

# Central District Health Department

Women

Infants

Children

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The WIC Program is an equal opportunity provider and employer.



## The WIC Informer

### Cheers For Dads Who Play On The Home Team

**Cheers for Dads** who make their marriage and time spent with Mom a high priority.  
**Cheers for Dads** who get up in the night with babies and rock them back to sleep.  
**Cheers for Dads** who plan some discipline strategies with Mom and carry through. Cheers also when they disagree when a spot decision has been made by one or the other but they discuss it privately.

**Cheers for Dads** who teach their children about work and sharing household chores by working with them.

**Cheers for Dads** who participate in and encourage their child's education.

**Cheers for Dads** who laugh at themselves when they do something dumb.

**Cheers for Dads** who teach values by example.

**Cheers for Dads** who regularly show Moms appreciation and love.

**Cheers for Dads** who listen lots and talk some too.

**Cheers for Dads** who offer possible solutions to problems.

**Cheers for Dads** who give hugs.

**Cheers for Dads** who choose and show appreciation for such great Dads.

**Cheers for Dads** who come off the sidelines and onto the playing field to become a parenting team with Mom!



Getting off the sidelines and onto the playing field benefits kids and parents. When fathers function as an active parent team player with mothers, it makes an important difference in the lives of their children. Studies show that their children are more self-confident, more adaptable, outgoing and independent. Social skills are better and behavior problems are fewer. These kids as teens are less likely to have problems with alcohol, drugs and sex than those children whose dads sat on the sideline.

### Keep Your Kids Moving - It's Good For Them

#### Active Living: Guidelines for Babies & Toddlers

Does your baby stay in a stroller, playpen, infant seat, or car seat for long periods of time? If so, you may want to make some changes.

Babies and toddlers need to be active. Being active early in life helps our children develop in a healthy way and become physically active adults.

How do we help young children be physically active? The National Association for Sport and Physical Education (NASPE) developed the *National Physical Activity Guidelines for Infants and Toddlers*. Here is a brief summary of these guidelines.

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## 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

Mtn. Home Air Force Base  
Consolidated Support Center  
Building 2610  
Tel (208) 587-4409

### 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

*Clinics closed on  
all government holidays*

## INFANTS:

*Continued from page 1*

Physical activity should:



1. Encourage them to explore their environment.
2. Be in settings that do not restrict their movement for long periods of time.
3. Develop movement skills.
4. Be in safe areas that meet (or exceed) recommended safety standards.
5. Include a variety of baby games such as peek-a-boo and pat-a-cake.

### Suggested Activities for Babies:

Get your baby out of the infant seat and let her/him move! Your baby wants to be active. You can use common household items such as a blanket, a cardboard box, a paper towel tube, and a laundry basket to help your baby be active. Here are some ideas to help get you started:

Activity and Things You'll Need	What to Do
For Playing Outdoors: • Blanket	<ul style="list-style-type: none"> <li>• Take your baby outside and lay out a blanket.</li> <li>• Have your baby crawl around on the blanket.</li> </ul>
For Exploring: • Laundry Basket -OR- • Empty cardboard box	<ul style="list-style-type: none"> <li>• Put an empty cardboard box or laundry basket in the middle of the room.</li> <li>• Crawl around the floor with your baby.</li> <li>• Go around, over, in and out of the box or laundry basket.</li> </ul>
“Row, Row, Row Our Boat”: • Empty paper towel tube OR • Empty wrapping paper tube	<ul style="list-style-type: none"> <li>• Sit on the floor.</li> <li>• Put your baby between your legs so that you are both facing forward.</li> <li>• Grasp the paper towel tube so that you are both holding it.</li> <li>• Gently move forward and back in a rowing motion.</li> </ul>

## TODDLERS AND PRESCHOOLERS

Physical activity should:

1. Include **at least 60 minutes and up to several hours** per day of **unrestricted** physical activity. (Toddlers and preschoolers should not be inactive for more than 60 minutes at a time, except when sleeping.)
2. Include **at least**
  - **30 minutes** per day of **structured** physical activity for **toddlers**
  - **60 minutes** per day of **structured** physical activity for **preschoolers**
3. Be in safe areas that meet (or exceed) recommended safety standards.
4. Develop movement skills in toddlers.
5. Improve movement skills in preschoolers.
6. Include movement such as running, jumping, throwing, kicking, stair climbing, and bouncing and chasing balls.



### Suggested Activities for Toddlers and Preschoolers:

You can also use common household items, such as newspaper, plastic gallon jugs, a paint brush, and rope to design active play for toddlers and preschoolers. The list of things you can use is endless. Be creative! Here are some ideas to help get you started:

