

WIC Connects

Electronic Technology (ET) Project

Claudia Desmangles, Special Projects
CA WIC Nutrition & Local Program Services

Designed by Tim Hoerl

What WIC Services might look like.....

The image displays three panels of a WICConnect website interface, each with a different background color: red, yellow, and purple. Each panel features a header with the 'WICconnect' logo, a welcome message, a login/signup link, and a grid of service icons with corresponding text labels. A search bar is located at the bottom of each panel.

- Red Panel (Program Participants):** Welcome to **WICconnect** for **Program Participants**. Services include: STORE LOCATIONS, AGENCY LOCATOR, AUTHORIZED FOODS, and NUTRITION EDUCATION.
- Yellow Panel (Future WIC Family Outreach):** Welcome to **WICconnect** for **Future WIC Family Outreach**. Services include: WHAT IS WIC?, WIC INCOME ELIGIBILITY, SCHEDULE APPOINTMENT, and WIC AGENCY LOCATOR.
- Purple Panel (Breastfeeding Counseling):** Welcome to **WICconnect** for **Breastfeeding Counseling**. Services include: FRIENDS, NOTIFICATIONS, PROFILE, WHAT, BREASTFEEDING (bf), and FAQ (faq).

WICConnect

Connect to WIC services via a smartphone or wireless laptop.

Instant access to:

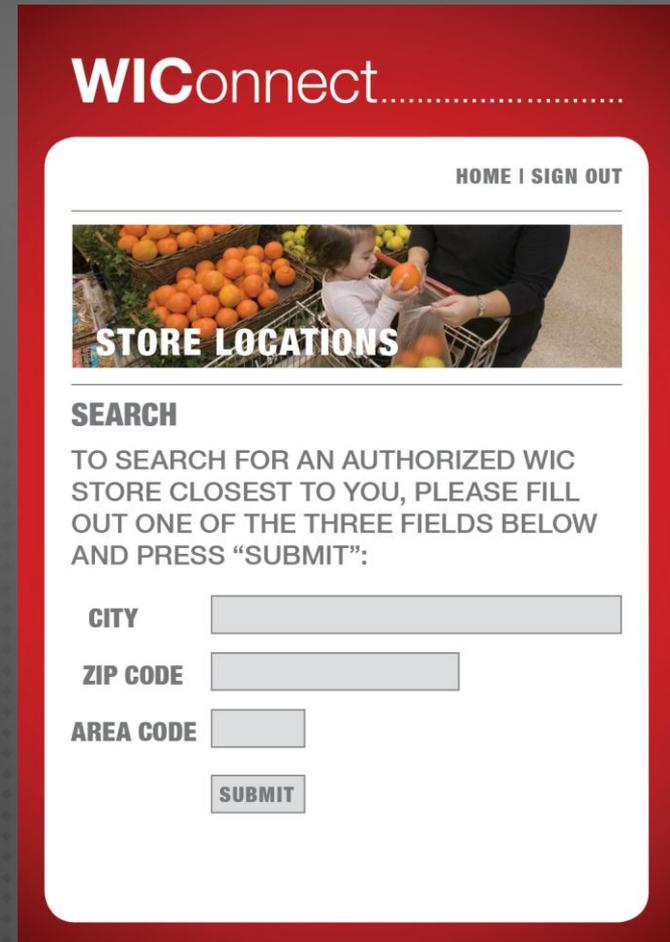
- *Information about WIC*
- *Answers to income eligibility questions*
- *Schedule appointments*
- *Find the nearest WIC site*

The screenshot shows the WICConnect mobile application interface. At the top, the logo "WICConnect....." is displayed in white on a red background. Below the logo, the text "Welcome to **WIC**Connect for **Program Participants**" is shown. A horizontal line separates this from the navigation options "> login / signup". Below this, there are four main menu items, each with a representative image and a label: "STORE LOCATIONS" (image of a woman and child in a grocery store), "AGENCY LOCATOR" (image of a woman and child sitting at a table), "AUTHORIZED FOODS" (image of various fresh fruits and vegetables), and "NUTRITION EDUCATION" (image of a young child eating). At the bottom of the interface, there is a "SEARCH" label followed by a grey rectangular input field.

Store Locations

Instant access to a list of WIC authorized stores.

Search for the nearest WIC authorized store by typing in a city, state, or zip code.



The screenshot shows the WICconnect website interface. At the top, the logo "WICconnect....." is displayed in white on a red background. Below the logo, there are navigation links for "HOME" and "SIGN OUT". A banner image shows a woman and a child in a grocery store, with the text "STORE LOCATIONS" overlaid. Below the banner, the heading "SEARCH" is followed by instructions: "TO SEARCH FOR AN AUTHORIZED WIC STORE CLOSEST TO YOU, PLEASE FILL OUT ONE OF THE THREE FIELDS BELOW AND PRESS 'SUBMIT':". There are three input fields: "CITY" (a long text box), "ZIP CODE" (a medium text box), and "AREA CODE" (a short text box). A "SUBMIT" button is located below the input fields.

Store Locations

Instant access to a list of WIC authorized stores.

Search queries will result in a Google map with push pins indicating the nearest WIC authorized store.

WICconnect.....

< BACK | HOME | SIGN OUT

Store Locations >
SACRAMENTO, CA

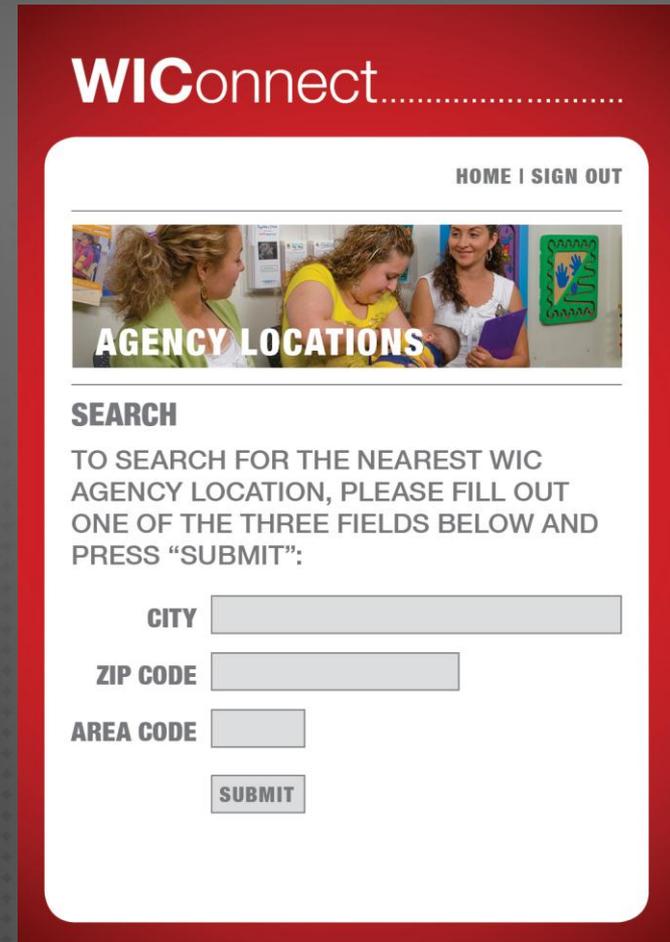
A WALMART SUPERCENTER
6051 FLORIN RD, SACRAMENTO, CA
(916) 427-9719

B FOODMAXX
2950 DELTA FAIR BOULEVARD
ANTIOCH, CA
(925) 778-2701

WIC Agency Locations

Instant access to a list of WIC site locations.

Similar to the store locator, search for a convenient WIC site location by city, state, or zip code. Results will be displayed by GoogleMaps.



The screenshot shows the WICconnect website interface. At the top, the logo "WICconnect" is displayed in white on a red background. Below the logo, there are navigation links for "HOME" and "SIGN OUT". A banner image shows three women looking at a document, with the text "AGENCY LOCATIONS" overlaid. Below the banner, the heading "SEARCH" is followed by instructions: "TO SEARCH FOR THE NEAREST WIC AGENCY LOCATION, PLEASE FILL OUT ONE OF THE THREE FIELDS BELOW AND PRESS 'SUBMIT':". There are three input fields labeled "CITY", "ZIP CODE", and "AREA CODE". A "SUBMIT" button is located below the input fields.

WICconnect.....

HOME | SIGN OUT

AGENCY LOCATIONS

SEARCH

TO SEARCH FOR THE NEAREST WIC AGENCY LOCATION, PLEASE FILL OUT ONE OF THE THREE FIELDS BELOW AND PRESS "SUBMIT":

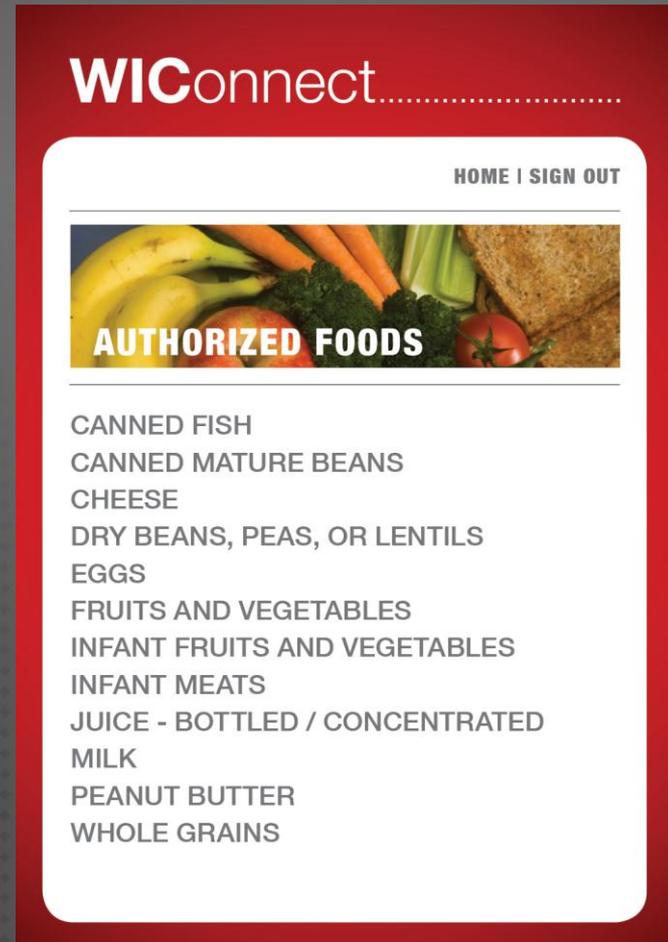
CITY

ZIP CODE

AREA CODE

Authorized Foods

A detailed list of WIC authorized foods.



The image is a screenshot of the WICconnect website. At the top, the logo "WICconnect" is displayed in white on a red background. Below the logo, there are two links: "HOME" and "SIGN OUT". A horizontal line separates the navigation from the main content. Below the line is a banner image showing various fresh fruits and vegetables, including bananas, carrots, broccoli, and tomatoes. Overlaid on the bottom of this image is the text "AUTHORIZED FOODS" in white, bold, uppercase letters. Below the banner, a list of authorized food categories is presented in white, uppercase text on a white background with rounded corners. The list includes: CANNED FISH, CANNED MATURE BEANS, CHEESE, DRY BEANS, PEAS, OR LENTILS, EGGS, FRUITS AND VEGETABLES, INFANT FRUITS AND VEGETABLES, INFANT MEATS, JUICE - BOTTLED / CONCENTRATED, MILK, PEANUT BUTTER, and WHOLE GRAINS.

WICconnect.....

[HOME](#) | [SIGN OUT](#)

AUTHORIZED FOODS

- CANNED FISH
- CANNED MATURE BEANS
- CHEESE
- DRY BEANS, PEAS, OR LENTILS
- EGGS
- FRUITS AND VEGETABLES
- INFANT FRUITS AND VEGETABLES
- INFANT MEATS
- JUICE - BOTTLED / CONCENTRATED
- MILK
- PEANUT BUTTER
- WHOLE GRAINS

Authorized Foods

A detailed description of WIC authorized foods, including purchase specifications.



The screenshot shows a webpage from WICconnect. At the top, the WICconnect logo is displayed in white on a red background. Below the logo, there are navigation links: "< BACK | HOME | SIGN OUT". The main content area is white and features a small image of a jar of peanut butter. To the right of the image, the text reads "Authorized Foods > PEANUT BUTTER". Below this, the section "CAN BUY" is highlighted in bold. The text under "CAN BUY" specifies: "ANY BRAND IN 16 OZ – 18 OZ CONTAINER PLAIN, REGULAR, LOW SODIUM, OR LOW SUGAR:". This is followed by a bulleted list: "• ANY TEXTURE, SUCH AS CREAMY, CRUNCHY, OR SUPER CHUNKY" and "• OLD FASHIONED OR NATURAL IS ALLOWED". Below this list, the section "CANNOT BUY" is highlighted in bold. The text under "CANNOT BUY" is: "• ANY OTHER SIZE, TYPE, OR FLAVOR OF PEANUT BUTTER".

WIC Balance

The food items available to purchase with the current month's food instruments.

*Example of WIC child
12 through 23 months.*

The screenshot shows a web interface for WICconnect. At the top, the logo 'WICconnect.....' is displayed in white on a red background. Below the logo, the text 'Welcome to WICconnect' is followed by 'WIC BALANCE' in bold. A horizontal line separates this header from the main content. Below the line, there is a link '> logout / back'. A dark grey rounded rectangle contains the following information: 'WIC CHILD 12 THROUGH 23 MONTHS STD', 'LOGIN ID: WICmomchild', and 'BALANCE AS OF: 09/2011'. Below this, the section 'PACKAGE DESCRIPTION' is followed by a bulleted list of items: '\$6 (Six dollars) Fruits & Vegetables', '1 (Gallon) Milk, Whole', '1 (16 oz) Whole Grains', and '36 oz Breakfast Cereal'.

WICconnect.....

Welcome to **WICconnect**
WIC BALANCE

> [logout / back](#)

WIC CHILD 12 THROUGH 23 MONTHS STD
LOGIN ID: WICmomchild
BALANCE AS OF: 09/2011

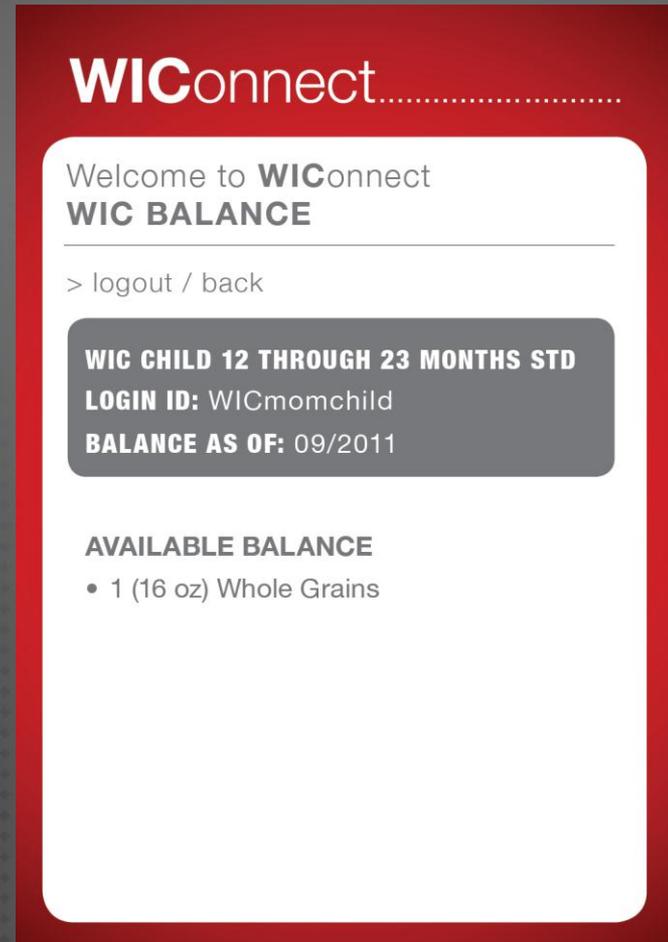
PACKAGE DESCRIPTION

- \$6 (Six dollars) Fruits & Vegetables
- 1 (Gallon) Milk, Whole
- 1 (16 oz) Whole Grains
- 36 oz Breakfast Cereal

WIC Available Balance

Balance is adjusted to reflect which items are still available for purchase.

