

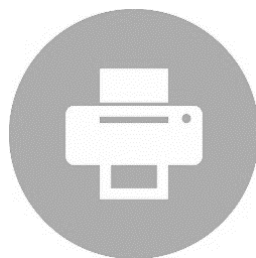
Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



WIC helps families in many ways

Washington WIC gives families access to nutritious food and provides health screening, risk assessment, nutrition education, breastfeeding support and referrals to health and social services. meet the needs of families.

WIC enrolls new applicants, provides nutrition education and breastfeeding support and issues food benefits by phone or video chat.

- WIC expanded the choice of foods allowed for purchase using WIC benefits.
- Participants now shop for WIC foods using a WIC card, which makes shopping easier.
- Given layoffs and other economic consequences related to COVID-19, people may be seeking WIC services for the first time. WIC has capacity and welcomes new families. To find WIC services in your area: Text "WIC" to 96859

Parent Help 123

<https://www.parenthelp123.org/>

Try these APPs



WIC Shopper APP

[WIC](#)

PBS Parent Play and Learn

[Play and Learn](#)

Printable Activities



Math Snacks

[Math is Everywhere](#)

Enchilada Recipe

[Recipe](#)

Learn at Home BINGO

[SHAPE BINGO](#)

Signs of Fall

[Activity](#)

Play & Learn Websites



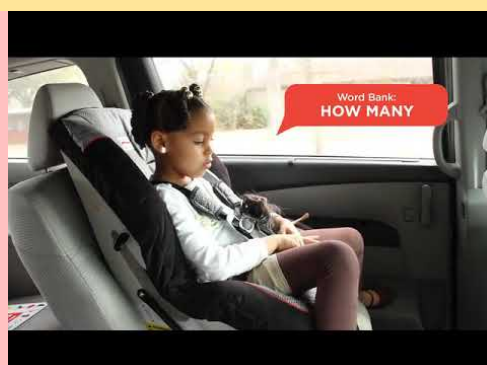
Highlight Magazine for Kids

<https://www.highlightskids.com/>

LEGO Play

<https://www.lego.com/en-us/kids>

Videos to Watch



READY ROSIE

How Many in the Car?