**December Social Media Toolkit - English**

*The following visuals and copy can be used by WIC staff for any outreach purposes, including posting to social media pages. Feel free to edit the copy and website or contact information to make it specific to your clinic.*

*Hashtags and suggested posting dates are optional, observance day posts can be shared anytime by editing the suggested captions to fit your clinic’s needs.*

*Please reach out to us at* *campaign@nwica.org* *if you have any questions!*

1. **National Influenza Vaccination Week** (December 2-6)

Did you know kids under 5—especially those under 2—are more likely to get really sick from the flu? The flu can be tough, but here’s the good news: Vaccines can help protect your family. 💉

Want to make getting shots easier for your child? Check out these simple tips to help before, during, and after: <https://www.cdc.gov/vaccines-children/before-during-after-shots/less-stress.html>

Want to get your family vaccinated? WIC can help! Find your local clinic today: [www.signupwic.com](http://www.signupwic.com)

#FightFlu #HealthyStartsWithWIC

1. **Safe Toys and Gifts Month**

This holiday season, keep your kids safe by choosing toys that match their age, skills, and abilities! Here are safe gift-giving tips for children of all ages:

👶 Age & Ability Matters: Select toys based on the child’s age and developmental level. Be especially cautious with toys for infants and toddlers under three.

❌ Avoid Choking Hazards: Skip toys with small parts, magnets, or “button” batteries, all of which pose serious risks if swallowed.

🕵️‍♂️ Inspect Before You Buy: Avoid toys with sharp edges or low-quality toys that will easily break, crush, or come apart. Make sure crayons and markers are labeled “non-toxic.”

Learn more about choosing safe toys for your children: [www.healthychildren.org/English/safety-prevention/at-home/Pages/How-to-Buy-Safe-Toys.aspx](https://www.healthychildren.org/English/safety-prevention/at-home/Pages/How-to-Buy-Safe-Toys.aspx)

#HealthyStartsHere

1. **Happy Holidays from WIC**

This season, we’re grateful to be part of your family’s journey. WIC is here to support you with healthy foods, breastfeeding support, and the resources you need to keep your little ones growing strong all year long. ❄️

Wishing you and your family a season filled with love, joy, and good health.

💙 Your friends at WIC

1. **WIC-Approved Food of the Month: Cranberries**

Cranberries are more than just a tasty snack! They’re full of fiber, antioxidants, and vitamins C, E, and K. These nutrients help support a strong immune system, healthy digestion, and overall wellness!

Try cranberries in smoothies, muffins, or homemade cranberry sauce for a yummy and healthy treat. 🥗🍹Learn more about cranberries and find healthy recipes here: <https://bit.ly/418coEd>

Want to learn more about WIC? Visit [www.signupwic.com](http://www.signupwic.com) for more information and to find a clinic near you.

#HealthyStartsHere

1. **Nutrient Highlight: Vitamin C**

Vitamin C is important for keeping your body strong and healthy. It helps heal cuts, boosts your immune system, and helps your body absorb iron from food. It’s also great for your skin, teeth, and gums!

Foods like oranges, strawberries, kiwi, bell peppers, and broccoli are full of vitamin C. And the best part? These foods are included in the WIC food package! 🥦🍓🍊

Learn more about WIC and start the enrollment process today! Visit [www.signupwic.com](http://www.signupwic.com) for more.

#HealthyStartsHere

1. **Activities for Winter**

Looking for ways to keep the kids entertained this winter? Whether you're up for an outdoor adventure or looking to stay cozy inside, here are some fun ideas:

🧣 Bundle up and go for a walk.

✨ Go stargazing at night.

☕ Warm up with some hot cocoa or apple cider.

📖 Read winter-themed books.

Want more ideas for winter family fun? Find them here: <https://www.today.com/parents/family/winter-activities-for-kids-rcna51788>

#HealthyStartsHere

1. **Balanced Snacks for Kids**

Toddlers need plenty of energy to grow, but their little tummies can only hold so much! They

may not be able to eat enough at mealtimes and might need snacks between meals. Every

toddler is different, so learn what your child needs!

Looking for healthy, balanced snack ideas? 🥕🍎 Check out these tips to keep your toddler fueled up: [www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx](https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)

#HealthyStartsHere

1. **Traveling While Breastfeeding**

Whether this is your first trip or you’ve done it before, breastfeeding while traveling can be overwhelming. No matter how you’re traveling, it’s possible to set yourself up for success! 🚗✈️🚆

From going through security to keeping up your milk supply, here are some simple tips to make traveling with your baby easier. <https://wicbreastfeeding.fns.usda.gov/traveling-your-baby>

#HealthyStartsHere #Breastfeeding #Lactation

1. **Teeth Brushing Tips**

Brushing teeth is an important habit for your child's overall health! Start them early by making brushing fun and easy. 🦷🪥

Need some easy tips to make tooth brushing exciting? Check out these ideas to help your little ones build good habits!

[www.healthychildren.org/English/healthy-living/oral-health/Pages/let-the-brushing-games-begin.aspx](https://www.healthychildren.org/English/healthy-living/oral-health/Pages/let-the-brushing-games-begin.aspx)

#HealthyStartsHere #DentalHealth

1. **Traveling with Children**

Traveling with small children this holiday season? Make sure your little ones stay safe and healthy while you travel! Use these tips for a safe and fun trip with your kids:

 [www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Holiday-Travel-Tips.aspx](https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Holiday-Travel-Tips.aspx)

#HealthyStartsHere

1. **Brush Time Fun - Dental Hygiene Video**

Check out these practical tips to turn tooth brushing into a fun, daily routine for your little ones!

#HealthyStartsHere #DentalHealth #WIC