

ORDER FORM - MATERIALS
Women, Infants, and Children (WIC)

Please indicate the **NUMBER** of each forms you would like.

| | |
|-------------------------------------|---|
| Agency Name | E-Mail – Fax or Mail to: DHHS – Lifespan Health Services |
| Address | WIC/CSFP Programs P.O. Box 95026 |
| Date Needed | Lincoln, NE 68509-5026 kathy.fischer@nebraska.gov - Fax # 402-471-7049 |
| ALLOW 3-4 WEEKS FOR DELIVERY | ATTN: Kathy Fischer 7-2016 |

POSTERS

Equality For All

PRENATAL

Ten Reasons

English Spanish

HELP ME BE HEALTHY SERIES

Tips for a Healthy Pregnancy

English Spanish

Healthy Tips for New Moms

English Spanish

Birth – 6 Months

English Spanish

6 – 12 Months

English Spanish

1 – 1 ½ Years

English Spanish

1 ½ - 2 Years

English Spanish

2 – 2 ½ Years

English Spanish

2 ½ - 3 Years

English Spanish

3 – 3 ½ Years

English Spanish

3 ½ - 4 Years

English Spanish

4 – 4 ½ Years

English Spanish

4 ½ - 5 Years

English Spanish

MEAL TIME MAGIC

Newborn Feeding

English

Starting Solids (4 – 6 Months)

none English

With Your Toddler

English

With Your Preschooler

English

Steps To The Table (8 – 12 Months)

English

Table Tidbits

English

CHILDHOOD

What About Constipation 0-1

English Spanish

What About Constipation 1-5

English Spanish

Let's Eat! magazine

English Spanish

Oral Health – Color Poster

Parents Provide Kids Decide – Card

PHYSICAL ACTIVITY

Fun For One Year Olds **English/Spanish**
 Fun For Two Year Olds **English/Spanish**
 Animal Fun for 3 Year Olds **English/Spanish**
 Fun For 4 Year Olds **English/Spanish**
 Fitness Is For Everyone

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GENERAL NUTRITION

Iron Brochure
 English Spanish

Help Your Child Have a Healthy Body
 English Spanish

Have Enjoyable Family Meals
 Sippy cup

RECIPES

Beans
 English Spanish

Cereal
 English Spanish

Cheese
 English Spanish

Eggs
 English Spanish

Juice
 English Spanish

Milk
 English Spanish

Peanut Butter
 English Spanish

Brown Rice
 English Spanish

BABY BEHAVIOR

Crying
 Healthy Sleep for Baby
 Normal Newborn Behavior
 Understanding Your Baby's Cues
 What should I do if my baby needs something to be different

BREASTFEEDING SERIES

What To Expect in the First Week of Breastfeeding
 English Spanish

Best Start
 Busy Moms
 English Spanish

Embarrassment
 English Spanish

Encouragement
 English Spanish

Is Breastfeeding Right for Me
 English Spanish

How to Tell if Baby is Getting Enough Breast Milk

Breastfeeding is Best

Certificate of Recognition **Pink**

Certificate of Recognition **Blue**

PEER COUNSELING

Moms Helping Moms
 English Spanish

GENERAL WIC INFORMATION

Using Fruit & Vegetable Checks
 English Spanish

Answering your Questions About WIC
 English Spanish

Tips for a Successful WIC Shopping Journey
 English Spanish

OTHER

| | |
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| | Toothbrushes |
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