

Maryland WIC Train-the-Trainer Program - 2010

WIC Counseling [PPT]

1A- Diversity Lesson Plan [WORD]

1b - Diversity PowerPoint

1C - Diversity Speaker Answer Sheet [WORD]

2A - Preventing Child Obesity Physical Activity [PDF]

2A1 - Physical Activity Spanish [PDF]

2A2 - Moving Spanish [PDF]

2A3 - Television Spanish [PDF]

2B - Preventing Child Obesity - Food [PDF]

2B1 - Mealtime Spanish [PDF]

2C - Preventing Child Obesity - Snacks [PDF]

2C1 - Snacks Spanish [PDF]

2D - Preventing Child Obesity - Limiting Juice [PDF]

2D1 - Thirsty Spanish [PDF]

2E - Preventing Child Obesity - Fast Food [PDF]

2E1 - Fast Food Spanish [PDF]

3A - Parenting Lesson Plan [WORD]

3B - Parenting Tips [WORD]

3C - Bright Futures Handouts 1 [PDF]

3D - Positive Parenting Handouts [PDF]

3E - Bright Futures Handouts 2 [PDF]

4A - Difficult Situations Lesson Plan [WORD]

4B - Answer Sheet [WORD]

4C - Bereavement Resources [WORD]

4D - Difficult Situations PowerPoint

5 - Conversation Starters [WORD]

6A - Picky Eaters Pictures [WORD]

6B - Picky Eaters Pictures [WORD]

6B1 - Healthy Weight Gain [WORD]

6B2 - Healthy Weight Gain Lesson Plan [WORD]

6B3 - Healthy Weight Gain Foods [WORD]

6C - Picky Eaters Lesson Plan [WORD]

6C - Picky Eaters Pictures [WORD]

Picky Eaters Worksheets [WORD]:

Fresh Fruit

Other Fruit

Healthy Fats

High Protein

Peanut Butter

Vegetable

7.1 - How to Keep the Doctor on Your Side Lesson Plan [WORD]

7.2 - 10 Steps: How to Keep the Doctor on Your Side [WORD]

8A - Distracted Participants PowerPoint

8B - Distracted Participants Lesson Plan [WORD]

Videos: