

## ZOBEY

### Searching for a Rainbow Coloring sheets

Stock no. 13-06-12560

English/Spanish

4/07

Bilingual coloring sheets that reinforce the messages in the Adventures of Zobey, Searching for a Rainbow DVD.

*Order from WIC Warehouse. Use Texas WIC Materials Order Form..*



### Zobey Poster

Stock no. 13-06-12561

English/Spanish

3/07

This colorful clinic poster can be used to advertise the Zobey materials.

*Order from WIC Warehouse. Use Texas WIC Materials Order Form*



### Zobey Stickers

Stock no. 13-06-12578

English

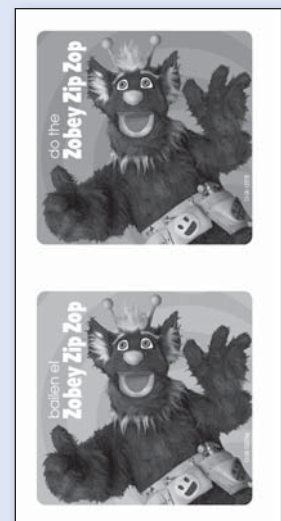
4/07

Stock no. 13-06-12578a

Spanish

These colorful stickers advertise the Zobey materials and reinforce the Zobey video.

*Order from WIC Warehouse. Use Texas WIC Materials Order Form*



## Zobey Drinks Magnet



Stock no. 13-06-12579

Stock no. 13-06-12579a

5/07

This colorful magnet reminds families that it is important to drink water be active and play everyday. It also teaches parents how much juice, milk and water children need each day.

**Order from WIC Warehouse. Use Texas WIC Materials Order Form.**

NEW

## Searching for a Rainbow Take Home Lesson No. SP-000-28

English/Spanish

4/07

Lesson is designed for families with children ages 2 and up. It should accompany a copy of The Adventures of Zobey Searching for a Rainbow DVD. Lesson includes information on the importance of physical activity and healthy drinks for healthy kids.

**Order from WIC Warehouse. Use Texas WIC Materials Order Form.**

• Clinics will only be sent one initial copy duplicate for participants.

NEW



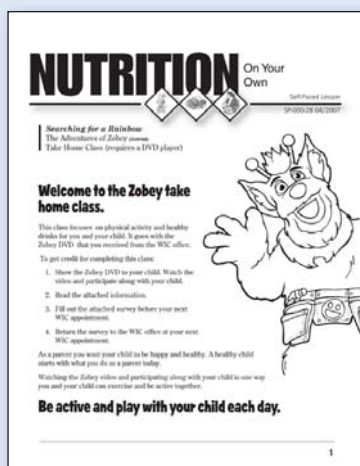
## The Adventures of Zobey, Searching For A Rainbow Group Class Lesson GD-000-07

English/Spanish

4/07

This class gets everyone up and moving. It is designed for families with children ages 2 and up. During this class participants dance to the Zobey video and learn about the importance of physical activity and healthy drinks.

**Order from WIC Warehouse. Use Texas WIC Materials Order Form.**



NEW



Texaswic.org is an educational website specifically for WIC participants. WIC participants with internet access can complete their NE classes online, on their own time.

**COMING SOON:  
5 NEW  
WEB LESSONS.**

**[www.texaswic.org](http://www.texaswic.org)**

## Lessons and Videos

The lessons and videos in this section are available from the Texas WIC state office. The videos with an asterisk by the video title can be purchased or borrowed; use the information provided under the video title. Call the publications coordinator at (512) 458-7111, ext. 3418, for questions concerning ordering the videos and lessons in this section.

| Lesson Code                         | Breastfeeding (BF)  | Accompanying Video (if any)   |
|-------------------------------------|---|---|
| <b>BF-000-08</b><br>English/Spanish | <b><i>Benefits of Breastfeeding</i></b><br>Motivational lesson, consisting of discussion and bingo game, for women trying to decide whether to breastfeed. Discusses benefits. (4/95)   | No video  |
| <b>BF-000-09</b><br>English         | <b><i>Giving You the Best That I've Got, Baby</i></b><br>Motivational and informative lesson that targets pregnant African-American women. Uses discussion to involve participants. Encourages class discussion of the benefits of breastfeeding. (4/95)  | <b><i>Giving You The Best That I've Got, Baby</i></b><br><b>Stock no. 5955</b><br>Johns Hopkins University, Maryland WIC  |
| <b>BF-000-12</b><br>English/Spanish | <b><i>Infant Feeding Cues</i></b><br>How-to lesson shows many examples of correct breastfeeding techniques. Video produced without narration so the instructor can narrate, pause the video, and discuss each section. (2/98)   | <b><i>Infant Feeding Cues*</i></b><br>Order directly from Markit Video at <a href="http://www.omikron.pwp.blueyonder.co.uk/markit/BF8.htm">http://www.omikron.pwp.blueyonder.co.uk/markit/BF8.htm</a> |
| <b>BF-000-13</b><br>English/Spanish | <b><i>A Helping Hand for Breastfeeding Moms</i></b><br>Motivational discussion lesson for pregnant or breastfeeding moms and their families. Discusses ways family members can help support the breastfeeding mom and baby. Explains why family support is important to breastfeeding success. Covers milk production. (2/98) | <b><i>Breastfeeding and the Family</i></b><br><b>Stock no. 6609</b><br>Produced by DSHS   |
| <b>BF-000-14</b><br>English/Spanish | <b><i>The Best Investment</i></b><br>Motivational discussion and activity lesson encourages breastfeeding and explains why breastfeeding is an investment in your child's health. (7/98)  | No video<br>Discussion and activity   |
| <b>BF-000-15</b><br>English/Spanish | <b><i>Teen Breastfeeding: Why Breastfeed?</i></b><br>Motivational and instructional lesson designed to target teens. (2/99)   | <b><i>Why Breastfeed?</i></b><br><b>Stock no. 7456</b> — English<br><b>Stock no. 7612</b> — Spanish<br>Enjoy Productions  |
| <b>BF-000-18</b><br>English/Spanish | <b><i>The Best Thing</i></b><br>Motivational and instructional lesson encourages pregnant moms to breastfeed. Discussion covers benefits of breastfeeding and informs moms about who they can talk to if they have questions or concerns about breastfeeding. (5/99)  | <b><i>The Best Thing</i></b><br><b>Stock no. 7438</b><br>Produced by DSHS   |
| <b>BF-000-23</b><br>English/Spanish | <b><i>A Mother's Guide to Breastfeeding</i></b><br>Management and discussion interactive lesson. Answers concerns on how to avoid sore nipples, how to discreetly breastfeed in public, and who to call for help and information. (1/04)  | <b><i>A Motherguide to Breastfeeding</i></b><br><b>Stock no. 74128</b><br>Produced by DSHS  |
| <b>BF-000-27</b><br>English/Spanish | <b><i>Breast is Best: Scientifically Proven Benefits of Breastfeeding</i></b><br>Motivational and instructional lesson discusses the scientifically proven benefits of breastfeeding. (9/02)  | <b><i>The Benefit of Breastfeeding</i></b><br><b>Stock no. 7106</b><br>Eagle Productions  |