*Example of WIC child
12 through 23 months.*

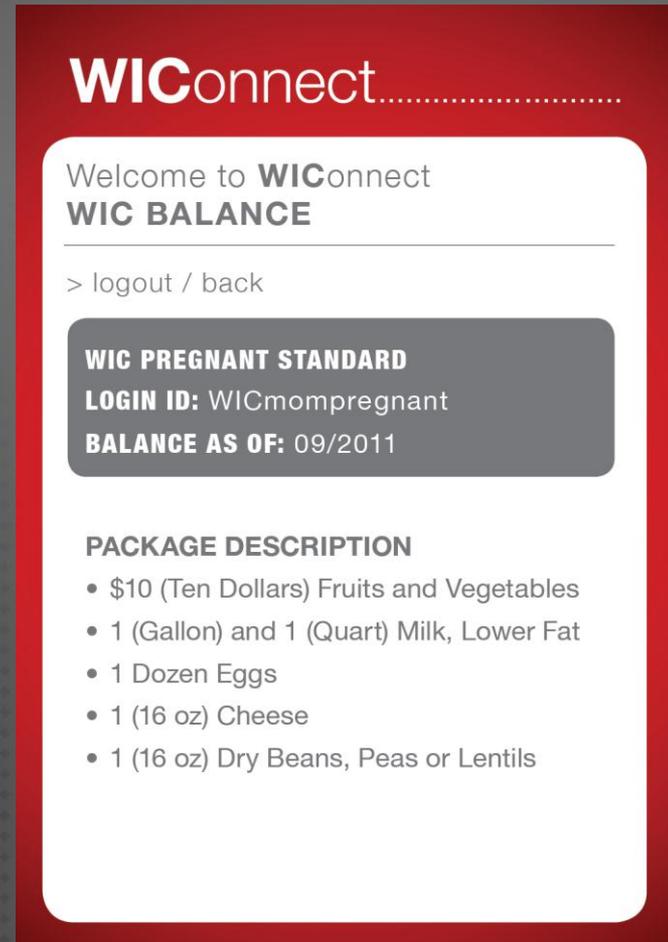


The screenshot shows the WICconnect interface. At the top, the WICconnect logo is displayed. Below it, a white box contains the text 'Welcome to WICconnect' and 'WIC BALANCE'. A link '> logout / back' is visible. A dark grey box contains the text 'WIC CHILD 12 THROUGH 23 MONTHS STD', 'LOGIN ID: WICmomchild', and 'BALANCE AS OF: 09/2011'. Below this, the text 'AVAILABLE BALANCE' is followed by a list item: '• 1 (16 oz) Whole Grains'.

WIC Balance

The food items available to purchase with the current month's food instruments.

Example of WIC pregnant mom.



The screenshot shows the WICconnect interface. At the top, it says "WICconnect.....". Below that, it says "Welcome to WICconnect" and "WIC BALANCE". There is a link "> logout / back". A grey box contains the following information: "WIC PREGNANT STANDARD", "LOGIN ID: WICmompregnant", and "BALANCE AS OF: 09/2011". Below this, there is a section titled "PACKAGE DESCRIPTION" with a bulleted list of items: "\$10 (Ten Dollars) Fruits and Vegetables", "1 (Gallon) and 1 (Quart) Milk, Lower Fat", "1 Dozen Eggs", "1 (16 oz) Cheese", and "1 (16 oz) Dry Beans, Peas or Lentils".

WICconnect.....

Welcome to **WICconnect**
WIC BALANCE

> [logout / back](#)

WIC PREGNANT STANDARD
LOGIN ID: WICmompregnant
BALANCE AS OF: 09/2011

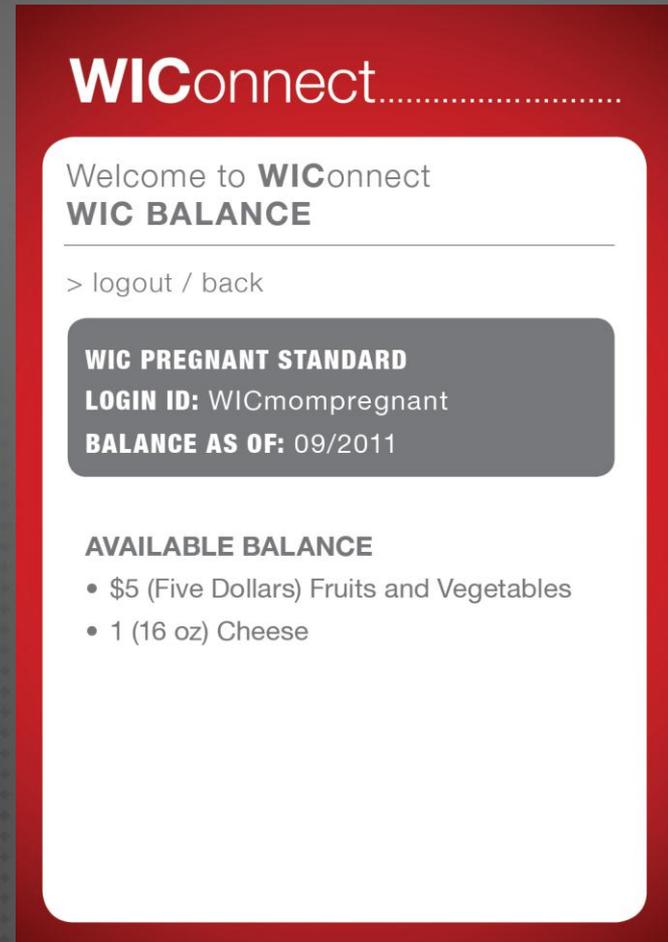
PACKAGE DESCRIPTION

- \$10 (Ten Dollars) Fruits and Vegetables
- 1 (Gallon) and 1 (Quart) Milk, Lower Fat
- 1 Dozen Eggs
- 1 (16 oz) Cheese
- 1 (16 oz) Dry Beans, Peas or Lentils

WIC Available Balance

Balance is adjusted to reflect which items are still available for purchase.

Example of WIC pregnant mom.

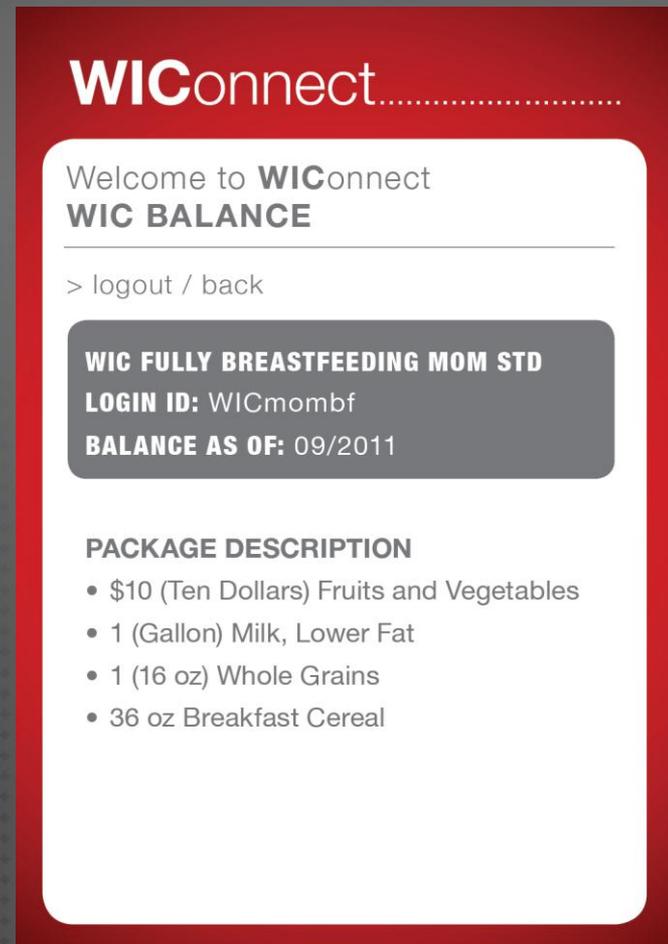


The screenshot shows the WICconnect interface. At the top, it says "WICconnect.....". Below that, it says "Welcome to WICconnect" and "WIC BALANCE". There is a link "> logout / back". A grey box contains the following information: "WIC PREGNANT STANDARD", "LOGIN ID: WICmompregnant", and "BALANCE AS OF: 09/2011". Below this, under the heading "AVAILABLE BALANCE", there is a list of items: "\$5 (Five Dollars) Fruits and Vegetables" and "1 (16 oz) Cheese".

