

## Welcome to the Women, Infants, and Children (WIC) Program

**The Texas Women, Infants, and Children Program supports your partner and your child from pregnancy to delivery, to raising a toddler.**

WIC is a nutrition program that helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy. Nutrition education and counseling, breastfeeding support, healthy foods and help finding health care are provided to low-income women, infants and children.

Fathers of children under the age of 5 are encouraged and welcome to bring their children to appointments, attend nutrition classes and receive and redeem benefits for their children. Active participation by fathers is a great help in keeping WIC children healthy.

### WIC is Here for You Too, Dad.

Texas WIC:

- Shares ways to stay healthy by offering nutrition classes, shopping tips and information on making well-balanced food choices.
- Answers questions about good nutrition for your partner and your child.
- Answers questions about the benefits of breastfeeding for your child and your partner.
- Helps you find other health care close by.
- Helps you buy the foods that your partner and your child need to stay healthy.

## Resource

To locate your closest WIC clinic, call 800-942-3678 or visit [www.texaswic.org](http://www.texaswic.org).



### Dad's Guide to Fatherhood

Reference:

Texas Office of the Attorney General. (2019). Dad's guide to fatherhood. Texas Health and Human Services.

<https://www.texasattorneygeneral.gov/sites/default/files/files/child-support/Publications/13-06-15131DadsGuidetoFatherhood-ACC.pdf>