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| <b>BF-000-28</b><br>English/Spanish | <b>Breastfeeding Rummy</b><br>Motivational breastfeeding lesson for pregnant WIC participants. Participants learn the benefits of breastfeeding and how to resolve common concerns about breastfeeding while playing a card game. (10/03)  | No video<br>Card game   |
| <b>BF-000-29</b><br>English/Spanish | <b>Breastfeeding and Returning to Work</b><br>Motivational lesson appropriate for pregnant women and newly breastfeeding moms considering continuing breastfeeding after returning to work or school. Helps women identify tips for approaching their employer about pumping at work and activities they can do before returning to work to make it easier to continue breastfeeding. (3/04) | <b>Breastfeeding and Returning to Work</b><br><b>Stock no. 7718</b><br>Eagle Productions  |
| <b>BF-000-30</b><br>English/Spanish | <b>Breastfeed: That's the Ticket!</b><br>Motivational and instructional breastfeeding lesson for pregnant WIC participants. Gives pregnant moms useful tools and confidence to handle barriers and myths about breastfeeding and other common breastfeeding situations the mother may encounter in the hospital. (11/03)   | No video<br>Card game   |
| <b>BF-000-31</b><br>English/Spanish | <b>To Baby, With Love: Overcoming Breastfeeding Barriers</b><br>Motivational Lesson appropriate for pregnant women, expecting fathers, and other family or friends of the pregnant participant. It covers many of the common barriers to breastfeeding such as pain, embarrassment, and lack of support from family and friends. (4/04)  | <b>To Baby, With Love: Overcoming Breastfeeding Barriers</b><br>VHS and DVD<br><b>Stock no. 7781</b><br>Produced by DSHS                        |
| <b>BF-000-32</b><br>English/Spanish | <b>How to Get Breastfeeding Off to a Good Start</b><br>Lesson for pregnant participants, expecting fathers, and other family or friends of the pregnant participant. Designed to educate participants on techniques for successful breastfeeding and covers benefits, positioning and latch-on, early breastfeeding management and who and when to call for help. (10/04)                    | <b>Valerie's Diary</b><br><b>Stock no. 7212</b> English/Spanish<br><b>Stock no. 7134</b> English only,<br>closed captioned<br>Injoy Productions |
| <b>BF-000-33</b><br>English/Spanish | <b>A Mother's Gift</b><br>Lesson addresses the emotional benefits of breastfeeding and is appropriate for pregnant participants as well as the father of the baby and any other family members or friends.   | <b>A Mother's Gift</b><br><b>Stock no. 7807</b><br>English/Spanish  |
| <b>BF-000-34</b>                    | <b>The Comfortable Latch: A Guide to Successful Breastfeeding</b><br>Designed to teach pregnant and breastfeeding women the technique of chin-led latch and nipple self-assessment. Covers infant hunger and satiety cues and how to tell if the breastfed baby is getting enough to eat. It is appropriate for pregnant women and their support people. (8/06)                              | <b>The Comfortable Latch: A Guide to Successful Breastfeeding</b><br><b>Stock no DV0044, or VHS 7866</b><br>Produced by DSHS                    |
| <b>Child Feeding (CF)</b>           |  |   |
| <b>CF-000-06</b><br>English/Spanish | <b>Smart Snacking for Children</b><br>Lesson shows two mothers' ways to feed children healthy snacks by interacting with their children in the kitchen and at the playground. Motivates viewers to feed their children healthy snacks by showing fun, colorful recipes. (10/95)  | <b>Smart Snacking for Children</b><br><b>Stock no. 5935</b><br>United Learning  |

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| <b>CF-000-08</b><br>English/Spanish | <b>Watching Your Child's Weight: Healthy and Tasty Cooking Demonstrations for the Family</b><br>Activity and discussion lesson discusses ways to cut out fat in food preparation and includes a sample low-fat pizza snack. (7/96)  | <b>No video</b><br>Activity discussion   |
| <b>CF-000-09</b><br>English/Spanish | <b>Watching Your Child's Weight: How Do You Get Your Child to Eat, But Not Too Much?</b><br>Activity and discussion lesson deals with the negative consequences of forcing a child to eat and of serving too much food. Also provides tips for making mealtimes enjoyable for children. (7/96)                            | <b>No video</b><br>Activity discussion   |
| <b>CF-000-10</b><br>English/Spanish | <b>Watching Your Child's Weight: Don't Use Food as a Reward or Punishment</b><br>Discussion lesson deals with inappropriate use of food as a reward for children. Tells how setting limits can prevent a child from becoming overweight. (7/96)   | <b>No video</b><br>Discussion  |
| <b>CF-000-11</b><br>English/Spanish | <b>Watching Your Child's Weight: Grocery Store Tour — Shopping for Healthy Snacks for Kids</b><br>Discussion and activity lesson identifies healthy snacks for children. Healthful snacks are sampled during the lesson. (7/96)   | <b>No video</b><br>Activity discussion   |
| <b>CF-000-14</b><br>English/Spanish | <b>Food for Thought</b><br>Discussion lesson examines ways to prevent behavior problems at mealtime and to feed a picky eater. (4/97)   | <b>Food for Thought</b><br><b>Stock no. 6039</b><br>United Learning                    |
| <b>CF-000-15</b><br>English/Spanish | <b>Child Obesity: Lily Faces a Problem</b><br>Discussion and activity lesson illustrates the importance of healthy eating habits, physical activity, and meal planning for children. Gives ideas for quick and easy snacks and meals. (8/97)  | <b>Child Obesity: Lily Faces a Problem</b><br><b>Stock no. 7440</b><br>United Learning |
| <b>CF-000-17</b><br>English/Spanish | <b>Feeding Your Child 1–3 Years</b><br>Lesson shares the experiences of three families in feeding their 1–3-year-old toddlers and covers a variety of topics related to feeding toddlers. (8/00)  | <b>Feeding Your Child 1–3 Years</b><br><b>Stock no. 7442</b><br>Produced by DSHS       |
| <b>CF-000-18</b><br>English/Spanish | <b>Breakfast Is for Champions</b><br>Lesson encourages eating breakfast every day for a better start. Discusses the benefits of eating breakfast. Gives ideas about foods that are easy to eat for breakfast and making time for breakfast. (8/02)  | <b>A Healthy Body Suits Me</b><br><b>Stock no. 7462</b><br>Produced by DSHS            |
| <b>CF-000-19</b><br>English/Spanish | <b>Bring the Outside In</b><br>Lesson discusses how regular physical activity benefits families and how it can be part of the daily routine. (8/02)   | <b>A Healthy Body Suits Me</b><br><b>Stock no. 7462</b><br>Produced by DSHS            |
| <b>CF-000-20</b><br>English/Spanish | <b>Making Grocery Shopping Pleasant</b><br>Discussion lesson with tips for parents on limiting the influence of ads on their child's demands for fast food or junk food. (11/03)  | <b>No video</b>  |
| <b>CF-000-21</b><br>English/Spanish | <b>Healthy Drinks for Healthy Kids</b><br>Lesson for moms and older children to work on together in class. Covers avoiding sodas and other sweet drinks, and encourages children to have water instead. Discusses the amount of juice and milk to have each day. Includes a coloring sheet for the children to take home. | <b>No video</b>  |

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| <b>CF-000-22</b><br>English/Spanish | <b>Tips for Making Family Life Easier</b><br>Lesson identifies the advantages for eating meals together as a family and how to handle their children's requests for chips, sodas and sweets.   | <b>No video</b><br>Discussion/Activity   |
| <b>CF-000-23</b><br>English/Spanish | <b>I'm Not a Baby Anymore: Tips for Feeding Toddlers</b><br>This lesson explores common toddler feeding behaviors. Common sense advice is provided to parents to deal with the challenging situations related to feeding a toddler and is appropriate for parents of children 12-24 months. 11/06  | <b>I'm Not a Baby Anymore: Tips for Feeding Toddlers</b><br><b>Stock no. DV0101</b><br>Produced by Lemon-Aid Films, Inc. |
| <b>Children (CH)</b>                |  |  |
| <b>CH-000-07</b><br>English/Spanish | <b>Breastfeeding Kidvid</b><br>Children's activity lesson talks about different kinds of mammals and how they feed their babies. Teaches that each mother's milk is best for her baby. (1997)  | <b>Mommy's Milk for Mommy's Baby</b><br><b>Stock no. 5505</b><br>Produced by DSHS  |
| <b>CH-000-08</b><br>English/Spanish | <b>Let's Read! Lunch</b><br>Children's lesson using the book <i>Lunch</i> encourages eating different kinds of fruits and vegetables. Encourages parents to read to their children. Each local agency will need to purchase the book. (3/97)   | <b>No video</b><br>Reading lesson<br>Purchase book by Denise Fleming   |
| <b>CH-000-09</b><br>English/Spanish | <b>Let's Read! Bread, Bread, Bread</b><br>Children's lesson for ages 2 to 5 years using the book <i>Bread, Bread, Bread</i> . Discusses the variety of breads from different cultures. Teaches how bread is made and which other foods contain bread. Encourages parents to read to their children. Each local agency will need to purchase the book.  | <b>No video</b><br>Reading lesson<br>Purchase book by Ann Morris   |
| <b>CH-000-10</b><br>English/Spanish | <b>Let's Read! Eating the Alphabet: Fruits and Vegetables from A to Z</b><br>Children's reading and activity lesson for ages 2 years and older using the book <i>Eating the Alphabet: Fruits and Vegetables from A to Z</i> . Children will learn about the variety of fruits and vegetables. Each local agency will need to purchase the book. (3/97) | <b>No video</b><br>Reading lesson<br>Purchase book by Lois Ehlert  |
| <b>CH-000-11</b><br>English/Spanish | <b>Let's Read! Tops &amp; Bottoms</b><br>Children's reading and activity lesson for ages 3 years and older using the book <i>Tops &amp; Bottoms</i> . Children learn the name of one vegetable that grows above the ground and one that grows below ground. Each local agency will need to purchase the book. (7/99)                                   | <b>No video</b><br>Reading lesson<br>Purchase book by Janet Stevens  |
| <b>CH-000-12</b><br>English/Spanish | <b>Let's Read! Oliver's Vegetables</b><br>Children's reading and activity lesson for ages 3 to 5 years using the book <i>Oliver's Vegetables</i> . Children will experience new vegetables by sight, touch, and taste. Each local agency will need to purchase the book. (6/99)  | <b>No video</b><br>Reading lesson<br>Purchase book by Vivian French  |
| <b>CH-000-13</b><br>English/Spanish | <b>Let's Read! D.W. the Picky Eater</b><br>Children's reading and activity lesson for ages 3 to 5 years using the book <i>D.W. the Picky Eater</i> . Encourages children to try new foods. Each local agency will need to purchase the book.   | <b>No video</b><br>Reading lesson<br>Purchase book by Marc Brown   |
| <b>CH-000-14</b><br>English/Spanish | <b>Something Good for Babies</b><br>Lesson teaches children between the ages of 2 and 5 years the importance of mother's milk in providing good nourishment for babies. (2/01)   | <b>No video</b><br>Discussion lesson   |

