

Quick Links

**Online Links to
WIC Education
Materials and Forms**



March 18, 2025



Search. Copy. Send.

1 Search for an item.

1. Open the *Quick Links* document in Acrobat.
2. In the main menu (top-left corner), go to *File* and then to *Advanced Search*, or use one of these keyboard shortcuts:

PC users: Press *Shift+Control+F*

Mac users: Press *Shift+Command+F*

3. In the search window that pops up (right):
 - (A) Select “*In the current document.*”
 - (B) Enter your keywords or title of the handout or form.
 - (C) Click the “*Search*” button.
 - (D) In the *Results* field, click on the title of the handout or form you are looking for.

Where would you like to search?

In the current document (A)

All the PDF Documents in

All Local Disks

What word or phrase would you like to search for?

Newborn Feeding (B)

Include related words

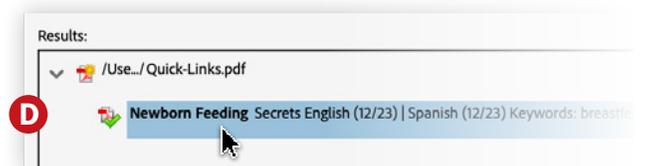
Whole words

Case sensitive

Include bookmarks

Include comments

(C) Search



2 Copy the link.

Once you’ve found your item, mouse-over its link, and then right-click. If you have a one-button mouse, press and hold the *Control* key, then click. Next, in the menu window that appears (right), select “*Copy Link Location.*”



3 Newborn Feeding Secrets

English (12/23) | Spanish (12/23)

- Open Weblink in Browser
- Append to Document
- Open Weblink as New Document

Copy Link Location

3 Send the link.

Simply paste the complete link into Teletask or email message:

Hi Miranda,

Here are some tips for feeding your newborn with breastmilk:

<https://docs.wic.ca.gov/Content/Documents/NutritionHealth/Breastfeeding/NewbornFeedingSecrets.pdf>

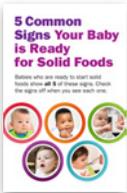
WIC Education Materials and Forms



3 Newborn Feeding Secrets

[English \(12/24\)](#) | [Spanish \(12/24\)](#)

Keywords: breastfeeding, breastmilk, chestfeeding, infant



5 Common Signs Your Baby is Ready for Solid Foods

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

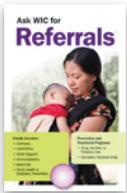
Keywords: feeding, infant, weaning



A postpartum guide to Being healthy for you and your baby

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: health, newborn, nutrition



Ask WIC for Referrals

[English \(04/23\)](#) | [Spanish \(10/23\)](#)

Keywords: assistance, benefits, family, resources



Baby Food For Me

[English \(10/21\)](#) | [Spanish \(10/21\)](#)

Keywords: feeding, homemade, nutrition, stages



Breastfeeding and Returning to Work or School

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

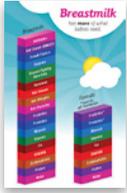
Keywords: breastfeeding, chestfeeding



Breastmilk has more of what babies need

[English \(02/24\)](#) | [Spanish \(10/22\)](#)

Keywords: breastfeeding, chestfeeding, nutrition, lego



Breastmilk has more of what babies need

[English \(10/14\)](#)

Keywords: breastfeeding, chestfeeding, nutrition, lego, poster



Breastfeeding Storage

[English \(08/23\)](#) | [Spanish \(08/23\)](#)

Keywords: breastfeeding, chestfeeding



Calcium

[English \(01/24\)](#) | [Spanish \(01/24\)](#)

Keywords: diet, nutrition, recipes



California Families Grow Healthy with WIC

[English \(09/23\)](#) | [Spanish \(09/23\)](#) | [Armenian \(09/23\)](#) | [Chinese \(09/23\)](#) | [Hmong \(09/23\)](#)
[Korean \(09/23\)](#) | [Punjabi \(09/23\)](#) | [Russian \(09/23\)](#) | [Vietnamese \(09/23\)](#)

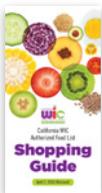
Keywords: benefits, qualify



California WIC App Set-up Guide

[English \(08/21\)](#) | [Spanish \(08/21\)](#)

Keywords: application, cell, cellphone, smartphone



California WIC Authorized Food List Shopping Guide

[English \(05/19\)](#) | [Spanish \(05/19\)](#)

Keyword: benefits



Caring For Yourself After the Loss of Your Baby

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: counseling, miscarriage, pregnancy, postpartum, recovery, support



CDPH 247 Medical Formula and Nutritionals Request Form

[English \(12/23\)](#)

Keywords: diagnosis, restrictions



CDPH 247A Pediatric Referral WIC

[English \(05/23\)](#)

Keywords: form, infant



CDPH 247B WIC Referral for Postpartum-Breastfeeding Women

[English \(04/17\)](#)

Keywords: form, high-risk



CDPH 247C WIC Referral for Pregnant Women

[English \(04/17\)](#)

