



WIC Informer

Did You Know...

Before you head out to your favorite restaurant for an awesome meal, take a minute and go to cdhd.idaho.gov - click on the link titled previous site, Environmental Health then Food Establishment Inspection to see how the CDHD Environmental Health Program rated them.

Women's Health

Central District Health Department Offers Low Cost Cholesterol Screenings

The first Tuesday of every month at Central District Health Department from 6:30 a.m. to 9:00 a.m. No prescription needed for Health Panel/Cholesterol Screening. We now offer extra tests (such as Thyroid, CBC, or PSA). For these extra tests a physician's written order is required and you should bring your insurance card.

Total health panel with Lipids (includes 22 values) is only \$22.

12-hour fasting is required and 48-hours of no alcohol recommended. Drink plenty of water the night before and morning of the blood draw to help hydrate your veins.

For more information contact CDHD at 375-5211.

Young Mothers' Childbirth Preparation

A 6-week session for young women ages 15-22, is available through St. Alphonsus Hospital which will help teach young mothers preparation for labor and delivery, decision making, choices for the

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future (including adoption), beginning breastfeeding, stress reduction, relaxation techniques, an incentive store and mentors are also available. For more information contact St. Alphonsus Family Center at 367-7386. There are scholarships available – for information about the cost contact 367-3454.

Web Site Assesses Risks

The Harvard Center for Cancer Prevention recently launched the Web site "Your Disease Risk". Users can find out their risk for heart disease, stroke, diabetes, and osteoporosis. Then they can read tailor-made tips from the site for preventing the disease.

To check out this web site, go to www.yourdiseaserisk.harvard.edu

Infant

Starting Cereal

"When do babies start cereal?" Many moms ask us that question every day. Healthy babies less than 6 months old who are growing well do not need extra water, juice or solid food. Waiting to start solid foods can help prevent food allergies. As babies grow, so do their digestive system so they are better able to digest foods and foods are less likely to cause an allergic reaction.



"How can I tell my baby is ready for solid food like cereal?" Most babies are ready to eat solid food when they can:

- Hold their heads steady.
- Sit in a lap or high-chair without falling over.
- Accept food from a spoon.
- Open their mouth when offered food.

This happens some time around 6 months of age.

"How do I start giving my baby cereal?"

- Feed your baby a small amount of breastmilk or infant formula first, before offering solid food. Hungry babies are not in the mood to learn something new.
- Start with rice baby cereal. Mix dry cereal with breastmilk, infant formula or water.
- Feed 1 to 2 tablespoons prepared cereal at a time with a spoon (working up to 8 tablespoons or ½ cup per day over several months.)
- Use a baby spoon for feeding your baby. Using a spoon teaches your baby how to handle food in her mouth.
- Feed rice cereal for about 1 week, then if you want, start oatmeal or barley. Wait until your baby is 8 months old to start mixed-grain baby cereal.

Breastfeeding

Myths Debunked

Have you heard "I can't breastfeed any more, my milk just dried up"? Not true! Or if this can occur, it must be a rare occurrence. Aside from day-to-day and morning to evening variations, milk production does not change suddenly. There are changes which occur which may make it seem as if milk production is suddenly much less:

- **An increase in the needs of the baby - the so-called growth spurt.** If this is the reason for the seemingly insufficient milk, a few days of more frequent nursing will bring things back to normal. Try compressing the breast with your hand to help the baby get your milk.
- **A change in the baby's behavior.** At about 5-6 weeks of age, more or less, babies who would fall asleep at the breast when the flow of milk slowed down, tend to start pulling at the breast or crying when the milk

Cont...

flow slows. The milk has not dried up, but the baby has changed. Try compressing the breast with your hand to help the baby get more milk.

- **The mother's breasts do not seem full or are soft.** It is normal after a few weeks for the mother to no longer have engorgement, or even fullness of the breasts. As long as the baby is drinking at the breast, do not be concerned.
- **The baby breastfeeds less well.** This is often due to the baby being given bottles or pacifiers and thus learning an inappropriate way of breastfeeding.

The birth control pill *may* decrease your milk supply. Think about stopping the pill or changing to a progesterone-only pill, or use other methods. Discuss this with your health care provider.

If the baby truly seems not to be getting enough, get help from a lactation consultant, but do not introduce a bottle which will only make things worse. If absolutely necessary, the baby can be supplemented, using a lactation aid, which will not interfere with breastfeeding. However, lots can be done before giving supplements. Get help. Try compressing the breast with your hand to help the baby get milk.

For more breast-feeding myths visit www.bfirc.com Click on the resources tab at the top and scroll down to Myths Debunked.

Family

50 Ways To Show Kids You Care

1. Notice Them.
2. Smile a lot.
3. Acknowledge them.
4. Learn their names.
5. Seek them out.
6. Remember their birthdays.
7. Ask them about themselves.
8. Look in their eyes when you talk with them.
9. Listen to them.

10. Play with them.
11. Read aloud together.
12. Giggle together.
13. Be nice.
14. Say yes a lot.
15. Tell them their feelings are o.k.
16. Set boundaries which keep them safe.
17. Be honest.
18. Be yourself.
19. Listen to their stories.
20. Hug them.
21. Forget your worries sometimes and concentrate only on them.
22. Notice when they're acting differently.
23. Present options when they seek your counsel.
24. Play outside together.
25. Surprise them.
26. Stay with them when they're afraid.
27. Invite them over for juice.
28. Suggest better behaviors when they act out.
29. Feed them when they're hungry.
30. Delight in their discoveries.
31. Share their excitement.
32. Send them a letter or postcard.
33. Follow them when they lead.
34. Notice when they're absent.
35. Call them to say hello.
36. Hide surprises for them to find.
37. Give them space when needed.
38. Contribute to their collections.
39. Discuss their dreams and nightmares.
40. Laugh at their jokes.
41. Be relaxed.
42. Kneel, squat, or sit so you're at their eye level.
43. Answer their questions.
44. Tell them how terrific they are.
45. Create a tradition with them and keep it.
46. Learn what they have to teach.

47. Use your ears more than your mouth.
48. Make yourself available.
49. Show up at their concerts, games, and events.
50. Find a common interest.

Look for more tips in future WIC Informers.

*From Search Institute,
700 South Third Street, Suite 210,
Minneapolis, MN 55415.*

Recipe

Pizza Faces



The round shape of English muffins, pita bread, rice cakes, and tortillas make perfect little faces to decorate. Show your children how to make a pizza face first, then let their imagination go to work!

Directions:

1. Toast the bread (if needed).
2. Prepare an assortment of cut vegetables and fruits for eyes, ears, hair, teeth, mouths, and noses using halved cherry tomatoes, shredded carrots, sliced mushrooms and olives, bell peppers, corn kernels, thin carrot and cheese sticks, raisins, sliced hard-boiled eggs and cucumbers, and sliced zucchini.
3. Spread the bread evenly with tomato sauce or tomato paste. Sprinkle a small amount of grated, low-fat cheese on top of the sauce. Create faces on the bread with any of the above ingredients.

*Happy Holiday's
From The WIC Staff!*

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