WIC Balance

The food items available to purchase with the current month's food instruments.

Example of WIC fully breastfeeding mom.



The screenshot shows the WICconnect interface. At the top, it says "WICconnect.....". Below that, it says "Welcome to WICconnect" and "WIC BALANCE". There is a link "> logout / back". A grey box contains the following information: "WIC FULLY BREASTFEEDING MOM STD", "LOGIN ID: WICmombf", and "BALANCE AS OF: 09/2011". Below this, under the heading "PACKAGE DESCRIPTION", there is a list of items: "\$10 (Ten Dollars) Fruits and Vegetables", "1 (Gallon) Milk, Lower Fat", "1 (16 oz) Whole Grains", and "36 oz Breakfast Cereal".

WICconnect.....

Welcome to **WICconnect**
WIC BALANCE

> [logout / back](#)

WIC FULLY BREASTFEEDING MOM STD
LOGIN ID: WICmombf
BALANCE AS OF: 09/2011

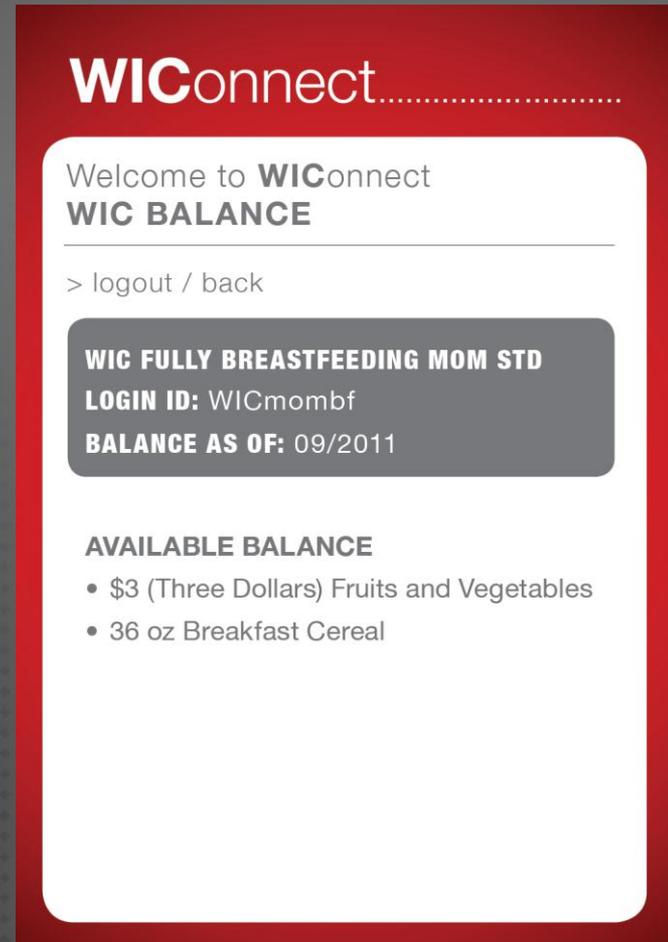
PACKAGE DESCRIPTION

- \$10 (Ten Dollars) Fruits and Vegetables
- 1 (Gallon) Milk, Lower Fat
- 1 (16 oz) Whole Grains
- 36 oz Breakfast Cereal

WIC Available Balance

Balance is adjusted to reflect which items are still available for purchase.

Example of WIC fully breastfeeding mom.

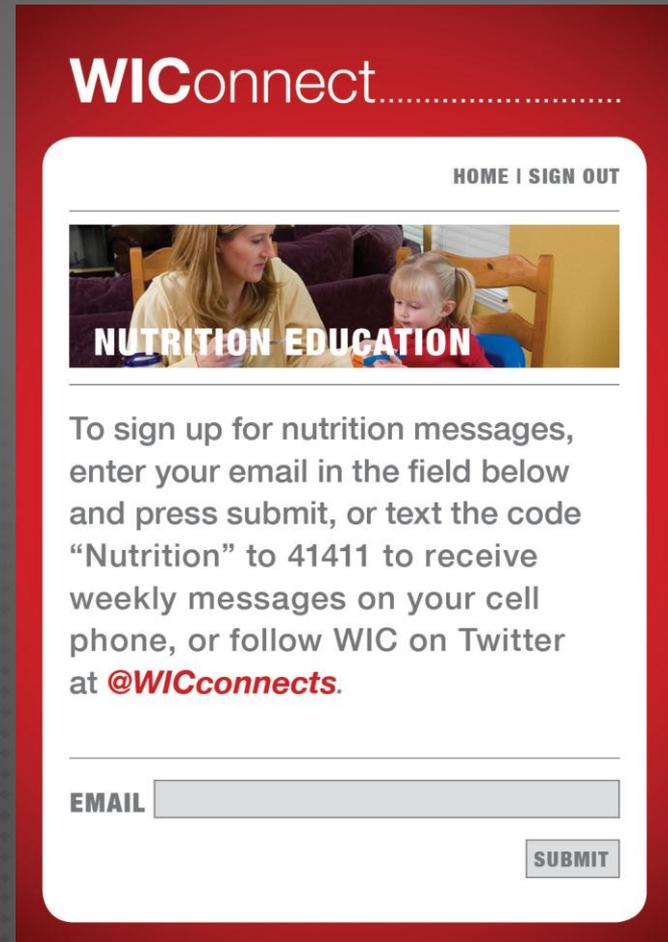


The screenshot shows the WICconnect interface. At the top, it says "WICconnect.....". Below that, it says "Welcome to WICconnect" and "WIC BALANCE". There is a link "> logout / back". A grey box contains the following information: "WIC FULLY BREASTFEEDING MOM STD", "LOGIN ID: WICmombf", and "BALANCE AS OF: 09/2011". Below this, under the heading "AVAILABLE BALANCE", there is a list of items: "\$3 (Three Dollars) Fruits and Vegetables" and "36 oz Breakfast Cereal".

Nutrition Education

WIC will provide access to nutrition education information through multiple communication options.

Participants can request nutrition messages by signing up for email notifications, text messages, or the WIC Twitter account.

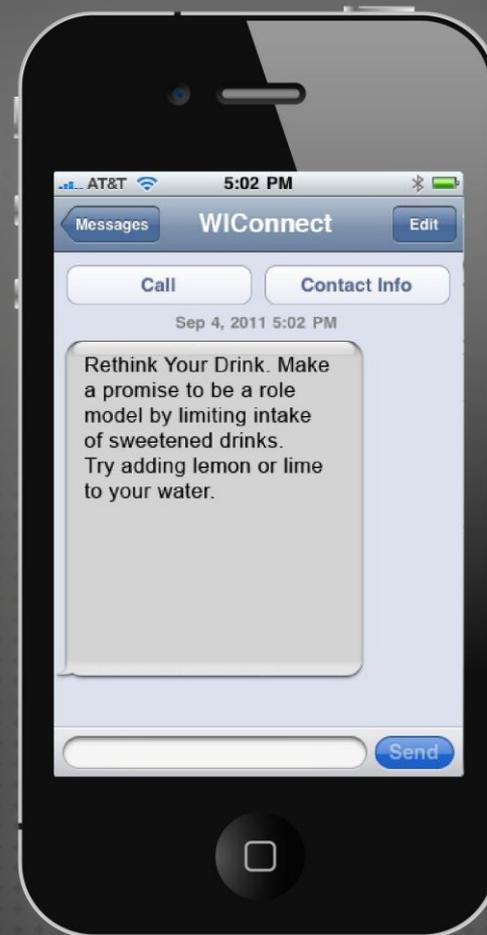


The image shows a screenshot of the WICconnect website. At the top, the logo "WICconnect" is displayed in white on a red background. Below the logo, there are links for "HOME" and "SIGN OUT". A central image shows a woman and a young girl sitting at a table, with the text "NUTRITION EDUCATION" overlaid. Below the image, there is a text box with the following content: "To sign up for nutrition messages, enter your email in the field below and press submit, or text the code 'Nutrition' to 41411 to receive weekly messages on your cell phone, or follow WIC on Twitter at @WICconnects." At the bottom of the form, there is an "EMAIL" label next to a text input field, and a "SUBMIT" button to the right.

