

Virtual Nutrition Education Schedule

Chickasaw Nation WIC is using Zoom to provide specialized group nutrition education opportunities for you and your family. To participate, you can use a mobile device to call in or request a link from one of our WIC educators.

	Prenatal Group	Breastfeeding 101	Mommy Milk Group	Infant Nutrition Group	Child Nutrition Group	Pumping 101
Monday	12 p.m.		11 a.m.	1 p.m.	10 a.m.	
Tuesday	1 p.m.	11 a.m.	10 a.m.		12 p.m.	
Wednesday	11 a.m.		12 p.m.	10 a.m.	1 p.m.	
Thursday		11 a.m.				12 p.m.

Prenatal Group

Designed for pregnant women at any stage of pregnancy. Discussion topics include prenatal nutrition, weight gain and feeding your baby.

Breastfeeding 101

Breastfeeding 101 is designed for pregnant women in the last trimester of pregnancy. This session gives moms the knowledge of what to expect when breastfeeding their newborn and how to interpret what their baby is "saying" to them.

Mommy Milk Group

Designed for breastfeeding women at any stage of their breastfeeding journey by offering support, finding solutions, to common challenges, celebrating successes and introducing solids when ready.

Pumping 101

Pumping 101 is a great resource for parents who need guidance and education about pumping, whether they are returning to work or school, supplementing or exclusively pumping.

Infant Nutrition Group

Feeding Fun Before One is geared towards the parent of older infants and helps parents with feeding transitions from infant to toddler.

Child Nutrition Group

For the parents of young children. Topics of interest include nutrition, activity and screen time.

Contact

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