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|---|--|---|
| <b>CH-000-15</b><br>English/Spanish               | <b>Mammal Baby Bingo</b><br>Children’s bingo game. (2/04)  | <b>No video</b><br>A bingo game   |
| <b>CH-000-16</b><br>English/Spanish               | <b>Let’s Read!</b> Growing Vegetable Soup<br>Children’s reading lesson using the book <i>Growing Vegetable Soup</i> . Promotes eating vegetables by talking about how people grow them in gardens. (11/03)   | <b>No video</b><br>A reading lesson<br>Purchase book by Lois Ehlert   |
| <b>CH-000-17</b><br>English/Spanish               | <b>Let’s Read!</b> I Know an Old Lady Who Swallowed a Pie<br>Children’s reading lesson using the book <i>I Know an Old Lady Who Swallowed a Pie</i> . Covers portion control from a humorous angle. (11/03)  | <b>No video</b><br>Purchase book by Alison Jackson  |
| <b>CH-000-18</b><br>English/Spanish               | <b>Let’s Read!</b> Breastmilk Makes My Tummy Yummy<br>Children’s reading lesson using the book <i>Breastmilk Makes My Tummy Yummy</i> . Discusses a baby who is breastfeeding and where babies get their food. (5/03)  | <b>No video</b><br>Reading lesson<br>Purchase book by Cecilia Moen  |
| <b>CH-000-19</b><br>English/Spanish               | <b>Let’s Read!</b> We Like to Nurse<br>Children’s lesson on how mommies nurse their babies just like animals nurse their young. Appropriate for ages 2,3, and 4 and can be used as a class or activity for children.   | <b>No video</b><br><b>Reading lesson</b><br><b>Purchase the book by Chia Martin</b>   |
| <b>CH-000-20</b><br>English/Spanish               | <b>Mealtime is Family Time: Mealtime Matters</b><br>This is an excellent discussion lesson where parents learn about the division of responsibility as a parenting technique to avoid common mealtime struggles such as picky eaters and food jags.  | <b>No video</b><br><b>Discussion</b>  |
| <b>Dental Health (DH)</b>                         |  |   |
| <b>DH-000-03</b><br>English/Spanish<br>Vietnamese | <b>Take Time for Teeth</b><br>Lesson discusses how and why parents should keep their own mouth and their baby’s mouth healthy. It demonstrates how to check the baby’s mouth for white spots or potential cavities, and includes information on dental checkups, dental sealants, and baby-bottle tooth decay. (11/97) | <b>Take Time for Teeth</b><br><b>Stock no. 6571</b><br>Produced by DSHS   |
| <b>DH-000-04</b><br>English/Spanish               | <b>Healthy Teeth: A Guide for Parents of Preschoolers — Part A</b><br>Lesson identifies the causes of tooth decay and gives suggestions for healthy snacks. Part A covers dental health for children ages 2 years and younger. (3/99)  | <b>Healthy Teeth: A Guide for Parents of Preschoolers</b><br><b>Stock no. 5253</b> — English<br><b>Stock no. 6021</b> — Spanish<br>Produced by DSHS |
| <b>DH-000-05</b><br>English/Spanish               | <b>Healthy Teeth: A Guide for Parents of Preschoolers — Part B</b><br>Part B covers dental health for children 3 and older, including care of the primary teeth, thumb sucking, tooth decay, and good dental habits. Covers what to expect at a dental visit. (3/99)   | <b>Healthy Teeth: A Guide for Parents of Preschoolers</b><br><b>Stock no. 5253</b> — English<br><b>Stock no. 6021</b> — Spanish<br>Produced by DSHS |



## Food Economics (FE)

**FE-000-05**

English/Spanish

**Sally Gets Her Money's Worth:**

**Economical Food Choices**

Lesson discusses economical shopping tips and using unit-price labels to get the best value. Two videos are available for use with this lesson. (1/98)

**Sally Gets Her Money's Worth:**

**Economical Food Choices**

**Stock no. 7071**

Produced by DSHS

or

**Supermarket Smarts:**

**The 5 A Day Way**

**Stock no. 7453**

Boyd Products

## Food Groups (FG)

**FG-000-04**

English/Spanish

**5 A Day Bingo**

Uses the materials in the 5 A Day white notebooks (one in English and one in Spanish). (1/97)

**No video**

Bingo game

**FG-000-06**

English/Spanish

**MyPyramid: Simple Steps for Healthy Living**

This activity lesson helps participants to explore the different food groups in the video and discover simple steps to incorporate the MyPyramid food guidelines into their daily lives.

**My Pyramid: Simple Steps for Healthy Living**

**Stock no. DV0039**

## Food Safety (FS)

**FS-000-02**

English/Spanish

**Kitchen Food Safety — Fight Bacteria**

Activity lesson highlights four areas of food safety: clean, separate, cook, and chill. Provides participants with practical tips for preventing bacterial growth in their kitchen.

**No video**

Activity lesson

## Growth & Development (GD)

**GD-000-01**

English/Spanish

**Growing Healthy Families Through Physical Activity**

Interactive lesson encourages participants to learn about the benefits of physical activity, and to set physical activity goals for their family. (6/00)

**No video**

Interactive lesson

**GD-000-02**

English/Spanish

**Let's Get Our Body Moving**

Activity lesson encourages children to be active by using different animals as examples. For children ages 1–5 years. (7/00)

**No video**

Activity lesson

**GD-000-03**

English/Spanish

**Being Active as a Family**

Lesson gives ideas on how to get families involved in regular physical activity and eating a healthy diet. Discusses safety tips for exercising indoors with children. (12/03)

**Being Active as a Family**

**Stock no. 7721, closed captioned**

Produced by United Learning

**GD-000-04**

English/Spanish

**Get Active at Home with Zowzoo**

Lesson accompanies a take-home activity video to encourage children to increase their physical activity at home. Works best for families with children ages 3 to 5.