Nutrition Education

Text Messaging

Weekly text messages from WIC provide invaluable information in the palm of your hand.



Nutrition Education

Follow WIC and receive nutrition messages via the WIC Twitter account.



WIC Outreach

What if future WIC families are able to connect to WIC services via smartphone?

They will have instant access to:

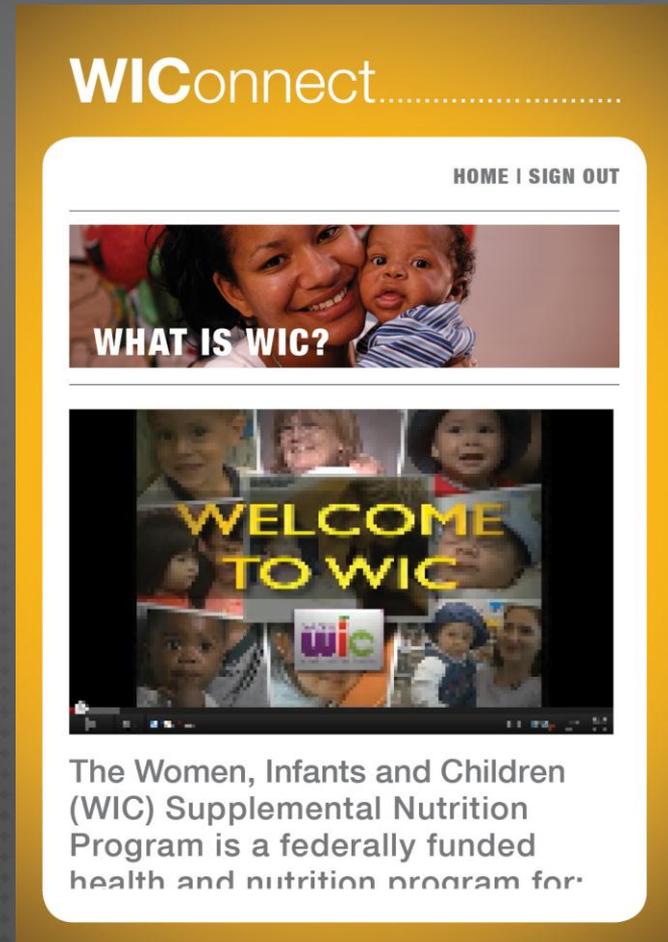
- *Information about WIC*
- *Answers to income eligibility questions*
- *Schedule appointments*
- *Find the nearest WIC site*

The image shows a mobile application interface for WICconnect. At the top, the text reads "WICconnect.....". Below this, a white rounded rectangle contains the following elements: a welcome message "Welcome to **WICconnect** for **Future WIC Family Outreach**", a link "> login / signup", and four service tiles. Each tile features a photograph and a title: "WHAT IS WIC?" (woman with baby), "WIC INCOME ELIGIBILITY" (family), "SCHEDULE APPOINTMENT" (woman and child), and "WIC AGENCY LOCATOR" (group of people). At the bottom of the white area is a "SEARCH" label and a text input field.

WIC Outreach

What is WIC?

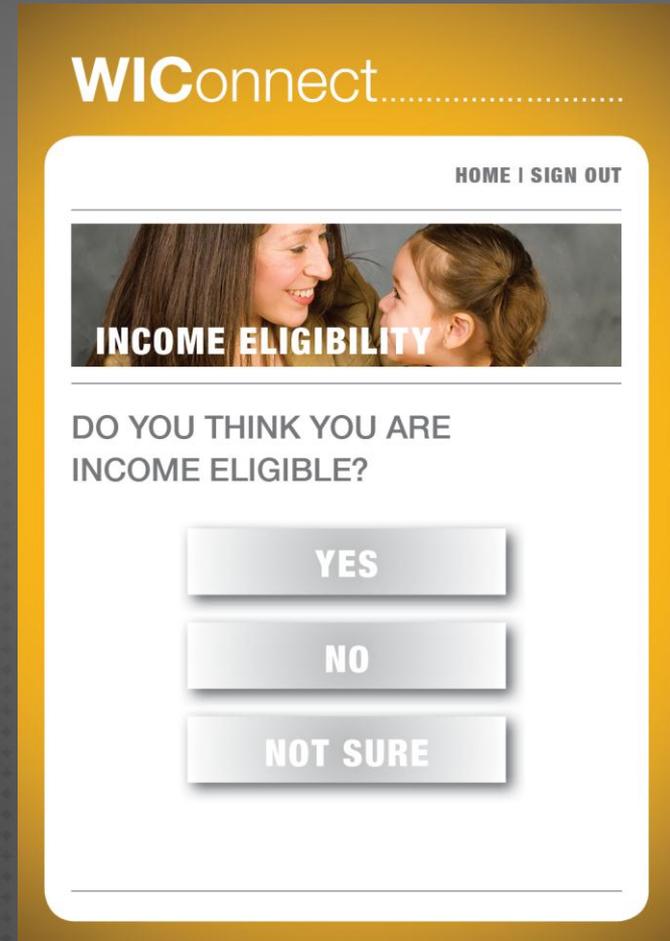
Information about the program is readily available in multiple formats, including video.



The screenshot shows the WICconnect website interface. At the top, the text "WICconnect....." is displayed in white on a yellow background. Below this, there are navigation links "HOME | SIGN OUT". The main content area features a video player. The video thumbnail shows a woman smiling with a baby, with the text "WHAT IS WIC?" overlaid. Below the video player, the text "WELCOME TO WIC" is displayed in large, yellow, bold letters. At the bottom of the video player, there is a description: "The Women, Infants and Children (WIC) Supplemental Nutrition Program is a federally funded health and nutrition program for".

WIC Outreach

Future WIC families are able to start the process of enrollment via a few smartphone keystrokes.



The image shows a screenshot of the WICconnect mobile application. At the top, the logo "WICconnect" is displayed in white on a yellow background. Below the logo, there is a navigation bar with the text "HOME | SIGN OUT". The main content area features a photograph of a woman and a young girl smiling together. Overlaid on the bottom of the photo is the text "INCOME ELIGIBILITY". Below the photo, the question "DO YOU THINK YOU ARE INCOME ELIGIBLE?" is displayed. Three large, light gray buttons with rounded corners are positioned below the question, labeled "YES", "NO", and "NOT SURE".

WIC Outreach

Future WIC families can schedule an appointment by filling out an online form.

The image shows a screenshot of the WICconnect website's appointment scheduling interface. The page has a yellow header with the 'WICconnect' logo. Below the header, there are navigation links: '< BACK | HOME | SIGN OUT'. The main heading is 'Schedule an APPOINTMENT'. The current step is 'STEP ONE - FILL OUT REQUIRED FIELDS'. The form contains several input fields: Name, Address, City / State / Zip, Email, Phone Number, Last Four Digits of Your Social Security #, Medi-Cal #, and Drivers License #. At the bottom of the form is a dark button labeled 'PROCEED TO STEP TWO' with a right-pointing arrow.

WICconnect.....

< BACK | HOME | SIGN OUT

Schedule an **APPOINTMENT**

STEP ONE - FILL OUT REQUIRED FIELDS

Name

Address

City / State / Zip

Email

Phone Number

Last Four Digits of Your Social Security #

Medi-Cal #

Drivers License #

PROCEED TO STEP TWO ►

WIC Outreach

Future WIC families can choose which WIC agency site to visit and what type of services they need.

The screenshot displays the WICconnect website interface for scheduling an appointment. At the top, the logo 'WICconnect.....' is visible. Below it, there are navigation links: '< BACK | HOME | SIGN OUT'. The main heading is 'Schedule an **APPOINTMENT**'. The current step is 'STEP TWO - SCHEDULE APPOINTMENT'. There are two dropdown menus: 'SELECT APPOINTMENT TYPE' and 'SELECT WIC AGENCY LOCATION'. Below these are two input fields: 'Enter Preferred Date' and 'Enter Preferred Time'. At the bottom, there is a 'SUBMIT ►' button.

