

Women

Infants

Children

Back Issues of this publication  
are available on our website:  
[cdhd.idaho.gov](http://cdhd.idaho.gov)

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We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**

The WIC Program  
is an equal  
opportunity provider  
and employer.



# Central District Health Department

## The WIC Informer

### How Do Hospitals Support Breastfeeding?

Learning to breastfeed is a natural process, like walking, that relies on a lot of practice, especially at first. Good support makes it easier to get started; supportive champions make it easier to keep practicing through to mastery.



#### Supportive hospital practices include:

- **Skin-to-skin contact** – Doctors and midwives place newborns skin-to-skin with their mothers immediately after birth, with no bedding or clothing between them, allowing enough uninterrupted time (at least 30 minutes) for mother and baby to start breastfeeding well.
- **Teaching about breastfeeding** – Hospitals teach mothers and babies how to breastfeed and to recognize and respond to important feeding cues.
- **Early and frequent breastfeeding** – Hospital staff help mothers and babies start breastfeeding as soon as possible after birth, with many opportunities to practice throughout the hospital stay. Pacifiers are saved for medical procedures.
- **Exclusive breastfeeding** – Hospital staff only disrupt breastfeeding with supplementary feedings in cases of rare medical complications.
- **Rooming-in** – Hospital staff encourage mothers and babies to room together and teach families the benefits of this kind of close contact, including better quality and quantity of sleep for both and more opportunities to practice breastfeeding.
- **Active follow-up after discharge** – Hospital staff schedule in-person breastfeeding follow-up visits for mothers and babies after they go home to check-up on breastfeeding, help resolve any feeding problems, and connect families to community breastfeeding resources.



Most hospitals will provide this kind of care when requested, even if it's not their standard practice. Some hospitals routinely provide this care to **all** maternity patients. Be sure to talk to your healthcare provider about breastfeeding at your prenatal visits and find out what your hospital offer for support.

Source: [www.cdc.gov](http://www.cdc.gov)

## Clinic Locations & Hours

### Ada County

Central District  
Health Department  
707 N. Armstrong Pl.  
Boise, Idaho 83704  
Tel (208) 327-7488  
Fax (208) 321-2243

#### Clinic Hours:

Mon 8:00-6:00  
Tues 8:00-6:00  
Wed 8:00-7:00  
Thur 8:00-6:00  
Fri 8:00-5:00

### Boise County

Contact Ada County Office  
to schedule an appointment  
Tel (208) 327-7488  
Fax (208) 321-2243

### Elmore County

Mountain Home  
Health Department  
520 E. 8<sup>th</sup> Street  
Mountain Home, Idaho 83647  
Tel (208) 587-4409  
Fax (208) 587-3521

#### Clinic Hours

Mon – Fri 8:00-5:00  
1<sup>st</sup> & 3<sup>rd</sup> Wed 9:00-6:00

### Valley County

McCall Health Department  
703 N. 1<sup>st</sup> Street  
McCall, Idaho 83638  
Tel (208) 634-7194  
Fax (208) 634-2174

#### Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center  
3<sup>rd</sup> Tuesday of every month  
Contact McCall office to  
schedule an appointment  
Tel (208) 634-7194  
Fax (208) 634-2174

*Clinics closed on  
all government holidays*

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## Smart Ways To Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat – but **HOW MUCH** we eat.

The key to healthful – and delicious – eating is to downsize your portions at breakfast, lunch, dinner, and especially snack time. Here are a dozen quick and easy ways to eat less – and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen carefully and honor them.
2. **Prepare less food for meals:** Large quantities of food make people eat more. If you want leftovers, put them out of sight – and out of mind.
3. **Start with a small serving:** Small servings may be exactly what you want – and you can always have more if you are still hungry.
4. **Use small dishes and glasses:** It really works: smaller plates and taller, thinner glasses make you think that you are getting more with less.
5. **Slow down the pace of eating:** Eating slowly enhances enjoyment of food and beverages – and gives your brain time to register fullness.
6. **Eat half, wait 20 minutes:** When you wait (and listen carefully to internal cues), you can be satisfied with smaller than usual portion.
7. **Never eat out of the bag:** When you eat out of bags, boxes, or cartons, you usually eat more. Take a small portion; then put the bag away.
8. **Think before you order:** Many restaurant meals are two to four times larger than you need. Make a plan before you order.
9. **Always go for the small size:** At fast-food restaurants, order small or regular items (drinks, burgers, and fries) – or choose a kiddie-size meal.
10. **Share, share, share:** Sharing restaurant meals is a great way to save money and calories too. Share appetizers, entrees, or desserts.
11. **Eat half, take half home:** Ask your server to put half your meal into a to-go container in the kitchen or to bring a box to the table.
12. **Eat regular meals and snacks:** When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.

Source: [www.montanadieteticassociation.org/promo.thml](http://www.montanadieteticassociation.org/promo.thml)

## PLACE YOUR CHILD IN THE PROPER CAR SAFETY SEAT

Correct use of car safety seats keeps kids safe from injury and prevents deaths.