Activity and Things You'll Need	What to Do
<b>"Clean Your Space"</b> <ul style="list-style-type: none"><li>• Newspaper "squished" into ball shapes and taped</li><li>• Rope or yarn to divide play area in half</li></ul>	<ul style="list-style-type: none"><li>• Divide play area in half by placing rope or yarn on floor.</li><li>• Scatter balls on each side.</li><li>• Divide children into 2 teams.</li><li>• Have children toss balls from their side to the other side.</li></ul>
<b>"Scoop Up the Ball"</b> <ul style="list-style-type: none"><li>• Plastic gallon jugs with bottoms cut off and cut edges covered with tape</li><li>• Socks rolled up into balls (or use any lightweight balls)</li></ul>	<ul style="list-style-type: none"><li>• Pair up children with partners.</li><li>• Toss ball between partners using scoops and balls.</li></ul>
<b>Invisible Art:</b> <ul style="list-style-type: none"><li>• Paintbrush</li><li>• Container with water</li></ul>	<ul style="list-style-type: none"><li>• Using paintbrush and water, "paint" various shapes or pathways onto pavement area.</li><li>• Have children jump, walk, or run to different shapes along pathway.</li></ul>

Source: From California WIC Association, WIC Watch, Winter 2005

## Common Breastfeeding Myths

**Myth:** Poor milk supply is usually caused by stress, fatigue or inadequate fluid or food intake.

**Fact:** The most common causes of milk supply problems are infrequent breastfeeding (following a schedule or supplementing with formula) or poor latch-on and positioning. Stress, fatigue and malnutrition are rarely causes of milk supply failure because the body has highly developed survival mechanisms to protect the baby during times of scarce food supply. Consult with WIC or a local hospital lactation clinic for concerns about latch-on and positioning. Eating healthy is important to help mom stay healthy and feel her best.



**Myth:** Babies get all of the milk they need in the first five to ten minutes of nursing.

**Fact:** While many older babies can take in the majority of their milk in the first 10 minutes, newborns and young infants often need much longer to feed. It is best to allow a baby to suck until he shows signs of fullness such as self-detachment and relaxed hands and arms.

**Myth:** Mothers who hold their babies or breastfeed too much will spoil them.

**Fact:** Babies who are held often cry fewer hours a day and exhibit more security as they mature.

**Myth:** It is important that dad or other family members get to feed baby so that they can bond, too.

### ProSobee Changes

Beginning July 1, 2006 Mead Johnson will be discontinuing ProSobee without LIPIL. Since some stores may run out of ProSobee without LIPIL as early as May, WIC will begin issuing ProSobee LIPIL at your next appointment.

**Fact:** Feeding is not the only method by which other family members can bond with the baby; holding, cuddling, bathing and playing with the infant are all important to baby's growth, development, and bonding with others.

# Recipes

## Gluten-Free Peanut Butter Cookies:

### Ingredients:

- 1 - cup sugar
- 1 - large egg, slightly beaten
- 1 - teaspoon baking soda
- 1 - cup peanut butter

### Directions:

- Preheat oven to 350 degrees.
- Combine all ingredients.
- Shape dough into 1" balls. Place on an ungreased cookie sheet.
- Use a fork to make a crisscross pattern on top of each cookie.
- Bake at 350 degrees for about 10-minutes.

## Tortilla Soup

### Ingredients:

- 1 pound ground turkey
- 1 clove garlic, minced
- 1 onion, chopped
- 1 pkg. enchilada sauce seasoning
- 1 15 oz. can pinto beans, drained
- 1 15 oz. can black beans, drained
- 1 15 oz. can kernel corn, drained
- 2 cups water
- 2 cups crushed tortilla chips

### Directions:

Brown turkey with garlic and onion in soup pot. Add enchilada seasoning and mix well. Add remaining ingredients and bring to a boil. If you want thinner soup, add more water. Reduce heat and simmer until ready to serve. When serving, top each bowl with grated cheddar or jack cheese, dollop of sour cream, diced green onions and/or a tortilla chip. Serves 6-8

## New WIC Checks Are Easier To Use

You've probably already noticed that your WIC checks have a different look. The change took place January 1<sup>st</sup> and with it comes the ability to shop at any Idaho authorized store that accepts WIC checks. Since the checks no longer have a store location printed on them you can shop at one store with some checks and at a different store with the rest.

The new WIC checks also provide the flexibility to travel within the state. For example, if you live in Mountain Home and you are going to spend a week in Coeur d' Alene, you can redeem your WIC check at any Idaho authorized store in Coeur d' Alene.

**Important Reminder:** If you don't purchase all of the food listed on each check at one time, you won't be able to go back to purchase what's left once you have redeemed the check.

### Other Changes:

- You will no longer be required to sign your WIC checks in the clinic.
- You will continue to sign the check register at the clinic.
- You must present your WIC identification folder at the beginning of the WIC transaction and then sign the WIC check **in front** of the cashier only after the dollar amount has been placed on your WIC check.
- You will be **required** to take your WIC identification folder into the store with you each time you shop. The cashier will look at the signature on the WIC identification folder for a match to the signature on the check that you sign at the store.
- If you forget your WIC identification folder in your vehicle or at home, store personnel **will not** accept your WIC check to pay for your WIC foods. Below is a list of the stores accepting WIC check in our district:
  - **Ada County:** Albertsons, Fred Meyer, Wal-Mart, Winco, and Paul's Market.
  - **Elmore County:** Albertsons, Wal-Mart, Paul's Market, Defense Commissary at the Air Force Base, and Square Deal Store in Grandview
  - **Valley County:** Ridley's, Paul's Market, and D-9 in Cascade
  - **Boise County:** Idaho City Grocery, Kalac Grocery in Horseshoe Bend.