**Stock no. DVD 7819 English/Spanish**

**Stock no. VC 7819 Spanish**

**GD-000-06**

English/Spanish

**Fit Families, Effortless Exercise**

Lesson and video provide participants with strategies for incorporating physical activity into their daily routines, and identify activities that their family members can do together. (9/06)

**Fit Families, Effortless Exercise Video**

**Stock no. DVD 0007**

Produced by DSHS

## General Nutrition (GN)

|                                     |  |   |
|-------------------------------------|--|---|
| <b>GN-000-06</b><br>English/Spanish | <b><i>¿Grasa? ¡No Gracias! (Say No to Fat)</i></b><br>Lesson shows the health benefits of lowering fat in the diet and how to make a positive change in eating habits. (4/97)  | <b><i>¿Grasa? ¡No Gracias! (Say No to Fat)</i></b><br><b>Stock no. 7072</b><br>Produced by DSHS   |
| <b>GN-000-07</b><br>English only    | <b><i>Small Changes, Big Differences</i></b><br>Lesson discusses low-fat and high-fat foods and dietary changes that can lower fat consumption. (4/97)   | <b><i>Small Changes, Big Differences</i></b><br><b>Stock no 7452</b><br>Produced by DSHS  |
| <b>GN-000-08</b><br>English/Spanish | <b><i>Fruits and Vegetables: Lily Bets on Five A Day</i></b><br>Lesson discusses different ways to incorporate five servings of fruits or vegetables into the daily diet. Two videos are available for use with this lesson. (2/98)        | <b><i>Fruits and Vegetables: Lily Bets on Five A Day</i></b><br><b>Stock no. 7446</b><br>United Learning<br><br>or<br><b><i>Supermarket Smarts: The 5 A Day Way</i></b><br><b>Stock no. 7453</b><br>Boyd Products |
| <b>GN-000-09</b><br>English/Spanish | <b><i>Milk Comparison</i></b><br>Discussion lesson examines the different types of milk, compares total calories per serving and grams of fat per serving, and discusses the types of milk recommended for adults and for children. (2/98) | <b>No video</b><br>Discussion and activity lesson   |
| <b>GN-000-10</b><br>English/Spanish | <b><i>Food Demonstrations: Orange Froth and Frozen Chocolate Banana</i></b><br>Demonstration lesson discusses the benefits of fruits and provides discussion outlines for two separate food demonstrations. (11/98)                        | <b>No video</b><br>Food-demonstration lesson  |
| <b>GN-000-11</b><br>English/Spanish | <b><i>Quick and Easy Vitamin A Food Demonstration: Vitamin A Salad</i></b><br>Demonstration lesson discusses those fruits and vegetables with vitamin A and gives the benefits of vitamin A. (11/98)                                       | <b>No video</b><br>Food-demonstration lesson  |
| <b>GN-000-13</b><br>English/Spanish | <b><i>Lily Does Lunch: Nutrition at Noon</i></b><br>Lesson discusses the importance of eating a nutritious lunch and eating 5 A Day, and gives creative tips for brown-bag lunches. (1/00)   | <b><i>Lily Does Lunch: Nutrition at Noon</i></b><br><b>Stock no. 7116</b><br>United Learning  |
| <b>GN-000-14</b><br>English/Spanish | <b><i>Have a Healthy Family</i></b><br>Lesson is the flip chart. (2/02)  | <b>No video — use “A Healthy Family” flip chart</b>   |
| <b>GN-000-15</b><br>English/Spanish | <b><i>Understanding Super-Sized Portions</i></b><br>Lesson gives strategies to help families reduce portion sizes when eating out in order to maintain a healthy weight. (5/03)  | <b><i>Families Moving Towards Fitness</i></b><br><b>Stock no. 7600</b><br>Produced by DSHS  |
| <b>GN-000-16</b>                    | <b><i>Fit Families, Portion Awareness</i></b><br>Lesson and video discuss practical tips for controlling portion sizes. Lesson contains several hands-on portion demonstrations. (10/06)   | <b><i>Fit Families</i></b><br><b>Stock no. DV0007</b><br>Produced by DSHS   |
| <b>GN-000-17</b>                    | <b><i>Fit Families, Smart Snacking</i></b><br>Lesson and video help busy families learn how to pick smart healthy snacks and on-the-go snacks. (10/06)   | <b><i>Fit Families, Smart Snacking</i></b><br><b>Stock no. DV0007</b><br>Produced by DSHS   |

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| <b>GN-000-18</b>                           | <b><i>Fit Families, Grocery Shopping</i></b><br>Lesson and video provide smart, helping grocery shopping habits, including, preparing before shopping, comparing food labels, and dealing with children. (10/06)  | <b><i>Fit Families, Grocery Shopping</i></b><br><b>Stock no. DV0007</b><br>Produced by DSHS |
| <b>GN-000-19</b>                           | <b><i>Let's Get Cooking with Fruits</i></b><br>This lesson includes a class discussion and a cooking video that shows participants how to prepare a banana bread recipe and a fruit crisp recipe. Participants will discuss ideas for using fruits as ingredients in recipes as well as tips for cooking with kids. Also they'll learn basic tips for making healthier baked goods. (11/06) | <b><i>Let's Get Cooking!</i></b> ,<br><b>stock no. DV0037</b><br>Produced by DSHS           |
| <b>GN-000-20</b>                           | <b><i>Let's Get Cooking with Vegetables</i></b><br>This lesson includes a class discussion and a cooking video that features two recipe demonstrations - a broccoli recipe and a zucchini recipe. Participants will learn basic cooking and nutrition tips, as well as guidelines for choosing, storing, and using these vegetables. (11/06)  | <b><i>Let's Get Cooking!</i></b><br><b>Stock no. DV0037</b><br>Produced by DSHS             |
| <b>Infant Feeding (IF)</b>                 |   |   |
| <b>IF-000-09</b><br><i>English/Spanish</i> | <b><i>Infant Feeding Bingo</i></b><br>Activity and game lesson identifies appropriate foods for infants during various months of infancy, signs of developmental readiness, and appropriate feeding methods. (8/99)   | <b>No video</b><br>Bingo game   |
| <b>IF-000-10</b><br><i>English/Spanish</i> | <b><i>Look Who's Eating</i></b><br>Lesson identifies the signs of developmental readiness and appropriate foods and textures for infants 4–8 months of age. (9/99)  | <b><i>Look Who's Eating</i></b><br><b>Stock no. 7450</b><br>Produced by DSHS                |
| <b>IF-000-13</b><br><i>English/Spanish</i> | <b><i>Formula Preparation</i></b><br>Demonstration lesson illustrates proper and sanitary procedures for the preparation and storage of powdered and concentrated formulas. (5/98)  | <b>No video</b><br>Demonstration lesson   |
| <b>IF-000-14</b><br><i>English/Spanish</i> | <b><i>Weaning from the Bottle</i></b><br>Discussion lesson suggests key ways to help moms wean their children from the bottle. Gives signs of readiness for weaning. (1/00)   | <b>No video</b><br>Activity lesson  |
| <b>IF-000-15</b><br><i>English/Spanish</i> | <b><i>Feeding Your Infant 8–12 Months</i></b><br>Lesson discusses developmental feeding cues that infants exhibit from 8 to 12 months of age and the appropriate parental responses to those cues. (9/00)   | <b><i>Feeding Your Infant 8–12 Months</i></b><br><b>Stock no. 7441</b><br>Produced by DSHS  |
| <b>IF-000-16</b><br><i>English/Spanish</i> | <b><i>Baby's First Spoonful: Tips for Starting Solids</i></b><br>Lesson discusses tips for starting babies on solids and telling when babies are developmentally ready. (9/02)  | <b><i>Baby's First Spoonful</i></b><br><b>Stock no. 7581</b><br>Lemon Aide Films, Inc.      |
| <b>IF-000-17</b><br><i>English/Spanish</i> | <b><i>Starting Solid Foods: An Infant Class</i></b><br>Lesson gives information about which foods to give to an infant and why. (11/03)   | <b>No video</b><br>Activity and discussion  |
| <b>IF-000-18</b><br><i>English/Spanish</i> | <b><i>Watch Me Grow</i></b><br>Lesson covers age ranges when infants start infant cereal and begin self-feeding. Parents can learn how to help their infant develop new skills during the stages that occur in the first year. (8/03)   | <b>No video</b><br>Activity and discussion  |