Weight	Type of Car Seat	Seat Position
<b>Infants</b> (birth to 1 year) Under 20-22 lbs.	Infant-only or rear-facing infant-toddler convertible type	Rear-facing only
<b>Toddlers</b> (1 year plus) 20-40 lbs.	Infant-toddler convertible	Forward-facing. Harness straps should be at or above shoulder level.
<b>Young children</b> (4-8 years) Over 40 lbs., unless 4'9" or taller	Belt-positioning booster seat	Forward-facing. Lap belt should fit low and tight across the lap/upper thigh area, and the shoulder belt should cross the chest and shoulder.
The NHTSA recommends that all children age 12 years and under should ride in the back seat. Car accidents are the leading cause of death in children ages 5-12.		

## FIVE KEYS TO Quitting Smoking



**1. GET READY.** Pick a quit day and put it on your calendar. Remove all cigarettes, ashtrays, matches, and other smoking items from your home, of fice, and car. Make a list of all the reasons why you want (and need) to quit. Keep the list handy so you can read it when you get the urge to smoke. If having whiter teeth is one of your reasons, you might even want to consider getting your teeth cleaned.

**2. GET HELP.** People who use the telephone services like Idaho QuitLine at 1-800-QUIT NOW (1-800-784-8669) improve their chances of quitting. Several Internet sites also offer help, including: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org); 12-step program. [www.join-the-circle.org](http://www.join-the-circle.org); how to get support from other people. [www.lungusa.org](http://www.lungusa.org); American Lung Association "Freedom From Smoking." [www.idaho.quitnet.com](http://www.idaho.quitnet.com); Idaho Quitnet  
Also, be sure to tell your family and friends and ask for encouragement.

**3. TALK TO YOUR DOCTOR ABOUT MEDICATIONS THAT CAN HELP.** Nicotine replacement products can greatly reduce your urge to smoke. Some nicotine patches, gum, and lozenges are available over the counter, and some require a prescription. Other non-nicotine medications for smokers who want to quit are also available.

For those 18 years or older, a 4 week supply of Nicotine Replacement Therapy (NRT) - the "patch", lozenge, or gum is available at no cost to individuals who enroll in either phone-based tobacco cessation counseling with Idaho QuitLine or web based cessation counseling with [www.idaho.quitnet.com](http://www.idaho.quitnet.com).

**4. FORGIVE YOURSELF IF YOU SLIP UP.** Most quitters try at least four times before they are finally successful. Relapses usually occur within the first three months after quitting.

**5. LEARN NEW WAYS TO DEAL WITH STRESS AND WITHDRAWAL.** Most physical withdrawal symptoms go away within two weeks. When cravings are particularly strong, do anything that will change your focus on concentration

### ***A dozen ways to cope with nicotine withdrawal:***

- Do a deep-breathing technique
- Take a walk or do some stretching exercises
- Call a friend who is a former smoker
- Have a cup of tea
- Listen to some music
- Pet your cat or dog
- Chew on toothpicks or sugarless gum or mints
- Do something with your hands: work on a puzzle, play a computer game, pick up a worry stone
- Read the comics
- Write in a journal
- Think of the money you're saving by not smoking
- Visit an online quit-smoking site

### Sources:

American Lung Association,  
Centers for Disease Control and Prevention





## Appetites for Small Tummys

Have you ever wondered if your child is getting enough to eat? Your child's appetite may be smaller during the preschool years, but is likely to change as he or she continues to grow. It is normal for a child to not feel hungry or not finish a meal. An energetic and healthy-growing child will indicate that your child's appetite is normal.

### Appetizing Advice:

- Four to six mini-meals a day are best for young children.
- Offer small portions and let your child ask for more if he or she is still hungry.
- Healthy children will usually eat when they are hungry and stop when they are full.
- Plan regular times to eat and YOU decide what foods to offer.
- Give your child a choice from the foods you offer and let him or her decide how much to eat.
- Regular eating times should be relaxed, so that your child learns body signals of being hungry or full.
- Do not force your child to eat the right amount of food.
- Take food away when your child stops eating.
- Do not withhold food when your child is hungry. A small healthy snack will do the trick.
- Remember that your child is watching you. Keep your own portions sensible.
- Keep TV, videos, and loud music off during mealtime. They are too distracting for young children and interfere with eating.

Source: USDA, Food and Nutrition Service  
<http://www.fns.usda.gov/tn/Resources/nibbles.html>

## Healthy Families

EAT TOGETHER! PLAY TOGETHER!



### Baked Potatoes

Potatoes are a simple, low cost and satisfying food. They are great sources of vitamin C, potassium and fiber. Wash and scrub potatoes before baking, so you can eat the potato skin to get the most nutrition.

Potatoes are easy to bake. Bake clean potatoes in a 400° oven for 40 to 50 minutes, or until soft when pierced with fork. Baked potatoes can be the start of a fast and tasty meal.

Top with one of the following toppings and dinner is ready!

- Broccoli Cheese Potato - fill a baked potato with steamed broccoli, cheese sauce and shredded cheddar cheese.
- Mexican Potato - top a potato with taco flavored meat (hamburger, chicken or steak), refried beans, salsa and shredded cheddar cheese.
- Fajita Potato - stir fry chicken or steak strips, green or red peppers, and onions in a small amount of oil. Season with Cajun seasonings. Top potato with fajita mixture.
- Seafood Potato - top a baked potato with imitation crabmeat, shredded swiss cheese and sliced mushrooms. Heat and eat!
- Pizza Potato - top a baked potato with pizza sauce, chopped ham or smoked turkey breast and mozzarella cheese. Heat and eat!
- Ham and Cheese Potato - fill a baked potato with chopped deli ham, chopped tomatoes and shredded cheddar cheese. Heat and eat!