

WIC BIZ



January, February, March 2009
Clinton County WIC Main Office: 565-4830
Adirondack Breastfeeding Counselors: 565-4835
Office hours: 1st & 3rd week /month 8:00-4:30 M-F;
2nd & 4th week/month 8:30-4:30
Lunch time, early, and late appointments available
www.clintonhealth.org

LEARNING AND DENTAL HEALTH

Research shows that early tooth loss caused by decay can result in failure to thrive, impaired speech development, reduced self-esteem and absence from and inability to concentrate in school. People who are missing teeth have to limit their food choices because of chewing problems. This can result in diets low in nutrients needed for good health. Dental health starts with pregnancy. Brushing and flossing, as well as eating the right foods, will help make you and your baby healthy. If possible, have a dental

WHILE YOU ARE PREGNANT

- *Brush with fluoride toothpaste at least twice a day
- *Floss once a day
- *Eat fruits, vegetables, whole grain products, dairy products, and lean meats
- *Drink water, low-fat or fat-free milk instead of sport drinks or soda
- *Cut down on sweets like candy, cookies and sugary drinks
- *Continue the good work after the baby is born

Resource: Oral Health Resource Center

CARE FOR BABY'S GUMS AND TEETH

- *Breastmilk is best. Breastfeed for at least 6 months
- *Germs can pass from your mouth to the baby's mouth through your saliva. Never put anything, like spoons and pacifiers, in your mouth and then in the baby's mouth
- *Start right away cleaning your baby's gums with a soft cloth after each feeding. When the first tooth comes in it's okay to clean the baby's mouth twice a day with a soft bristle, small head toothbrush.
- *Putting your baby to bed with a bottle of formula, milk, juice or soda, can lead to tooth decay

Storing Human Milk

The milk you express for your baby is a precious fluid. It combines the best possible nutrition with antibodies, live cells, and other substances that protect babies from infection and help them grow and develop. When you make the effort to provide expressed milk for your baby for those times you can't be there, you are making sure that your baby receives ideal nourishment and protection against many diseases.

When you pump or hand express milk, you need to handle it properly. How you store the breastmilk will have an effect on its nutritional quality. The best options for storing human milk are glass or hard-sided plastic containers with well-fitting tops. Containers should be washed in hot, soapy water, rinsed well, and allowed to air-dry before use. Containers may also be washed and dried in a dishwasher.

When filling containers, leave an inch of space to allow the milk to expand as it freezes. It's a good idea to put only two to four ounces in one container, which is the amount your baby is most likely to eat in a single feeding. If you plan to store the breastmilk in bags select thick plastic bags that are designed for storing human milk. Double bagging can help prevent accidents such as leaking. Squeeze out the air at the top before sealing. Label each container with the date it was expressed. Stand the bags in another container at the back of the freezer or refrigerator where the temperature will remain the most constant. To thaw breastmilk place it in the refrigerator overnight or hold the container under warm running water.

There are varying guidelines for the length of time breastmilk can be safely stored, however WIC recommends refrigerated milk be used within 48 hours, milk frozen in a freezer inside the refrigerator be used within two weeks and milk frozen in a freezer with a separate door be used within 3 months.

Resources: Medela; La Leche League

“Arrange” Your Kids’ Snack

Kids are always looking for snacks. Instead of sugary sweets or chips, make it easier for them to have a healthy snack time. The keys are to make healthful snacks in your house visible, convenient and effortless.

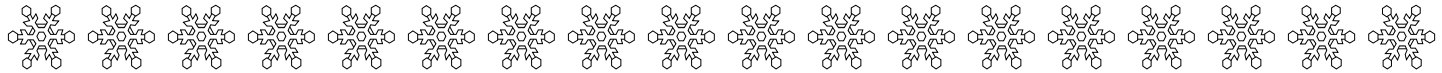
Keep fresh fruit on the counter where kids can see it.

