



WIC Informer

Women's Health

Quitting Smoking Are You Ready?

If you are interested in quitting smoking, there is help available to you. With this toll free number, 1-888-280-2265, you can be the one to initiate the call to help yourself quit smoking. Quitline cessation has counseling and information available to Idaho residents regardless of insurance status. They help by offering a 30-day pharmacological cessation assistance voucher with a patient co-pay of only \$10.00. Help yourself and help your children. QUIT!

Literacy



Every Child Ready To Read:

Literacy Tips for Parents

Infant: Birth to 18 Months

By cuddling, rocking, singing, and cooing with babies, parents help build a solid foundation for future learning. From birth on, infants are connected to human beings and prefer looking at faces over anything else in their environment. Babies respond joyfully to the sound of the human voice and love to hear "parent-ese." Experts in the field of brain research stress that touch helps to build a baby's brain. Babies love to feel gentle touches on the arms, legs, tummy, and face. They notice and imitate facial expressions at just a few months of age. Begin talking to babies the moment they are born, listen to their babbles and coos, and imitate sounds they produce.

The WIC Program is an equal opportunity provider and employer.

Oral Language & Vocabulary:

CARRY on "conversations" with infants. Notice how they listen and respond during pauses. Show lots of facial expression, especially smiles, while playing with infants.

SHOW babies items in the environment and name them. Cat, blanket, chair and rug are all items that can be labeled and talked about. This helps children to learn early that everything has a name.

SPEAK "parent-ese", talking with exaggerated changes in pitch and stretching out words.

PLAY the bag game. Put 6-7 small toys or household objects (larger than 2-3 inches to avoid choking potential) in a container. Toy cars, wooden spoons, measuring spoons, and coasters are possible objects. Allow your baby to pull items out and explore them. Tell her the name of the objects and join in the play. Describe an action: "I am putting the red coaster under the car."

Always follow your baby's lead. Don't force an activity; if the baby tires of a game choose another or maybe it's rest time.

From the Lee Pesky Learning Center, 345 Bobwhite Court, Ste. 220, Boise, Idaho 83706 (208) 333-0008.

Family

Traffic crashes remain the leading killer of kids, so efforts continue to stress the importance of correctly restraining children in a back seat where they are more likely to survive a crash. Data overwhelmingly show that children are at least 35 percent safer riding in a back seat, especially when they are buckled up correctly. If you are unsure of whether or not your children are buckled up correctly or if your car seat is installed correctly (studies show that 4 out of 5 car seats are installed incorrectly), you can call St. Luke's at 381-1200, (choose option 3 – class information) to schedule an appointment

50 More Ways To Show Kids You Care



1. Hold hands during a walk.
2. Apologize when you've done something wrong.
3. Listen to their favorite music with them.
4. Keep the promises you make.
5. Wave and smile when you part.
6. Display their artwork in your home.
7. Thank them.
8. Point out what you like about them.
9. Clip magazine pictures or articles that interest them.
10. Give them lots of compliments.
11. Catch them doing something right.
12. Encourage win-win solutions.
13. Give them your undivided attention.
14. Ask for their opinion.
15. Have fun together.
16. Be curious with them.
17. Introduce them to your friends and family.
18. Tell them how much you like being with them.
19. Let them solve most of their own problems.
20. Meet their friends.
21. Meet their parents.
22. Let them tell you how they feel.
23. Help them become an expert at something.
24. Be excited when you see them.
25. Tell them about yourself.
26. Let them act their age.
27. Praise more; criticize less.
28. Be consistent.

Cont...

29. Admit when you make a mistake.
30. Enjoy your time together.
31. Give them a special nickname.
32. Marvel at what they can do.
33. Tell them how proud you are of them.
34. Pamper them.
35. Unwind together.
36. Be happy.
37. Ask them to help you.
38. Support them.
39. Applaud the successes.
40. Deal with problems and conflicts while they are still small.
41. Chaperone a dance.
42. Tell them stories in which they are the heroes.
43. Believe in them.
44. Nurture them with good food, good words, and good fun.
45. Be flexible.
46. Delight in their uniqueness.
47. Let them make mistakes.
48. Notice them when they grow.
49. Wave and honk when you drive by them.
50. Give them immediate feedback.

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



FYI: - Be Active

Regular physical activity enables your body to run smoothly. Fit people have more energy than inactive people, because they're better able to convert the food they eat and the air they breathe into fuel for the body. Being active also strengthens your heart – allowing you to pump more oxygen to your muscles.

For more information visit the following website:

www.americaonthemove.org

Recipe



DIETING FOR YOUR HEART

Now that the holidays are over, a lot of people tend to think that it is time to begin dieting. Here are some helpful hints to help you lose weight.

Skinniest menu ideas:

Breakfast – keep it low in fat and sugar:

- Oatmeal, skim milk, fresh fruit
- Shredded wheat, skim milk, fresh fruit
- Whole cream of wheat, skim milk, fresh fruit
- Low-fat egg white omelet with vegetables, fruit

Lunch or dinner – keep it low in fat:

- Minestrone soup, salad
- Split pea soup, salad
- Grilled fish or chicken, salad
- Chili, salad
- Baked potato, salad
- Pasta, salad
- Stir-fry with brown rice

Snacks – keep it low in fat and sugar:

- Fresh fruit
- Light yogurt
- Raw veggies
- Hummus with whole-grain pita
- Baked potato or sweet potato
- Leftovers from other meals
- Soups

4 Steps to Lose Weight AND Protect Your Heart

1. **Consume more fruits and vegetables.** You should build up to at least 7 to 9 servings of fruits and vegetables each day.
2. **Limit consumption of refined sugars and oils.** These greatly increase the calorie density of foods and make you want to eat more calories to feel full.
3. **Consume more whole grains and fewer refined grains.** Cooked whole grains are very filling. These include oatmeal, brown rice, barley and corn. Refined grains include products made with white flour, such as bagels, white bread, crackers, pretzels, cakes, cookies and doughnuts.
4. **Consume fewer animal products,** particularly ones that are high in saturated fat. When it comes to protein, legumes such as black beans, pinto beans, split peas and white beans are always your best choice. Bring these items into your diet slowly so you can get used to the increased fiber without gastric distress. Fish is always a great idea, too, because it contains fats that are beneficial for your heart. Choose coldwater fatty fish such as salmon, tuna, trout, mackerel and herring and prepare them using a little fat.

From Community Food For Health,
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