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| <b>IF-000-19</b><br>English/Spanish | <b><i>Tips for Promoting a Healthy Weight During Infancy</i></b><br>Participant-led discussion about establishing healthy feeding practices for your baby. (1/07)  | <b>No video</b><br>Discussion lesson  |
| <b>MN-000-07</b><br>English/Spanish | <b><i>A Healthy Pregnancy</i></b><br>Lesson discusses tips for having a healthy pregnancy, foods rich in nutrients needed in higher quantities during pregnancy, and the importance of avoiding alcohol, tobacco, and other drugs during pregnancy. (4/97)                       | <b><i>A Healthy Pregnancy</i></b><br><b>Stock no. 7448</b><br>United Learning   |
| <b>MN-000-08</b><br>English/Spanish | <b><i>Pregnant and Growing</i></b><br>Lesson topics include recommended weight gain for pregnant teens and healthy eating during and after pregnancy. (2/99)   | <b><i>Pregnant and Growing: Nutrition for Young Moms</i></b><br><b>Stock no. 7451</b><br>United Learning                        |
| <b>MN-000-09</b><br>English/Spanish | <b><i>New Baby Care: Keep Your Baby Healthy and Happy</i></b><br>Lesson discusses practical information on how to feed, comfort, and bathe a new baby and includes information on infant health and safety. Should be used in the last trimester of pregnancy. (6/01)            | <b><i>New Baby Care: Keeping Your Baby Healthy and Happy</i></b><br><b>Stock no. 7370</b><br>Film Ideas Inc.                    |
| <b>MN-000-11</b><br>English/Spanish | <b><i>Your New Baby and Your Budget</i></b><br>Discussion lesson identifies ways breastfeeding can reduce the costs associated with a new baby. Teaches the proper preparation of formula. (7/03)  | <b>No video</b><br>Discussion lesson  |
| <b>MN-000-12</b><br>English/Spanish | <b><i>Dental Health During Pregnancy</i></b><br>This lesson discusses the importance of healthy teeth during pregnancy. This lesson includes a <i>Healthy Teeth Bingo</i> game. (10/03)  | <b><i>Dental Health and Pregnancy</i></b><br><b>Stock no. 7476</b><br>United Learning<br><b><i>Healthy Teeth Bingo</i></b> game |
| <b>MN-000-13</b><br>English/Spanish | <b><i>Being Active During and After Pregnancy</i></b><br>Lesson contains information on the importance of being active and having a healthy diet during pregnancy. (12/03)   | <b><i>Being Active During and After Pregnancy</i></b><br><b>Stock no. 7475</b><br>United Learning                               |
| <b>MN-000-14</b><br>English/Spanish | <b><i>Keen Eye on the Small Fry</i></b><br>In this wry parody of a reality tv show, a mother-to-be has the health make-over of a lifetime. This lesson focuses on healthy food choices and weight gain during pregnancy. (4/06)  | <b><i>Keen Eye on the Small Fry Video</i></b><br><b>Stock no. DV0098</b><br><b>Stock no. VHS 7873</b><br>Produced by DSHS       |
| <b>Nutrition Risk (NR)</b>          |  |   |
| <b>NR-000-10</b><br>English/Spanish | <b><i>Diabetes Matters to Your Family</i></b><br>This lesson teaches about diabetes in three demonstration stations. Includes basic information on gestational, type 1, and type 2 diabetes; the complications of diabetes; and basic information on diabetes prevention. (1/04) | <b>No video</b><br>Activity and discussion  |
| <b>NR-000-11</b><br>English/Spanish | <b><i>Still Smoking: Lily Helps</i></b><br>Lesson discusses the harmful effects of smoking during pregnancy and ways to stop smoking. (5/00)   | <b><i>Still Smoking: Lily Helps</i></b><br><b>Stock no. 7136</b><br>United Learning   |
| <b>NR-000-12</b><br>English/Spanish | <b><i>For Goodness Sake! Prevent Anemia</i></b><br>Lesson discusses iron-deficiency anemia, foods high in iron, foods high in vitamin C, and the preparation of four iron-rich dishes. (8/02)  | <b><i>For Goodness Sake! Prevent Anemia</i></b><br><b>Stock no. 7460</b><br>University of California Cooperative Extension      |
| <b>NR-000-13</b><br>English/Spanish | <b><i>Fad Diets</i></b><br>Lesson discusses fad diets, how to recognize the red flags of fad diets and how to set realistic goals for better health.   | <b>No video</b><br>Activity/discussion lesson   |

**NR-000-14**

English/Spanish

**When Christine Got Smart**

Preventing diabetes and heart disease The class covers the prevention of metabolic syndrome and diabetes. It is designed to motivate WIC mothers to take steps to control the weight of themselves and their families. It is in the form of a skit. Two people can perform the skit. The performance requires only a few feet of space and very little set up. It is a fun way to reach clients emotionally about weight control and the prevention of diabetes.

**No Video**

Download from the WIC Website <http://www.dshs.state.tx.us/wichd/nut/pdf/NR-000-14WhenChristinaGotSmart.pdf>

**NR-000-15**

English/Spanish

**What's So Big About Portion Size?**

This lesson can be used as a general class. It has an activity in which mothers and children make bags to take home which are 1/4, 1/2 and 1 cup portion sizes. The class also looks at two portion sizes for different foods. The clients guess the calories in each portion. There is also a handout that shows standard portions for adults and children. (7/06)

**No Video**

Activity/Discussion

**Nutrition (NT)**

**NT-000-06**

English/Spanish

**Folic Acid: What Every Woman Needs**

Group lesson discusses neural-tube defects, the role of folic acid in their prevention, and the need for folic acid for all women of childbearing age. Appropriate for postpartum women. (3/02)

**Folic Acid: What Every Woman Needs**

**Stock no. 7382**

United Learning

**Poster Board (PB)**

**PB-000-01**

English

**Calci-yum Bulletin Board Interactive Lesson**

Contains all bulletin-board pieces, directions, and lesson materials. Two other packages hold recipes on the bulletin board. To replace only part of the bulletin board-interactive lesson, order only the package you need. Borders, stock no. 13-06-12053 -, Recipe Sheet No. 1, stock no 13-06-12045, and Recipe Sheet No. 2, stock no. 13-06-12055. All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: <http://www.dshs.state.tx.us/wichd>. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons.7/05

**No Video**

Bulletin Board

Borders, Stock no 13-06-12253. The borders show pictures of fruits and vegetables on a yellow background. Recipe Sheets, stock no English 13-06-12254 and Spanish 13-06-12254A. Each recipe sheet set has sixteen recipes for fruits and vegetables.

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| <p><b>PB-000-02</b><br/>English/Spanish</p> | <p><b>Add a Little Color to Your Life: Portion Sizes</b><br/>The bulletin board covers information on eating fruits and vegetables, vitamins and phytochemicals. A very limited number of the bulletin board materials, including everything but the borders and recipe sheets can be ordered using stock number 13-06-12252. All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: <a href="http://www.dshs.state.tx.us/wichd">http://www.dshs.state.tx.us/wichd</a>. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. Recipe sheets can be ordered from the WIC warehouse in bulk.</p>   | <p><b>No Video</b><br/>Bulletin Board</p> |
| <p><b>PB-000-03</b></p>                     | <p><b>Help Yourself to Smaller Helpings- Bulletin Board</b><br/>The bulletin board shows normal and super sized portions. All of the 8.5 X 11 sheets are to be used with this bulletin board and can be printed from the WIC website: <a href="http://www.dshs.state.tx.us/wich">http://www.dshs.state.tx.us/wich</a>. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. 11/05</p>  | <p><b>No Video</b></p>                    |
| <p><b>PB-000-04</b><br/>English/Spanish</p> | <p><b>Beautiful Teeth, Beautiful Smile- Bulletin Board</b><br/>All of the 8.5 X 11 sheets are used with this bulletin board can be printed from the WIC website: <a href="http://www.dshs.state.tx.us/wichd">http://www.dshs.state.tx.us/wichd</a>. Click on Nutrition, then click on lesson plans, and finally click on self paced lessons. Borders for the bulletin board can be ordered separately. 11/05</p>   | <p>Bulletin Board<br/><b>No video</b></p> |
| <p><b>PB-000-05</b><br/>English/Spanish</p> | <p><b>Child's Play Bulletin Board or Self-Paced Interactive Lesson</b><br/>Stock no. 13-06-12365 English/Spanish - This bulletin board provides information on the importance of activity in children's lives. This packet of materials has the title of the bulletin board in English and Spanish, English and Spanish posters with information on the role of exercise in child development, six pictures of children exercising and the cover poster for an envelope containing handouts for the bulletin board.</p> <p>Child's play client questionnaire/handout in English and Spanish Stock no. 13-06-12365-13 and 13-06-12365-13a - This handout is required if you are using the bulletin board as a self-paced lesson. The handouts are in packets of 50. Order your English and Spanish handout packets separately.</p> <p>Borders Stock no. 13-06-13366 - Borders for the bulletin board are ordered separately. The borders are gold with black figures of children doing a variety of physical activities. There are six horizontal borders and four vertical borders in each packet.</p> | <p><b>No Video</b></p>                    |