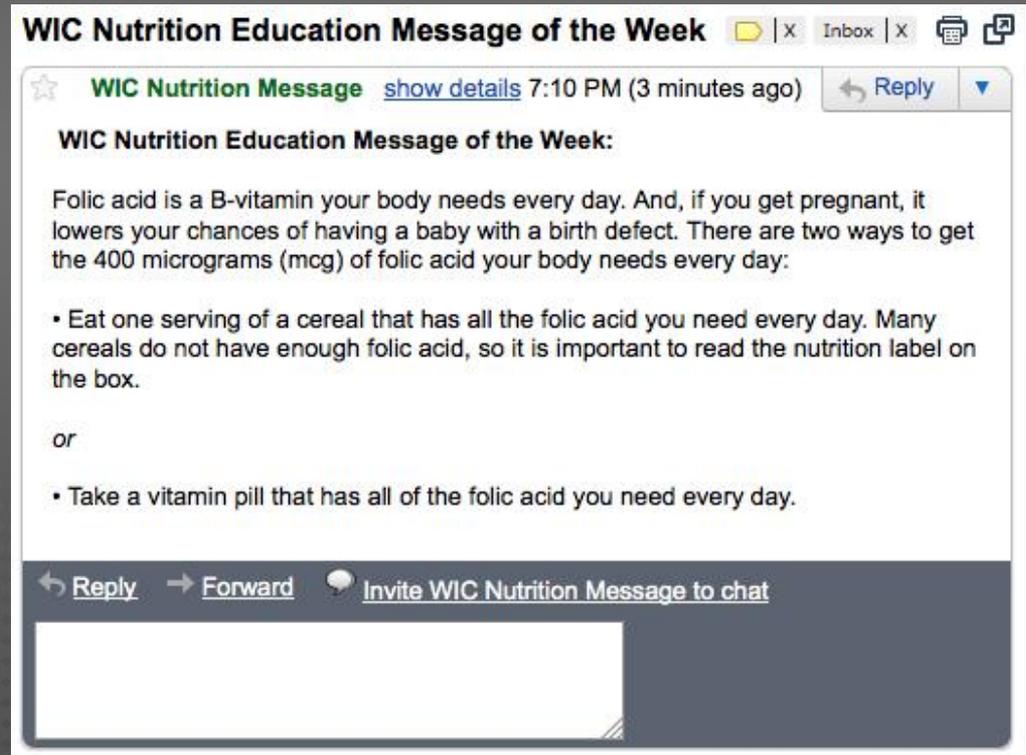
Growing Healthy Families



- via Email
- via Mobile Access
- via Text Message
- via Video Chat
- via Social Networking
- via Twitter

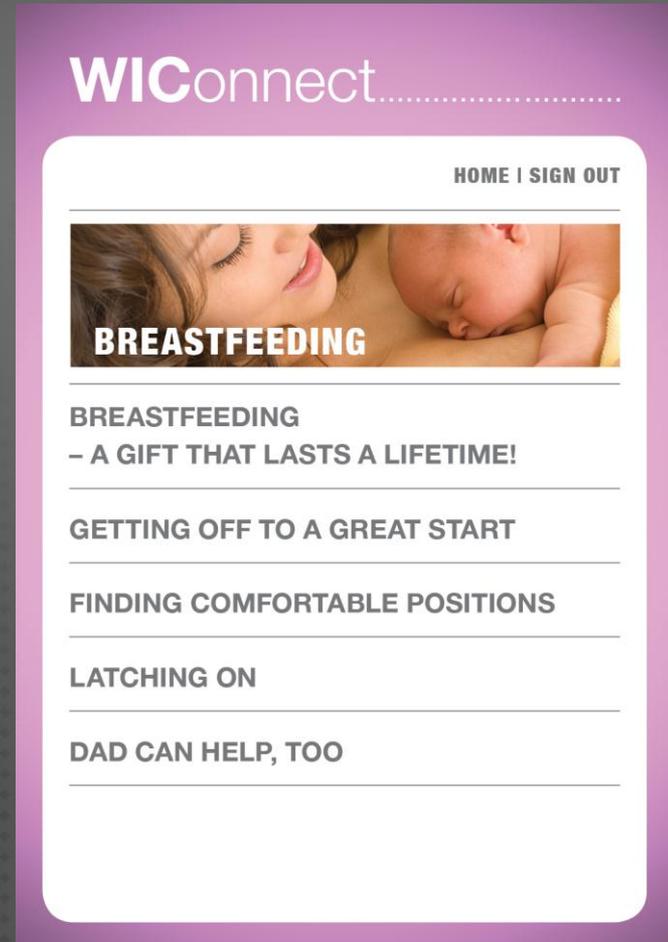
Pregnant Moms

Expectant moms can receive information via email about healthy eating.



Breastfeeding Moms

New mothers, via a social networking site, can access a wealth of information from the comfort of her couch, bed, or while on the go.



The image shows a screenshot of the WICconnect website. At the top, the logo "WICconnect" is displayed in white on a purple background. Below the logo, there is a navigation bar with "HOME | SIGN OUT" in white text. The main content area features a large image of a woman breastfeeding a baby. Overlaid on the bottom left of this image is the word "BREASTFEEDING" in bold white text. Below the image, there is a list of article titles, each separated by a horizontal line:

- BREASTFEEDING
- A GIFT THAT LASTS A LIFETIME!
- GETTING OFF TO A GREAT START
- FINDING COMFORTABLE POSITIONS
- LATCHING ON
- DAD CAN HELP, TOO

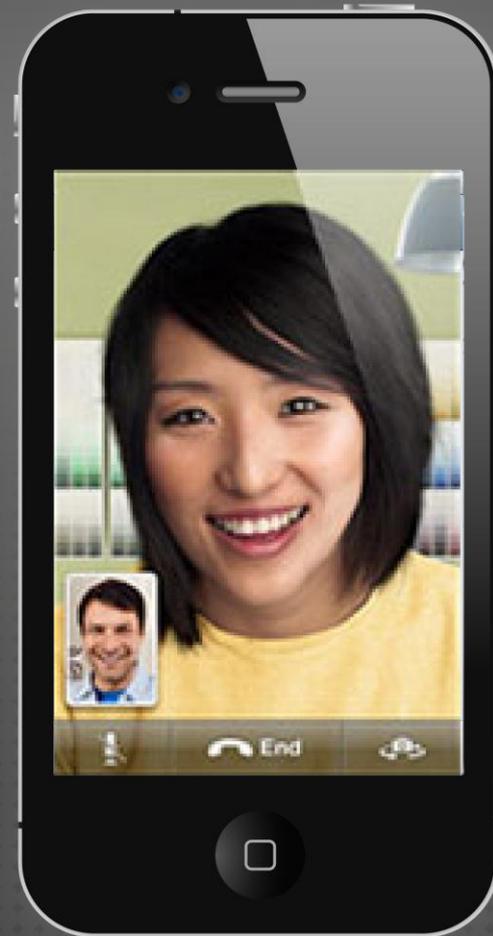
Moms with Newborns

Moms with newborns can receive general information about their baby via chat.



Moms with Infants

Moms can receive information on infant feeding via video chat with a WIC local agency nutritionist.



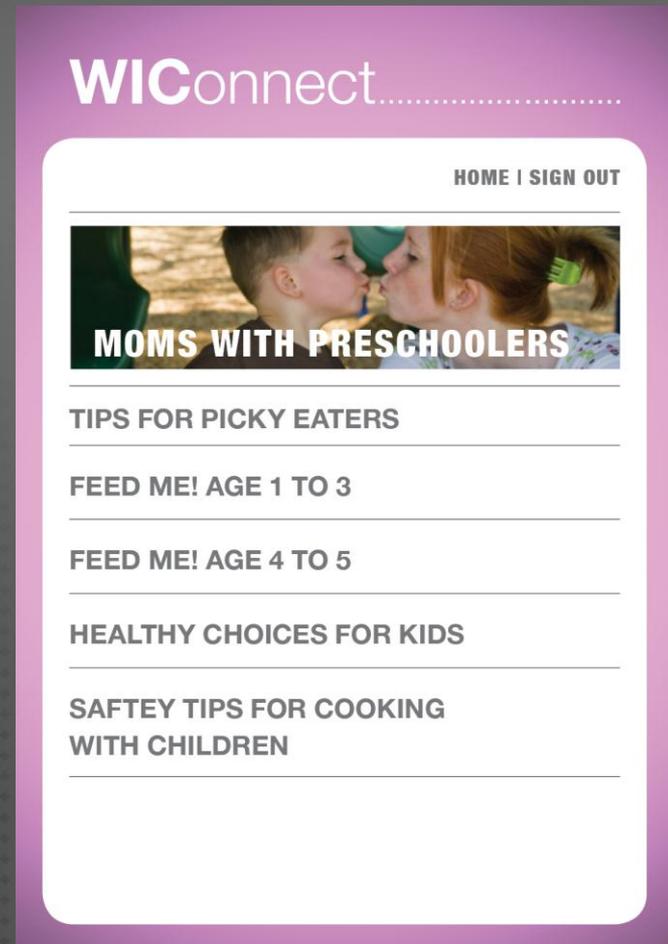
Moms with Toddlers

Moms can ask for advice from other mothers with toddlers via a WIC forum.

