 5 Years

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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.

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!

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.

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.

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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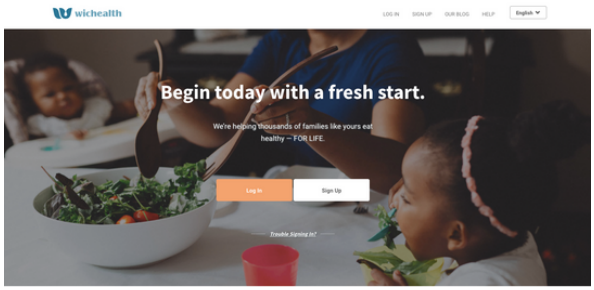
FREQUENTLY ASKED QUESTIONS

PARTICIPANTS

How do I access wichealth.org?

You can access wichealth from any laptop, tablet or smartphone with internet access. Simply, open your browser and enter www.wichealth.org.



What computer software do I need?

There is no additional software needed to access wichealth.org. However, we recommend you use the most recent version of one of the following browsers:

- Internet Explorer
- Firefox
- Safari
- Chrome

For additional assistance, email help@wichealth.org

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What do I do the first time I go to wichealth.org?

Visit www.wichealth.org

1. Select “Sign Up” to create your account.
2. Enter your state, agency, and Household ID/Family ID
3. Setup Your Account - Your username, password, and security questions are case and space sensitive. Save your answers for future reference. Your email address is optional, but it is recommended. Once you register, you will receive a welcome email. Be sure to click the link to verify your email address.
4. Select “Register.”
5. Tell Us About Your Family - By completing your profile, you will receive a more personalized experience on wichealth.org.
6. Select “Finish Profile.”
7. Explore wichealth - Select “Start Lesson” to begin your nutrition education and check out the collection of recipes in *Health eKitchen*.

How do I renew my benefits?

To renew your benefits or have your card reloaded, you must first complete a lesson.

To do so, follow the steps below:

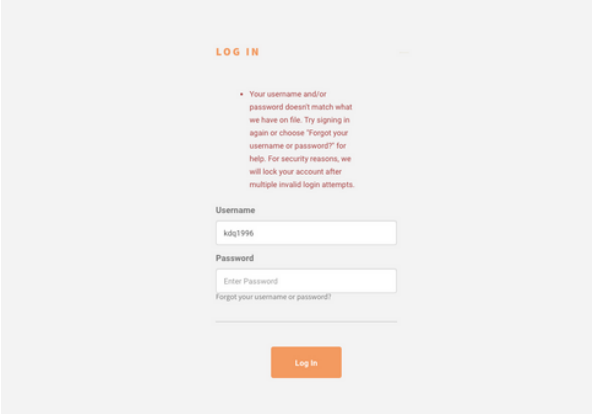
1. Log in to wichealth.org.
2. Select the "Start Lesson" button.
3. Select a lesson category.
4. Select one of the available lessons.
5. At the end of the lesson, you will complete a short survey. Complete the questions and select "Submit.”
6. You will be taken to the certificate page where you can choose to view or print your certificate.

Once your WIC office receives verification that your lesson was completed, they will be able to renew your benefits. However, benefits may not be renewed immediately after completing a lesson. To ensure you receive your benefits when you need them, we encourage all WIC participants to complete the online nutrition education lesson 2 weeks before the due date.

For more information on how to renew your benefits, contact your local WIC office.

I can’t log in to my account. I received a message saying my username and/or password doesn’t match what is on file.

Many states have a WIC app in addition to offering nutrition education online through wichealth. If you received a message saying your username and/or password doesn’t match what is on file:



1. First, make sure you are using your username for wichealth.org and not the WIC app for your state. You will need to have separate accounts for both your WIC app and wichealth.org.
2. If this is your first time, visiting wichealth.org, you will need to create an account by selecting “Sign Up.”
3. If you previously created a wichealth account, but are not able to log in, select “Forgot your username or password?”
4. Follow the instructions, to retrieve your username and password.

I forgot my username/password and:

- **I did not use an email address to create my account.**
- **I do not remember the email I used.**
- **I don't have access to the email address I used.**

If you set up your wichealth.org account with an email address and you don't remember or no longer have access to it, follow the steps below to retrieve your login information or reset your password without needing your email address.

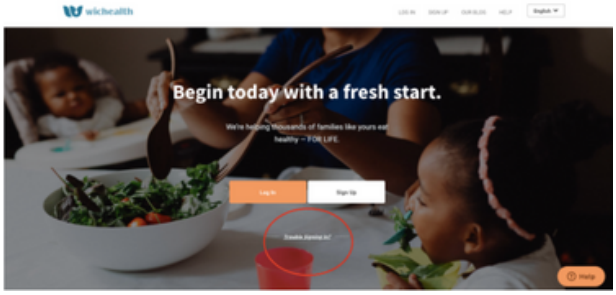
1. Select "Trouble Signing In?" located below the "Log In" and "Sign Up" buttons from our dashboard.
2. Select your state.
3. Type in your Household ID/Family ID and select "Next.”
4. Type the answer to your security question and select "Submit.”
5. Your username will be displayed on the screen. Be sure to write it down in a place where you will not forget it.
6. Type in and confirm a new password to use and select "Reset Password.”
7. Your password has now been changed. Be sure to write it down with your username in a place where you will not forget it.