Keywords: form, screening, test



CDPH 4125 Report Concerning Vendors for Local Agency and Participant Use

[English \(04/17\)](#)

Keywords: certification, documentation, eligibility, form, verification



CDPH 4130 Self Declaration Statement

[English \(06/23\)](#) | [Spanish \(06/23\)](#)

Keywords: form, immunization, record, vaccination



CDPH 4132 Know Your Rights and Responsibilities

[English \(06/24\)](#) | [Spanish \(06/24\)](#) | [Arabic \(06/24\)](#) | [Armenian \(06/24\)](#)
[Chinese Simplified \(06/24\)](#) | [Chinese Traditional \(06/24\)](#) | [Dari \(06/24\)](#) | [Farsi \(06/24\)](#)
[Hmong \(06/24\)](#) | [Korean \(06/24\)](#) | [Pashto \(06/24\)](#) | [Punjabi \(06/24\)](#) | [Russian \(06/24\)](#)
[Tagalog \(06/24\)](#) | [Vietnamese \(06/24\)](#)

Keywords: form, notice, participant, responsible



CDPH 4134 Notice of Action at Initial Certification and Recertification

[English \(05/23\)](#) | [Spanish \(05/23\)](#)

Keywords: certify, form, noa, participant



CDPH 4147 Notice of WIC Certification Expiration

[English \(05/23\)](#) | [Spanish \(05/23\)](#)

Keywords: certify, expired, form, participant



CDPH 4304 Notice of Action During WIC Certification Period

[English \(05/23\)](#) | [Spanish \(05/23\)](#)

Keywords: form, noa, resolution, submission



CDPH 4776 Participant Abuse Report

[English \(04/17\)](#)

Keywords: complaint, form, resolution, submission



Choose Less Juice, More Water

[English \(01/23\)](#) | [Spanish \(01/23\)](#)

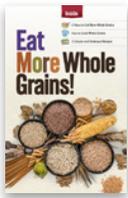
Keywords: children, nutrition



Eat Fish! It's good for you

[English \(09/16\)](#) | [Spanish \(01/21\)](#)

Keywords: mercury, omega-3, salmon, tuna



Eat More Whole Grains!

[English \(04/24\)](#) | [Spanish \(04/24\)](#)

Keywords: bread, cereal, recipes, wheat



Fast and Healthy Breakfast Ideas

[English \(05/21\)](#) | [Spanish \(05/21\)](#)

Keywords: kids, quick, recipes



Feed Me! Birth-6 Months

[English \(10/24\)](#) | [Spanish \(08/24\)](#)

Keywords: diaper, feeding, infants, nutrition



Feed Me! 6-12 Months

[English \(06/18\)](#) | [Spanish \(06/18\)](#)

Keywords: allergies, feeding, infants, nutrition, spoon



Feeling Comfortable While Pregnant

[English \(06/21\)](#) | [Spanish \(06/21\)](#)

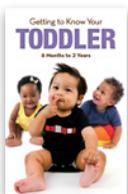
Keywords: comfort, heartburn, leg cramps, nausea, pregnancy



Getting to know your baby Birth to 6 months

[English \(02/18\)](#) | [Spanish \(02/18\)](#)

Keywords: crying, cues, fullness, hunger, parenting, sleep



Getting to Know Your Toddler 6 Months to 2 Years

[English \(03/21\)](#) | [Spanish \(03/21\)](#)

Keywords: development, motor skills, nutrition, parenting



Happy Teeth

[English \(02/22\)](#) | [Spanish \(02/22\)](#)

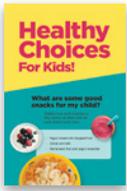
Keywords: cavities, dental, fluoride, nutrition



Having a Healthy Baby and Family Begins Today

[English \(04/24\)](#) | [Spanish \(04/24\)](#)

Keywords: addiction, alcohol, drugs, pregnancy, smoking, substance use



Healthy Choices For Kids!

[English \(06/21\)](#) | [Spanish \(06/21\)](#)

Keywords: children, health, nutrition, snacks



Healthy You!

[English \(01/24\)](#) | [Spanish \(01/24\)](#) | [Dari \(01/24\)](#) | [Farsi \(01/24\)](#) | [Pashto \(01/24\)](#)
[Punjabi \(01/24\)](#)

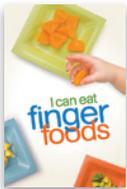
Keywords: counseling, exit, nutrition, support, wellness



How do I keep up a good milk supply?

[English \(06/22\)](#) | [Spanish \(06/22\)](#)

Keywords: breastfeeding, breast pump, chestfeeding, lactation, pumping



I can eat finger foods

[English \(06/21\)](#) | [Spanish \(06/21\)](#)

Keywords: development, infants, nutrition, small plates



I'm 1 Let's Have Fun!

[English \(02/21\)](#) | [Spanish \(02/21\)](#)

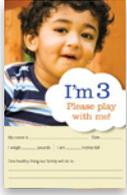
Keywords: eating, fun, one, snacks, toddler



I'm 2 Look what I can do!