Wash and cut up vegetables ahead of time, so they're ready to eat. Store them in see through containers or clear plastic bags so kids can see what's inside.

Put nutrient rich foods where they can be easily reached, like on lower shelves in the refrigerator, pantry or cabinet.

A little kitchen “arranging” will encourage kids to eat a nutritious snack and they'll think it was their idea.

Resource: ADA

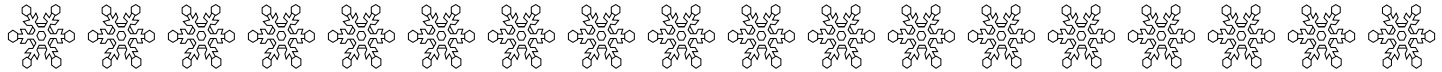


CLINIC CLOSINGS

Sometimes it is necessary to cancel clinic. If we need to cancel a clinic, we will have it announced on one of the following :

Radio: WIRY 1340 AM Television: Channel 5 News
WKOL 105FM
WEZF 92.2

If you are unsure if a clinic is cancelled or if YOU have to cancel, PLEASE call us at 565-4830.



HELP OR HINDER

As the caregiver, you play the biggest role in your child’s eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

<p>Instead of: Eat that for me.</p> <p>Phrases like this teach you child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.</p>	<p>Try: This is kiwi fruit; it’s sweet like a strawberry.</p> <p>Phrases like this help to point out the sensory qualities of food. They encourage your child to try new foods.</p>
<p>Instead of: Your sister ate all of her bananas. You have to take one more bite.</p> <p>Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full than when all of the food has been eaten.</p>	<p>Try: Is your stomach telling you that you’re full? Has your tummy had enough?</p> <p>Phrases like these help your child to recognize when he or she is full and prevent overeating.</p>
<p>Instead of: See, that didn’t taste so bad, did it?</p> <p>This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.</p>	<p>Try: Do you like that? / Which one is your favorite?/ Everybody likes different foods, don’t they?</p> <p>Phrases like these make your child feel like he or she is making the choices. It shifts the focus toward the taste of food rather than who was right.</p>
<p>Instead of: No dessert until you eat your vegetables. Stop crying and I will give you a cookie.</p> <p>Offering some foods in reward for finishing others makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better, and can lead to overeating.</p> <p>Resource: Feeding Young Children; Fletcher & Branen</p>	<p>Try: We can try these vegetables again another time. I’m sorry you are sad. Come and let me hug you.</p> <p>Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.</p>

Little Chef's Recipe

Have some fun with your little one! Prepare and enjoy this recipe together!

Rosita's Pita Pizza

Ingredients

- 2 6 inch whole wheat pita round, halved
- 1 cup shredded mozzarella cheese*
- 1/2 cup tomato sauce
- 1/4 tsp. dried oregano
- 8 thin slices tomato*



Instructions

1. Preheat oven to 375 degrees
2. Little Chef mix shredded cheese, tomato sauce and oregano in a medium bowl.
3. Help Little Chef place two tomato slices in each pita pocket and fill each pocket with 1/4 cup cheese mixture.
4. Big Chef, wrap pita pockets individually in foil and seal the packets.
5. Bake 12 to 15 minutes. Allow to cool for several minutes before opening.
6. ENJOY!

Resource: C is for Cooking Recipes From The Street

Broccoli, White Bean & Cheddar Soup

- 1 14 ounce can reduced-sodium chicken broth
- 1 cup water
- 1 pound broccoli, trimmed and chopped*
- 1 14 ounce can cannellini beans, rinsed*
- 1 cup cheddar cheese, shredded*

1. Bring broth and water to a boil in medium pan.
2. Add broccoli, cover and cook about 8 minutes.
3. Stir in beans, heat about 1 minute.
4. Put 1/2 the mixture in a blender or food processor with half the cheese, puree. Pour into large bowl. Repeat with rest of mixture and cheese. Serve warm.

Makes 6 servings about 1 cup each.

Resource: Eating Well