I can't log in to wichealth.org

- **I forgot my username.**
- **I forgot my password.**

I know the email address I used to create my wichealth account.

1. Select "Trouble Signing In?" located below the "Log In" and "Sign Up" buttons from our dashboard.



2. Type in the email address you used when setting up the account for the first time and click "Submit.
3. Type your security question and click "Submit."
4. An email will be sent to your email address with a link to reset your password. Immediately open the email and select the link.
5. When the page opens, enter your new password and click "Reset Password."
6. Your password should be updated, allowing you to log in to your account.

I don't know my Household ID/Family ID.

If you do not know your Household ID/Family ID number, contact your local WIC agency.

I need to change my Household ID/Family ID in wichealth.org.

To change your Household ID/FamilyID:

1. Log into your wichealth account.
2. Select “Edit Profile” on the right side of the screen or click the “Update My Profile” button.
3. Enter and confirm your new Household ID/Family ID.
4. Select the “Update” button to save.

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I need to change my agency.

To change your agency, you will make changes in your profile:

1. Log into your wichealth account.
2. Click on “Edit Profile” on the right side of the screen.
3. Select a new agency or clinic from the drop-down menu.
4. Click the “Update” button to save.

I need to change my email.

To change your email address, follow these steps:

1. Log into your wichealth account.
2. Click on “Edit Profile” on the right side of the screen.
3. Click the “Account Information” menu item.
4. Enter a new email address.
5. Click the “Update” button to save.

Who do I contact for help?

If you experience any challenges while using wichealth.org, send an email to help@wichealth.org. Common issues include:

- I forgot my username or password.
- I cannot log in.

When should I contact my WIC agency?

Contact your WIC agency if:

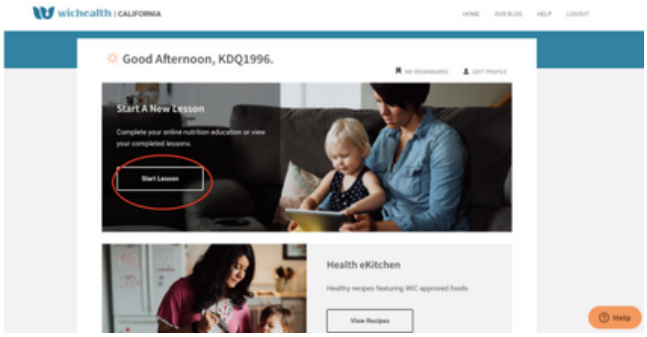
- You do not know your Household/Family ID.
- You have questions about your benefits.
- You have questions about when your benefits will be reloaded or issued.

For additional assistance, email help@wichealth.org

How do I complete a lesson on wichealth.org?

To complete a lesson:

1. Log in to wichealth.org.
2. Select the "Start Lesson" button.

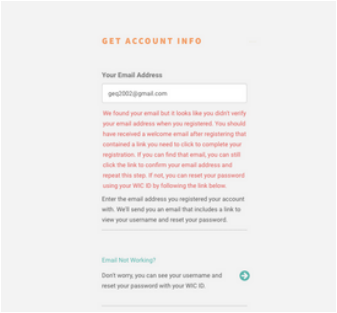


3. Select a lesson category.
4. Select one of the available lessons.
5. At the end of the lesson, you will be asked to complete a short survey. Answer the questions and select "Submit."
6. You will be taken to the certificate page where you can choose to view or print your certificate.

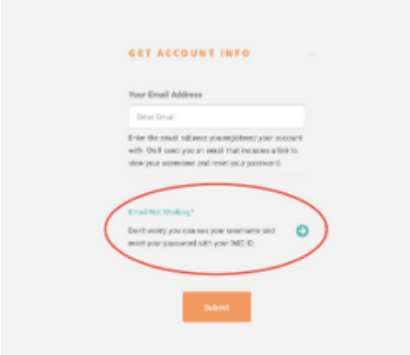
For additional assistance, email help@wichealth.org

I received a message stating I didn't verify my email address.

If you received a message stating that you did not verify your email address when you registered, it is not too late.



1. Locate the email and select "Verify My Email Address."
2. If you can't locate your verification email, select "Email Not Working" or the right arrow.



3. Select your state.
4. Type in your Household ID/Family ID and click "Next."
5. Type in your security question and click "Submit."
6. If answered correctly, you will be given access to reset your password information.
7. Type in and confirm a new password to use and click "Reset Password." Be sure to write down your username and password.
8. Select "Log in."