[English \(02/21\)](#) | [Spanish \(02/21\)](#)

Keywords: children, nutrition, play, toddler, two



I'm 3 Please play with me!

[English \(02/21\)](#) | [Spanish \(02/21\)](#)

Keywords: children, nutrition, three, toddler



I'm 4 Let's Explore!

[English \(02/21\)](#) | [Spanish \(02/21\)](#)

Keywords: children, four, menu, playtime, snacks



I'm Pregnant!

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: exercise, health, pregnancy, support, weight



Iron for Strong Blood

[English \(02/21\)](#) | [Spanish \(02/21\)](#)

Keywords: anemia, nutrition



Is Your Child Constipated?

[English \(06/21\)](#) | [Spanish \(06/21\)](#)

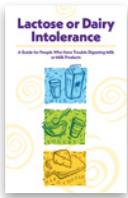
Keywords: children, constipation, fiber, hydration



Keep Your Food Safe

[English \(03/21\)](#) | [Spanish \(03/21\)](#)

Keywords: container, leftovers, safety, storage



Lactose or Dairy Intolerance

[English \(02/25\)](#) | [Spanish \(02/25\)](#)

Keywords: calcium, digestion, milk



Let your baby set the pace for bottle feeding

[English \(06/24\)](#) | [Spanish \(06/24\)](#) | [Chinese \(03/24\)](#) | [Vietnamese \(03/24\)](#)

Keywords: fullness, hunger



Let's Get Moving!

[English \(01/24\)](#) | [Spanish \(01/24\)](#)

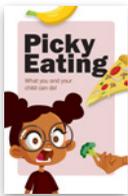
Keywords: active, exercise, movement, physical activity



Marijuana and Pregnancy

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

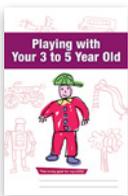
Keywords: health, risks, substance use



Picky Eating What you and your child can do!

[English \(10/23\)](#) | [Spanish \(10/23\)](#)

Keywords: appetite, children, choices, mealtimes



Playing with Your 3 to 5 Year Old

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

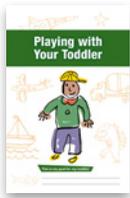
Keywords: activities, children, development, play



Playing with Your Baby

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: activities, development, play



Playing with Your Toddler

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: activities, development, play



The Hospital Experience

[English \(03/23\)](#) | [Spanish \(03/23\)](#)

Keywords: baby, breastfeeding, chestfeeding, infant



Time for a Cup

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

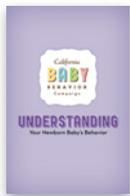
Keywords: baby, bottle, infant, wean, weaning



Tips for Happy Mealtimes

[English \(09/14\)](#) | [Spanish \(09/14\)](#)

Keywords: behavior, children, meals, parenting



Understanding Your Newborn Baby's Behavior

[English \(05/21\)](#) | [Spanish \(05/21\)](#)

Keywords: crying, infant, sleep



Understanding Your Toddler: Tips for Helping Toddlers Eat

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

Keywords: behavior, feeding, snacks



Understanding Your Toddler: Tips for Helping Toddlers Sleep

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

Keywords: behavior, children



Understanding Your Toddler: Tips for Making or Changing Routines

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

Keywords: behavior, children



Understanding Your Toddler: Tips to Cope with Crying Toddlers

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

Keywords: behavior, children



Understanding Your WIC Food Balance—Ounces of Foods

[English \(02/25\)](#) | [Spanish \(02/25\)](#)

Keywords: card, shopping



Veggies are Yummy!

[English \(06/24\)](#) | [Spanish \(06/24\)](#)

Keywords: cooking, kids, recipes, vegetables



Vitamin A

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: diet, nutrition, recipes



Vitamin C

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: diet, nutrition, recipes



Welcome to WIC: Shopping with Your California WIC Card

[English \(12/24\)](#) | [Spanish \(04/24\)](#)

Keywords: benefits, pin



Well Fed Means Less Lead

[English \(07/24\)](#) | [Spanish \(07/24\)](#)

Keywords: children, exposure, prevention, safety



When You Feed Me Formula

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keywords: baby, feeding



WIC Breastfeeding Peer Counselors

[English \(08/24\)](#) | [Spanish \(08/24\)](#)

Keywords: chestfeeding, support



WIC Referral Guide for Health Care Providers

[English \(02/20\)](#)

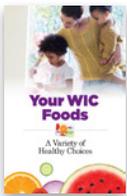
Keywords: breastfeeding, chestfeeding, support



WIC Zoom Video Appointments

[English \(02/24\)](#) | [Spanish \(02/24\)](#)

Keyword: virtual



Your WIC Foods

[English \(03/20\)](#) | [Spanish \(03/20\)](#)

Keywords: balance, shopping, wic card



Your WIC Guide to Breastfeeding

[English \(10/24\)](#) | [Spanish \(02/25\)](#)

Keywords: chestfeeding, infants, support