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| <b>PB-000-06</b><br><i>English/Spanish</i>  | <b><i>Breastfeeding..because your baby deserves the very best</i></b><br>Bulletin Board and Interactive Lesson Stock no. 13-06-12408  | <b><i>No Video</i></b>  |
| <p>The bulletin board lists advantages of breastfeeding for mothers and infants. The packet contains pictures and posters with text for the bulletin board, a handout/client questionnaire, a sample layout sheet, staff and client surveys and a cover sheet.</p>  |   |   |
| <p>All of the 8.5 X 11 sheets which are used with the bulletin board can be printed from the WIC website: <a href="http://www.dshs.state.tx.us/wichd">http://www.dshs.state.tx.us/wichd</a>. Click on Nutrition, the click on lesson plans and finally click on the self-paced lessons. Borders for the bulletin board can be ordered separately.</p> |   |   |
| <p>Borders, Stock no. 13-06-12409 - Six horizontal and four vertical borders in pink, blue, yellow and green. The borders how baby shoes, rattles, safety pins and toys.</p>  |   |   |
| <b>Postpartum Nutrition (PN)</b>  |   |   |
| <b>PN-000-03</b><br><i>English/Spanish</i>  | <b><i>Take Care of Your Baby's Best Friend: Postpartum Women</i></b><br>Discussion lesson focuses on healthy foods that can be prepared quickly and offers tips for a healthy lifestyle. (5/00) | <b><i>No video</i></b><br>Discussion lesson   |
| <b>PN-000-06</b><br><i>English/Spanish</i>  | <b><i>Feeling Great Postpartum: Weight Control Strategies for New Mothers</i></b><br>Lesson for postpartum women discusses weight-control strategies. (5/02)                                    | <b><i>No video</i></b><br>Discussion lesson   |
| <b>PN-000-07</b><br><i>English/Spanish</i>  | <b><i>What Can I Do Besides Eat?</i></b><br>This self-paced lesson gives postpartum women the chance to examine some of their emotional reasons for eating. (11/04)                             | <b><i>No video</i></b>  |
| <b>Reading Book (RB)</b>  |   |   |
| <b>RB-000-14</b><br><i>English/Spanish</i>  | <b><i>Feed Your Child's Future</i></b><br>Lesson teaches that high-iron foods and reading to your children are important for brain growth and development during childhood. (3/03)              | <b><i>Feed Your Child's Future</i></b><br><b>Stock no. 7528</b><br>Produced by DSHS |
| <b>Self Paced (SP)</b>  |   |   |
| <b>SP-000-01</b><br><i>English/Spanish</i>  | <b><i>Storing Leftovers Safety</i></b><br>Self-paced lesson teaches how to store leftovers safely.  | <b><i>No video</i></b>  |
| <b>SP-000-02</b><br><i>English/Spanish</i>  | <b><i>Healthy Choices to Go</i></b><br>Self-paced lesson provides tips for healthy choices when eating out.   | <b><i>No video</i></b>  |
| <b>SP-000-03</b><br><i>English/Spanish</i>  | <b><i>Planning Your Meals</i></b><br>Self-paced lesson uses the Food Guide Pyramid as a guide for meal planning.  | <b><i>No video</i></b>  |

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| <b>SP-000-04</b><br>English/Spanish | <b>Smart Shopping Saves Money Using Unit Price Labels</b><br>Self-paced lesson discusses shopping tips, including using unit-price labels that can save money.  | <i>No video</i> |
| <b>SP-000-06</b><br>English/Spanish | <b>A Helping Hand for Breastfeeding Moms</b><br>Self-paced lesson discusses ways family and friends can give support to a new breastfeeding mom. (8/99)   | <i>No video</i> |
| <b>SP-000-07</b><br>English/Spanish | <b>How to Breastfeed Your Newborn</b><br>Self-paced lesson provides tips for successfully breastfeeding a newborn. (2/00)   | <i>No video</i> |
| <b>SP-000-08</b><br>English/Spanish | <b>Breastfeed Twins, Triplets, or More</b><br>Self-paced lesson discusses the benefits of breastfeeding twins, triplets, or more and how to get help from family and friends. (2/00)  | <i>No video</i> |
| <b>SP-000-11</b><br>English/Spanish | <b>Weaning Your Baby from the Breast</b><br>Self-paced lesson discusses three ways a breastfeeding mom can wean her baby from the breast. (1/02)  | <i>No video</i> |
| <b>SP-000-12</b><br>English/Spanish | <b>Eat to Feel Healthy and Lose Weight</b><br>Self-paced lesson discusses eating to feel healthy and to lose weight. Discusses being overweight and encourages participants to set a goal for a reasonable weight. Gives steps to take to accomplish that goal. (6/02)                                      | <i>No video</i> |
| <b>SP-000-13</b><br>English/Spanish | <b>Get Moving, Feel Great, Lose Weight</b><br>Self-paced lesson encourages making a change in a family's health. Being active means feeling great! Gives examples of activities for the family. (6/02)  | <i>No video</i> |
| <b>SP-000-14</b><br>English/Spanish | <b>How Will You Feed Your New Baby?</b><br>Self-paced motivational lesson targets teens but can be used for any mom. Gives information why breastfeeding is better than formula feeding. Allows moms to decide how to feed their baby. (4/03)   | <i>No video</i> |
| <b>SP-000-15</b><br>English/Spanish | <b>Your Baby's Beautiful Teeth</b><br>Self-paced lesson for mothers of infants covers the importance of weaning from the bottle, limiting the use of sippy cups, cleaning a baby's teeth, when to go to the dentist, and other important steps on caring for an older infant's teeth.                       | <i>No video</i> |
| <b>SP-000-16</b><br>English/Spanish | <b>You and Your Children Can Be Media Smart</b><br>Self-paced lesson covers the sources of advertising to children. Parents learn ways to limit advertising's influence on their children. (1/04)   | <i>No video</i> |
| <b>SP-000-18</b><br>English/Spanish | <b>Growing Up from a Baby to a Toddler</b><br>Self-paced lesson for mothers of older infants. Discusses infants' or toddlers' aversion to new foods, handling their messy eating, food jags, the decrease in appetite at a year and other issues around feeding children as they start to eat at the table. | <i>No video</i> |



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| <b>SP-000-19</b><br>English/Spanish | <b>Introducing Finger Foods to Your Child</b><br>Self-paced lesson for mothers of older infants covers the developmental signs of readiness for self feeding, foods to give the baby and has a recipe for vegetables for self feeding. | <i>No video</i>  |
| <b>SP-000-20</b><br>English/Spanish | <b>Weaning Your Baby from the Bottle for Healthy Teeth and Healthy Diet</b><br>Self-paced lesson has tips on weaning babies, when to do it and why it is important. Lesson is for mothers of older infants.                            | <i>No video</i>  |
| <b>SP-000-22</b><br>English/Spanish | <b>Weight Gain During Pregnancy</b><br>This lesson is for pregnant women discover the components of a healthy weight gain and provides information on nutrition and exercise's role.   |  |
| <b>SP-000-23</b><br>English/Spanish | <b>Cut Back on Screen Time</b><br>Self-paced lesson teaches mothers of children why and how to limit the screen time their children have each day.<br>7/05   | <i>No video</i>  |
| <b>SP-000-24</b><br>English/Spanish | <b>To Baby With Love: Overcoming Breastfeeding Barriers</b><br>This self-paced take-home lesson covers common concerns many women have about breastfeeding and the importance of supportive family and friends. 11/06                  | <b>Overcoming Breastfeeding Barriers</b><br><b>Stock No. DV 0057</b><br>Produced by DSHS   |
| <b>Web Lesson (WL)</b>              |  |  |
| <b>WL-000-01</b><br>English/Spanish | <b>Kitchen Food Safety</b><br>Web lesson covers the four area of food safety: clean, separate, cook, and chill. It also includes new information on food to avoid with young children and foods during pregnancy.                      | <i>No video</i><br>Lesson online at <a href="http://www.texaswic.org">www.texaswic.org</a> |
| <b>WL-000-02</b><br>English/Spanish | <b>Smart Snacks for Children</b><br>Web Lesson gives parents ideas on healthy snacks for their children. It includes snack ideas, ways to involve children in preparing snacks and how to avoid choking hazards.                       | <i>No video</i><br>Lesson online at <a href="http://www.texaswic.org">www.texaswic.org</a> |
| <b>WL-000-03</b><br>English/Spanish | <b>Physical Activity and Your Young Child</b><br>Web lesson highlights why active play is important for young children and includes active play ideas that are developmentally appropriate for young children.                         | <i>No video</i><br>Lesson online at <a href="http://www.texaswic.org">www.texaswic.org</a> |

