

# Healthy Beyond WIC

## Tips for Good Health

**Stay healthy.** Regular meals, snacks, sleep and activity helps you have more energy, feel better and manage stress.

**Avoid alcohol, tobacco and drugs.** Smoking, vaping, drinking alcohol and misusing drugs can cause health problems for you and your family.

**Pay attention to your moods.** Many new parents get the blues, and may cry, feel sad and have mood swings. If the feelings get stronger and last longer, call the 988 Lifeline. It's best to get help as soon as possible to feel better sooner.

**Breastfeed or chestfeed.** Human milk has just the right nutrients for growth and development and provides benefits for parents and babies up to 2 years and beyond.

**See your doctor.** Get medical and dental checkups every year and ask what vaccines you and your family need to stay protected.

**Get folic acid.** Folic acid is important before, during, and after pregnancy for heart health and to prevent birth defects. It is found in supplements and some WIC foods, like fruits, vegetables, cereal, bread and pasta.



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