12-24 MONTHS			
Topics	Replies	Views	Last Post
 Sleeping in a 'big' bed... emilyj, Wednesday, 22 June 2011 12:56 PM(UTC)	8	452	Sara7 → Thursday, 1 September 2011 10:33 PM(UTC)
 weight loss pills, advice please! tabbybrownca, Wednesday, 31 August 2011 1:37 PM(UTC)	6	142	kel22 → Thursday, 1 September 2011 7:53 PM(UTC)
 May/June '09 Mums & Bubs PreeceJ&M, Wednesday, 6 May 2009 8:54 AM(UTC) - [Goto Page: 1 ... 80, 81, 82]	1,626	32,063	Lily&Me → Saturday, 27 August 2011 11:30 PM(UTC)
 November & December 2008 Mummies kazz&bianca, Friday, 28 November 2008 4:10 AM(UTC) - [Goto Page: 1 ... 121, 122, 123]	2,459	42,792	kazz&bianca → Friday, 26 August 2011 8:15 AM(UTC)
 Bali with 17 month old hannaht, Tuesday, 16 August 2011 6:37 PM(UTC)	3	188	Lizzy62 → Saturday, 20 August 2011 3:14 PM(UTC)
 DRIVING ME CRAZY!!!!!! dibbsfirst, Friday, 29 July 2011 11:14 AM(UTC)	7	296	firstmum → Friday, 19 August 2011 10:56 AM(UTC)
 August 2009 Babies! Mum_2_Harry, Wednesday, 29 July 2009 12:26 PM(UTC) - [Goto Page: 1 ... 33, 34, 35]	699	23,441	-fara- → Saturday, 6 August 2011 6:13 PM(UTC)
 Routine for a 13 month old courtney, Tuesday, 12 July 2011 1:04 PM(UTC)	5	328	chicky → Thursday, 4 August 2011 4:02 PM(UTC)
 March 2010 babies karen246, Monday, 15 March 2010 3:09 AM(UTC) - [Goto Page: 1 ... 50, 51, 52]	1,035	33,024	gemgem → Wednesday, 20 July 2011 9:07 PM(UTC)
 What time does your 2 YR OLD go to bed at night Sunshine Molly, Thursday, 31 March 2011 3:02 PM(UTC) - [Goto Page: 1, 2]	22	1,036	deb37 → Friday, 1 July 2011 8:35 AM(UTC)

Moms with Preschoolers

WIC moms will have available, via a social networking site, a wealth of information on feeding children and picky eaters.



The image shows a screenshot of the WICconnect website. At the top, the logo 'WICconnect.....' is displayed in white on a purple background. Below the logo, there is a navigation bar with the text 'HOME | SIGN OUT'. The main content area features a large image of a young boy and a young girl kissing. Overlaid on the bottom of this image is the text 'MOMS WITH PRESCHOOLERS'. Below the image, there is a list of menu items, each separated by a horizontal line: 'TIPS FOR PICKY EATERS', 'FEED ME! AGE 1 TO 3', 'FEED ME! AGE 4 TO 5', 'HEALTHY CHOICES FOR KIDS', and 'SAFTEY TIPS FOR COOKING WITH CHILDREN'.

Moms with Preschoolers

WIC moms can post questions about picky eaters and receive advice from WIC local agency nutritionists.

WICconnect.....

[< BACK](#) | [HOME](#) | [SIGN OUT](#)

MY CHILD WILL NOT EAT NEW FOODS

- Offer one new food at a time, with food she likes.
- Give a small amount. Do not worry if your child does not eat it. Offer it again at another time.
- You may need to offer it many times before she will eat it.
- Let her try all kinds of foods, even the ones you don't like!

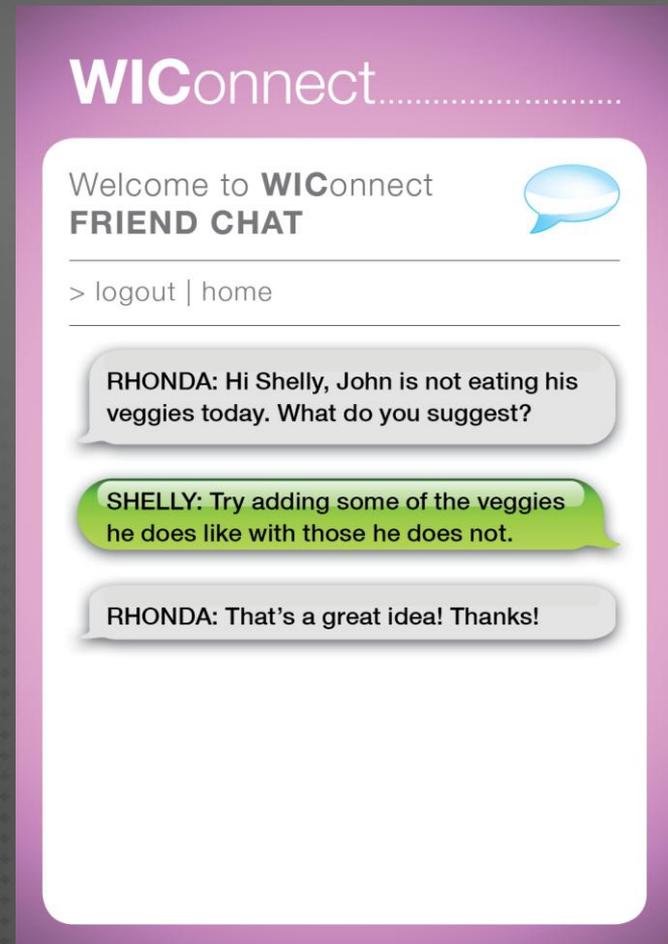
Peer Counseling

Women can seek advice easily and instantly via WIC social networking.

The image shows a screenshot of the WICConnect Peer Counseling website interface. The page has a purple header with the text "WICconnect.....". Below the header, it says "Welcome to WICconnect Peer Counseling". There is a link "> login / signup". The main content area is divided into two rows of icons. The first row contains "FRIENDS" (two stylized figures), "NOTIFICATIONS" (an envelope), and "PROFILE" (a yellow star). The second row contains "CHAT" (a blue speech bubble), "BREASTFEEDING" (a purple square with "bf"), and "FAQ" (a purple square with "faq"). At the bottom, there is a "SEARCH" label followed by a search input field.