## 2007 Texas WIC Videos

| Video Title  | Status of Video and Lesson | Stock No.      | Produced By                      | Language        | Supporting Lesson  |
|--|----------------------------|----------------|----------------------------------|-----------------|--|
| A Healthy Body Suits Me  |                            | <b>7464</b>    | DSHS 2002                        | English/Spanish | <b>CF-000-18</b><br><b>CF-000-19</b>                     |
| A Healthy Pregnancy  |                            | <b>7448</b>    | Discovery Education<br>1997      | English/Spanish | <b>MN-000-07</b>   |
| A Mother's Gift  |                            | <b>7807</b>    | DSHS 2.05<br>DVD or VHS          | English/Spanish | <b>BF-000-33</b>   |
| A Mother's Guide to Breastfeeding                                |                            | <b>7128</b>    | DSHS 1999                        | English/Spanish | <b>BF-000-23</b>   |
| Adventures of Zobey / Las Aventuras de Zobey                     |                            | <b>DV 0186</b> | Beta Maters - DSHS<br>2006       | English/Spanish | <b>GD-000-07</b><br><b>SP-000-28</b>                     |
| Adventures of Zobey, Adventures in Bugland                       |                            | <b>DV 0235</b> | DSHS 2007                        | English/Spanish | <b>GD-000-08</b><br><b>SP-000-29</b>                     |
| Anemia: The Silent Shadow  | Delete<br>9-28-07          | <b>6385</b>    | United/Discovery<br>1997         | English/Spanish | <b>NR-000-05</b>   |
|  |                            |                |                                  |                 |  |
| Babies First Spoonful: Tips for Starting Solids                  |                            | <b>7581</b>    | Lemon Aide Films, Inc            | English/Spanish | <b>IF-000-16</b>   |
| Be All You Can Be: Nutrition After Childbirth                    | Delete<br>9-28-07          | <b>7437</b>    | United Discovery                 | English/Spanish | <b>PN-000-04</b><br><b>PN-000-05</b>                     |
| Be Wise, Immunize  |                            | <b>5954</b>    | DSHS 1996                        | English         | <b>None</b>  |
| Being Active As A Family   |                            | <b>7721</b>    | United/Discovery<br>1997         | English/Spanish | <b>GD-000-03</b>   |
| Being Active Before and After Pregnancy                          |                            | <b>7475</b>    | 7475` United                     | English/Spanish | <b>MN-000-13</b>   |
| Benefits of Breastfeeding  |                            | <b>7106</b>    | Eagle Video<br>Productions 10/99 | English/Spanish | <b>BF-000-27</b>   |
| Breakfast: Lily Changes a Habit                                  | Deleted 2005               | <b>5740</b>    | United/Discovery<br>1997         | English/Spanish |  |
| Breastfeeding and Returning to Work                              |                            | <b>7718</b>    | DSHS 1994                        | English/Spanish | <b>BF-000-29</b>   |
| Breastfeeding and The Family                                     |                            | <b>6609</b>    | DSHS 1997                        | English/Spanish | <b>BF-000-13</b>   |
| Breastfeeding: The How To Video                                  | Delete 9-28-07             | <b>6771</b>    | Vida Productions<br>10/99        | English/Spanish | <b>BF-000-20</b><br><b>BF-000-21</b><br><b>BF-000-22</b> |
| Childhood Nutrition: Preventing Obesity                          |                            | <b>DV 0156</b> | Film Ideas Inc                   | English/Spanish | <b>No lesson</b>   |
| Childhood Obesity: Lily Faces a Problem                          |                            | <b>7440</b>    | Discovery 1997                   | English/Spanish | <b>CF-000-15</b>   |
| Chuckles and the Happy Teeth                                     | Delete<br>9-28-07          | <b>5007</b>    | DSHS 1992                        | English/Spanish | <b>CH-000-06</b>   |
| Chuckles and the Super Snacks                                    | Delete<br>9-28-07          | <b>4954</b>    | DSHS 1993                        | English/Spanish | <b>CH-000-05</b>   |
|  |                            |                |                                  |                 |  |
| Dental Health During Pregnancy                                   |                            | <b>7476</b>    | United Discovery                 | English/Spanish | <b>MN-000-12</b>   |
| Double Duty: The Joys and Challenges of Caring for Newborn Twins | Deleted 11-<br>28-06       | <b>6622</b>    | Injoy Productions                | English/Spanish | <b>None</b>  |
| Families Moving Towards Fitness                                  |                            | <b>7600</b>    | Allied Vaughn -DSHS              | English/Spanish | <b>GN-000-15</b>   |
| Feed Your Child's Future   |                            | <b>7528</b>    | DSHS 2002                        | English/Spanish | <b>RB-000-14</b>   |
| Feeding Your Baby 8-12 Months                                    |                            | <b>7441</b>    | DSHS 2000                        | English/Spanish | <b>IF-000-15</b>   |
| Feeding Your Child 1-3 Years                                     |                            | <b>7442</b>    | DSHS 2000                        | English/Spanish | <b>CF-000-17</b>   |
| Fit Families: Portion Awareness                                  |                            | <b>DV 0007</b> | DSHS 2006                        | English/Spanish | <b>GN-000-16</b>   |

## 2007 Texas WIC Videos

| Video Title   | Status of Video and Lesson    | Stock No.      | Produced By  | Language           | Supporting Lesson                     |
|---|-------------------------------|----------------|--|--------------------|---------------------------------------|
| Fit Families: Smart Snacking                            |                               | <b>DV 0007</b> | DSHS 2006  | English/Spanish    | <b>GN-000-17</b>                      |
| Fit Families: Effortless Exercise                       |                               | <b>DV 0007</b> | DSHS 2006  | English/Spanish    | <b>GD-000-06</b>                      |
| Fit Families: Grocery Shopping                          |                               | <b>DV 0007</b> | DSHS 06  | English/Spanish    | <b>GN-000-18</b>                      |
| Folic Acid: What Every Woman Needs                      |                               | <b>7382</b>    | DSHS 2000  | English/Spanish    | <b>NT-000-06</b>                      |
| Food for Thought  |                               | <b>6039</b>    | Discovery Education<br>1997  | English/Spanish    | <b>CF-000-14</b>                      |
| For Goodness Sake! Prevent Anemia                       |                               | <b>7460</b>    | University of<br>California Cooperative<br>Extension Contra<br>Costa County 1997 | English/Spanish    | <b>NR-000-12</b>                      |
| Fruits and Vegetables: Lily Bets on Five a Day          |                               | <b>7446</b>    | United Discovery 1991  | English/Spanish    | <b>GN-000-08</b>                      |
| Get Active at Home with Zowzoo                          |                               | <b>DV 7819</b> | DSHS 2002  | English<br>Spanish | <b>GD-000-04</b><br><b>GD-000-04A</b> |
| Get Active at Home with Zowzoo                          |                               | <b>DV 7820</b> | DSHS   | English/Spanish    | <b>GD-000-05</b>                      |
| Giving You The Best That I Got, Baby                    |                               | <b>5955</b>    | Johns Hopkins<br>University Maryland   | English only       | <b>BF-000-09</b>                      |
| Good Nutrition During Pregnancy                         | Delete<br>9/28/07             | <b>7461</b>    | Lemon-Aide Films   | English/Spanish    | <b>MN-000-10</b>                      |
| Grasas, No Gracias                                      |                               | <b>7072</b>    | DSHS 1997  | English/Spanish    | <b>GN-000-06</b>                      |
| Growing Healthy Families                                |                               | <b>DV 7809</b> | DSHS 6/05  | English/Spanish    |                                       |
| Growing With Love                                       |                               | <b>7405</b>    | DSHS 2001  | English/Spanish    | <b>None</b>                           |
| Healthy Teeth-A Guige for Parents of Preschoolers A & B |                               | <b>6021</b>    | DSHS 1999  | Spanish            | <b>DH-000-05</b>                      |
| Healthy Teeth-A Guige for Parents of Preschoolers A & B |                               | <b>5253</b>    | DSHS 1999  | English            | <b>DH-000-04</b>                      |
| I'm Not a Baby Anymore: Tips for Feeding Toddlers       |                               | <b>DV 0101</b> | Lemon-Aide Films<br>11/06  | English/Spanish    | <b>CF-000-23</b>                      |
| Infant Feeding Cues: A Feeding Guide                    |                               | <b>DV 0236</b> | Markit video   | English/Spanish    | <b>BF-000-12</b>                      |
| Introducing Lone Star Tex                               | Deleted                       | <b>7717</b>    | DSHS   | English/Spanish    | <b>No lesson</b>                      |
| Introducing the New WIC Lone Star Smart Card            |                               | <b>DV 7779</b> | DSHS 2007  | English/Spanish    | <b>GW-000-06</b>                      |
| Keen Eye on the Small Fry                               |                               | <b>7873</b>    | Allied Vaughn 2006   | English/Spanish    | <b>MN-000-14</b>                      |
| Keen Eye on the Small Fry                               |                               | <b>DV 0098</b> | Allied Vaughn 2006   | English/Spanish    | <b>MN-000-14</b>                      |
| Learning How To Breastfeed Your Baby                    | Delete 9-28-07                | <b>7449</b>    | Maryland WIC<br>Program John Hopkins<br>University                               | English/Spanish    | <b>BF-000-19</b>                      |
| Let's Get Cooking Vegetables                            |                               | <b>DV 0037</b> | DSHS 21006   | English/Spanish    | <b>GN-000-20</b>                      |
| Let's Get Cooking! Fruits                               |                               | <b>DV 0037</b> | DSHS 2006  | English/Spanish    | <b>GN-000-19</b>                      |
| Let's Take a Tour of WIC Approved Foods EBT/Non EBT     | Delete 9-28-07<br>lesson only | <b>DV 7780</b> | DSHS 2006  | English/Spanish    | <del><b>GW-000-53</b></del>           |
| Lily Does Lunch: Nutrition at Noon                      |                               | <b>7116</b>    | United Discovery 1997  | English/Spanish    | <b>GN-000-13</b>                      |
| Look Who's Eating: An Introduction to Solids            |                               | <b>7450</b>    | DSHS 1999  | English/Spanish    | <b>IF-000-10</b>                      |
| Mara's Breathtaking Story                               |                               | <b>6317</b>    | United 1999  | English/Spanish    | <b>None</b>                           |
| Mi Bebe Fumando   | Delete 9-28-07                | <b>6111</b>    | California Dept of<br>Health '99   | Spanish only       | <b>NR-000-08</b>                      |
| Mommy's Milk for Mommy's Baby                           | Delete 9-28-07                | <b>5505</b>    | DSHS   | English/Spanish    | <b>CH-000-07</b>                      |

