



Memorandum

#12-128

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 28, 2012

SUBJECT: New Self-Paced Lesson Available – *SP-000-50, Growing Up... and off the Bottle*
Replacing *SP-000-20, Weaning from the Bottle for Healthy Teeth and a Healthy Diet*

The following new self-paced lesson will be available December 3, 2012, in the “Self-Paced” category on the WIC Lesson Plans website:

SP-000-50 | Growing Up... and off the Bottle

This self-paced lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>. It reviews tips on weaning from the bottle by encouraging healthy habits early on, suggesting gradual changes to switch to the cup, and reassuring the client to stay positive and stick with it.

This self-paced lesson will replace SP-000-20, Weaning from the Bottle for Healthy Teeth and a Healthy Diet. If you are currently offering this lesson, please make this change on your *Nutrition Education Class Schedule* or contact your State Nutrition Education Liaison for additional information.

If you have any questions or require additional information, please contact Katie Lanier, Nutrition Education Consultant, at (512) 341-4514 or Katie.Lanier@dshs.state.tx.us