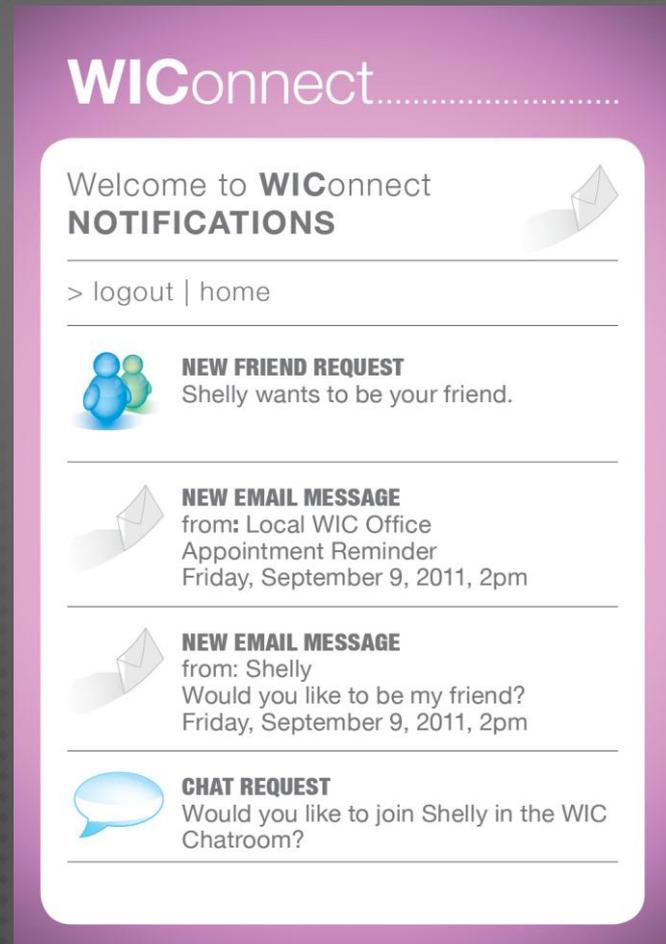
Friends

Imagine the ease moms will have contacting their peers when they use WICConnect Instant Messaging.



Notifications

Instant messaging requests, emails, and appointment reminders will all reside in the same place.



The screenshot shows a notification interface for WICconnect. At the top, it says "WICconnect.....". Below that, it says "Welcome to WICconnect NOTIFICATIONS" with a small envelope icon. There is a navigation bar with "> logout | home". The notifications are listed below, each with an icon and a title:

- NEW FRIEND REQUEST**: Shelly wants to be your friend. (Icon: two people)
- NEW EMAIL MESSAGE**: from: Local WIC Office, Appointment Reminder, Friday, September 9, 2011, 2pm. (Icon: envelope)
- NEW EMAIL MESSAGE**: from: Shelly, Would you like to be my friend?, Friday, September 9, 2011, 2pm. (Icon: envelope)
- CHAT REQUEST**: Would you like to join Shelly in the WIC Chatroom? (Icon: speech bubble)

Profile

Set user information and select what information to receive.



The screenshot shows the WICConnect profile page. At the top, the WICConnect logo is displayed. Below the logo, the text 'Welcome to WICconnect' is followed by 'PROFILE' in bold. A yellow star icon is positioned to the right of the 'PROFILE' text. Below this, there is a link '> logout / back'. A dark grey rounded rectangle contains the user's profile information: 'NAME: Shelly Wicuser. edit', 'EMAIL: WICmom@gmail.com edit', and 'PASSWORD: ***** edit'. Below this, the text 'To receive messages in your inbox, please select from the categories below:' is followed by a list of five categories, each with an unchecked checkbox: 'I am a breastfeeding mom', 'I am a mother of a newborn', 'I am a mother of an infant', 'I am a mother of a toddler', and 'I am a mother of a preschooler'.

WICconnect.....

Welcome to **WICconnect**
PROFILE 

> logout / back

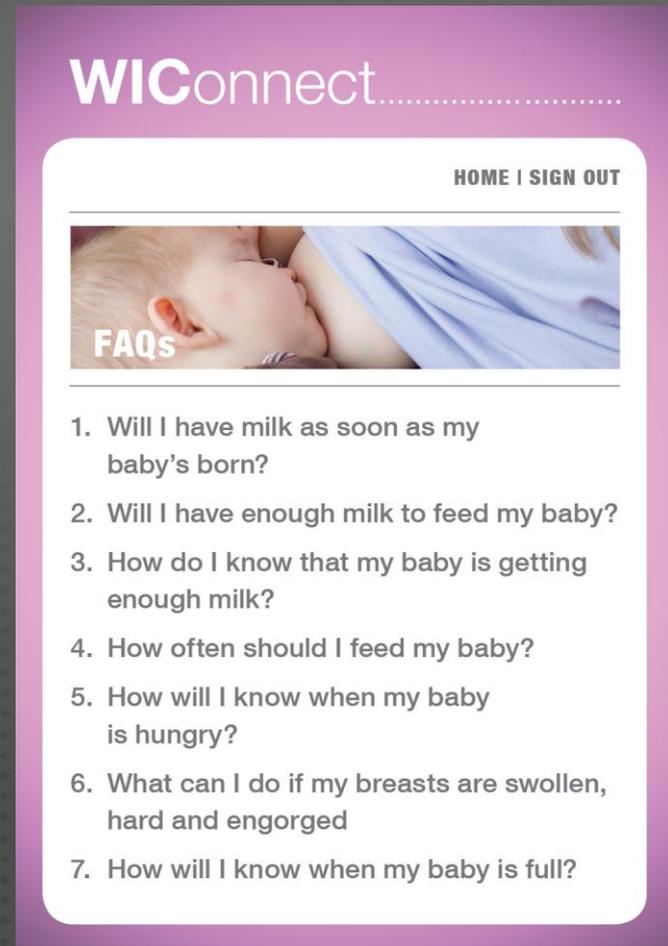
NAME: Shelly Wicuser. *edit*
EMAIL: WICmom@gmail.com *edit*
PASSWORD: ***** *edit*

To receive messages in your inbox,
please select from the categories below:

- I am a breastfeeding mom
- I am a mother of a newborn
- I am a mother of an infant
- I am a mother of a toddler
- I am a mother of a preschooler

Frequently Asked Questions

*Immediate answers
to the most frequently
asked questions.*



WICconnect.....

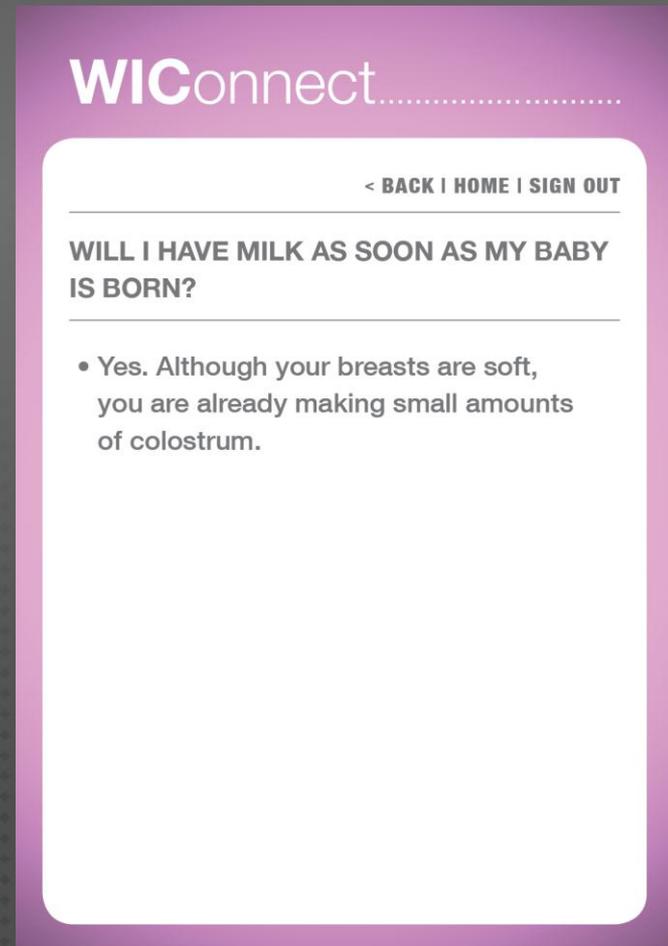
HOME | SIGN OUT

FAQs

1. Will I have milk as soon as my baby's born?
2. Will I have enough milk to feed my baby?
3. How do I know that my baby is getting enough milk?
4. How often should I feed my baby?
5. How will I know when my baby is hungry?
6. What can I do if my breasts are swollen, hard and engorged
7. How will I know when my baby is full?

Frequently Asked Questions

Presented in a straight-forward question and answer format.



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WILL I HAVE MILK AS SOON AS MY BABY IS BORN?

- Yes. Although your breasts are soft, you are already making small amounts of colostrum.

Thank You

Thank you for participating in the ET Research Project.

- Amanda Hovis & Company
- Limetree Research
- Western Region Food Nutrition Services WIC Program



Content development: Claudia Desmangles and Tim Hoerl