

# Infants and Toddlers



## Infants

(From [Connecticut WIC](#))

Congratulations new parents! WIC staff know that you want to give your baby the best possible start in life. It is never too early to set the stage for healthy eating habits. You can do this by starting out feeding your baby your custom-made

breast milk.

Then, when your baby shows he is ready for solid foods (around six months); slowly start new foods, one at a time. WIC provides infant cereal and baby vegetables and fruits when your baby is 6 months old. Babies that are fed only breast milk also receive jarred baby food meats.

Your baby will grow [quickly in the first year of life](#); what you, as the expert on your little one, choose to feed her has a lifetime effect on health and weight gain.

### ***What to Expect When You Come to WIC?***

During your WIC visit, the Nutritionist would love to hear all about your baby. She/he wants to listen to all of your hopes and dreams for your little one. This allows her/him to make a plan just for you and your baby around foods, playtime and general health. WIC staff hears questions all the time from moms about these topics:

- ☺ [Breastfeeding](#)
- ☺ How to start healthy feeding habits
- ☺ Baby growth
- ☺ Baby safety

If you would like, she/he can also share information on well-child visits, including [immunizations](#) and other resources that are important to your baby's well-being.

You will be asked to give health-related information about your baby like weight, height and feeding habits.

Your WIC nutritionist uses the information to:

- ♥ Support you in breastfeeding your baby.
- ♥ Support you as the expert on your baby's eating habits and provide you with information to

share with your baby's other care providers, like his Dad, grandma or day care.

- ♥ Talk with you about normal infant feeding patterns and review age appropriate foods to offer to your baby.
- ♥ Work with you to trouble-shoot [feeding challenges](#) that are common in the first year of life.
- ♥ Check your baby's growth to make sure he is developing well.
- ♥ Talk with you about how to store and make foods safely to stay free of food-related illnesses.

## Toddlers & Children

To your child you are a HERO! And we all know heroes have special powers. We want WIC to be your special power. We're glad you are thinking about joining the WIC Program for your child. WIC is much more than the healthy foods that you receive for your child or children.

Our WIC staff is here to support your family's goals towards living healthy and [active](#) lives. The Nutritionists at WIC will check your child's growth, encourage healthy foods, offer tested recipe ideas and tips to make mealtimes fun. Staying with WIC until your child turns five years old is worth the time that you will spend. WIC staff respects you and your choices about feeding your children.



### ***What to Expect When You Come to WIC?***

We can't wait to meet your child! We are here to serve you as a mom, parent or guardian of a child WIC participant. We have free nutrition education from trained staff, referrals for other important services and programs that your child may qualify for. eWIC cards are used to buy yummy foods so your child can grow up healthy and become all he can be!

You will be asked to give WIC staff information on your child's health and eating habits, blood test results, and recent weights and heights from your child's routine well-child doctor's appointments.

Your WIC nutritionist uses the information to:

- ♥ Check in with you to ensure your child visits their doctor for [regularly scheduled physicals](#).
- ♥ Discuss with you how your [child is growing](#) and address any concerns you may have.
- ♥ Share information with you on how to keep your [child healthy](#) and [safe from diet related](#) problems.

♥ Support your choice to feed your [child a variety of foods](#) that provide good nutrition to help them grow normally.

At WIC we know **there's no power like mom power**. We believe you are a positive influence in your children's lives. Your WIC Nutritionist can work with you so you can develop healthy eating habits for life for your kids. Use the WIC checks to offer your 2 -5 year old fat free or low-fat (1%) milk.

**Happy Kids, Happy Tummy**. Your WIC Nutritionist can talk with you about simple ways to help your kids eat more whole grains. Your WIC checks can help you serve your little ones whole grain versions of their favorite bread, cereal or rice. And, eating more whole grains that are higher in fiber can make potty time easier, too.

**You are your child's first teacher. They learn from watching you**. Eat fruits and veggies and your kids will too. Your WIC nutritionist can offer easy, tasty recipes to add more color to your family meals. Ask us how to use your eWIC card to buy fresh, local produce.