

# NUTRITION SERVICES FOR KIDS: BIRTH TO 5 YEARS OLD



PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**PLEASE VISIT WIC FOR THESE SERVICES, WHICH WILL HELP YOUR FAMILY GROW AND THRIVE.**

**POR FAVOR VAYA A WIC PARA LOS SIGUIENTES SERVICIOS, ESTOS LE AYUDARÁN A SU FAMILIA A CRECER Y A PROSPERAR.**

- Feeding Guidelines / Guías de alimentación
- How to Prepare Formula for your Baby / Cómo preparar fórmula para su bebé
- Baby-Paced Bottle Feeding / Alimentación con biberón al ritmo de bebé
- How To Introduce Solids / Cómo introducir sólidos
- Weight Gain in Kids / Aumento de peso en niños
- Meal Patterns and Foods for Kids / Patrones de comidas y alimentos para niños
- Beverages for Kids (water, milk and juice) / Bebidas para niños (agua, leche, jugo)
- Other / Otro: \_\_\_\_\_

\_\_\_\_\_  
**HEALTHCARE PROVIDER NAME (PLEASE PRINT)**

\_\_\_\_\_  
**SIGNATURE**

\_\_\_\_\_  
**PHONE NUMBER**



|  |                |
|--|----------------|
| Allegany County                            | (301) 759-5020 |
| Anne Arundel County                        | (410) 222-6797 |
| Anne Arundel Spanish                       | (410) 222-0139 |
| Baltimore City (Health Department)         | (410) 396-9427 |
| Baltimore City (Johns Hopkins)             | (410) 614-4848 |
| Baltimore County                           | (410) 887-6000 |
| Calvert County                             | 1-877-631-6182 |
| Caroline County                            | (410) 479-8060 |
| Carroll County                             | (410) 876-4898 |
| Cecil County                               | (410) 996-5255 |
| Charles County                             | (301) 609-6857 |
| Dorchester County                          | (410) 479-8060 |
| Frederick County                           | (301) 600-2507 |
| Garrett County                             | (301) 334-7710 |
| Harford County                             | (410) 939-6680 |
| Howard County                              | (410) 313-7510 |
| Kent County                                | (410) 810-0125 |
| Montgomery County (CCI)                    | (301) 762-9426 |
| Prince George's County (Health Department) | (301) 856-9600 |
| Prince George's County (Greenbelt)         | (301) 762-9426 |
| Prince George's County (Greater Baden)     | (301) 324-1873 |
| Queen Anne's County                        | (443) 262-4423 |
| Somerset County                            | (410) 749-2488 |
| St. Mary's County                          | 1-877-631-6182 |
| Talbot County                              | (410) 479-8060 |
| Washington County                          | (240) 313-3335 |
| Wicomico County                            | (410) 749-2488 |
| Worcester County                           | (410) 749-2488 |
| Maryland Toll-Free                         | 1-800-242-4WIC |



This institution is an equal opportunity provider.