## 2007 Texas WIC Videos

| Video Title   | Status of Video and Lesson | Stock No.                   | Produced By                             | Language             | Supporting Lesson              |
|---|----------------------------|-----------------------------|---|----------------------|--------------------------------|
| My Parents, My Teacher / Mis Padres, Mi /Maestros   |                            | <b>7850</b>                 | DSHS                                    | English/Spanish      | <b>None</b>                    |
| My Pyramid: Simple Steps to Healthy Living  |                            | <b>DV 0039</b>              | DSHS                                    | English/Spanish      | <b>FG-000-05</b>               |
| My Pyramid: Simple Steps to Healthy Living  |                            | <b>DV 0100</b>              | DSHS                                    | Vietnamese           | <b>FG-000-06</b>               |
| New Baby Care: Keeping Your Baby Healthy and Happy  |                            | <b>7370</b>                 | Film Ideas 2001                         | English/Spanish      | <b>MN-000-09</b>               |
| Nothing But the Tooth / Ana y el dentista   |                            | <b>DV 0058</b>              | DSHS 2006                               | English/Spanish      | <b>DH-000-06</b>               |
| Poisoning Our Children: The Peris of Secondhand Smoke                                     | Delete 9-28-07             | <b>5842</b>                 | American Academy of Otolaryngology 1998 | English Only         | <b>NR-000-07</b>               |
| Pregnant and Growing: Nutrition for Young Moms  |                            | <b>7451</b>                 | United/Discovery 1998                   | English/Spanish      | <b>MN-000-08</b>               |
| Sally Gets Her Money's Worth  |                            | <b>7071</b>                 | DSHS 2002                               | English/Spanish      | <b>FE-000-05</b>               |
| Shopping for WIC Approved Foods   | Delete 9-28-07             | <b>7114</b>                 | DSHS 2002                               | English/Spanish      | <b>GW-000-52</b>               |
| Small Changes, Big Difference   |                            | <b>7452</b>                 | DSHS 1994                               | English/Spanish      | <b>GN-000-07</b>               |
| Smart Snacking for Children   |                            | <b>5935</b>                 | United Discovery 1995                   | English/Spanish      | <b>CF-000-06</b>               |
| Starting Out Right  | Delete 9-28-07             | <b>7613</b>                 | Injoy Productions, 1999                 | English              | <b>BF-000-16</b>               |
| Starting Out Right  | Delete 9-28-07             | <b>7614</b>                 | Injoy Productions, 1999                 | Spanish              | <b>BF-000-17</b>               |
| Still Smoking: Lily Helps   |                            | <b>7136</b>                 | United Discovery 5/00                   | English/Spanish      | <b>NR-000-11</b>               |
| Stop ASAP Avoid Substance Abuse During Pregnancy  | Delete 9-28-07             | <b>7444</b>                 | United 1998                             | English/Spanish      |                                |
| Straight Talk from Breastfeeding Moms   | Delete 9-28-07             | <b>7096</b>                 | Injoy Productions                       | English Pnly         | <b>BF-000-25</b>               |
| Supermarket Smarts: The 5 A Day Way   | Delete 9-28-07 video only  | <b>7453</b>                 | Boyd Products                           | English/Spanish      | <b>FE-000-05</b>               |
| Take Time for Teeth   |                            | <b>6571</b>                 | 1997                                    | English/Spanish      | <b>DH-000-03</b>               |
| The Best Things/Es Lo Mejor   |                            | <b>7438</b>                 | DSHS 1999                               | English/Spanish      | <b>BF-000-18</b>               |
| The Breastfeeding Game  | Delete 9-28-07             | <b>7110</b>                 | Eagle Productions                       | English/Spanish      | <b>BF-000-24</b>               |
| The Comfortable Latch: A Guide to Successful Breastfeeding                                |                            | <b>7866</b>                 | DSHS 2006                               | English/Spanish      | <b>BF-000-34</b>               |
| To Baby With Love: Overcoming Breastfeeding Barriers                                      |                            | <b>DV 7781<br/>VHS 7781</b> | DSHS                                    | English/Spanish      | <b>BF-000-31</b>               |
| Using the Elite Breast Pump, HygieniKit, One Hand Breast Pump from Ameda                  |                            | <b>DV 0158</b>              | Hollister 2006                          | English/Spanish      | <b>None</b>                    |
| Using the Purley Yours Breast Pump from Amneda with the HygieniKit Milk Collection System |                            | <b>DV 0159</b>              | Hollister 2006                          | English/Spanish      | <b>None</b>                    |
| Valerie's Diary   |                            | <b>7212</b>                 | Injoy Productions                       | English/Spanish      | <b>BF-000-32</b>               |
| Waiting Room Video (WIC TV)   |                            | <b>7041</b>                 | DSHS 1999                               | English              | <b>None</b>                    |
| Waiting Room Video (WIC TV)   |                            | <b>7576</b>                 | DSHS 1999                               | Spanish              | <b>None</b>                    |
| Weight: Maintaining a Healthy Balance   | Delete 9-28-07             | <b>6041</b>                 | United 1996                             | Renglish/<br>Spanish | <b>NT-000-04</b>               |
| Why Breastfeed, Teenage Breastfeeding   |                            | <b>7456</b>                 | Injoy Productions 1999                  | English              | <b>BF-000-15</b>               |
| Why Breastfeed, Teenage Breastfeeding   |                            | <b>7612</b>                 | Injoy Productions 1999                  | Spanish              | <b>BF-000-15</b>               |
| WIC Farmer's Market and You   |                            | <b>7455</b>                 | DSHS 1993                               | English/Spanish      | <b>None</b>                    |
| Zobey: Searching for a Rainbow  |                            | <b>DV 0168</b>              | DSHS 2007                               | English/Spanish      | <b>GD-000-07<br/>SP-000-28</b> |