

WIC BIZ

April, May & June 2009

Clinton County WIC Main Office: 565-4830 Adirondack Breastfeeding Counselors: 565-4835

Office hours: 1st & 3rd week 8:00-4:30 M-F; 2nd & 4th 8:30-4:30 M-F

Lunch time, early, and late appointments available

Sun Safety

Children can sunburn very quickly, even on a cloudy day. Just one serious sunburn during childhood can greatly increase your child's chance of skin cancer later in life. Here are some things you can do to protect your child from the sun's harmful rays.

- Use sunscreen on all bare skin, including the ears and top of the head where the hair parts. Reapply sunscreen at least every 2 hours and use a sunscreen of at least SPF 15 that shields both UVA and UVB rays. Never use sunscreen on an infant under 6 months.
- Have your child wear a hat with a wide brim to protect your child's face, ears, and neck from the sun and cool comfortable clothing, such as loose fitting pants and shirts with sleeves.
- Children should wear sunglasses that are labeled "99-100%" UV protection.
- The hottest part of the day is between 10AM and 4PM. Try to have your child play inside or in the shade for most of this time.
- The sun makes slides, vehicles, seat belt buckles, car seats, and other things hot. Always check these things before they touch your child.

Resources Safe Fun in the Sun; Healthy Childcare Consultants, Inc./ NASD: Simple Sun Safety

WHAT'S YOUR SUN-SAFETY IQ?

True or False

1. I can't get skin cancer, because my routine doesn't include any outdoor activities?
2. My husband should use a sunscreen at football games, even though he only goes (and gets a burn) once or twice a year.
3. If I'm wearing sunscreen, I can stay in the sun as long as I want.
4. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.
5. It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.

Resource: American Cancer Society

Answers on page 3

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NURSING IS NORMAL

**Nursing is a mother caring for, loving and feeding her baby.
Why would you want to hide that?**

Why nurse in public? Can't you just wait until you go home? Breastfed babies nurse frequently. They receive their food, drink and comfort from their mothers. Mothers need to leave their home and carry on with life, and babies are unpredictable. It is inevitable that a baby will have to nurse outside of the home. If a mother can only nurse while at home, a successful breastfeeding relationship will be very difficult, and the mother is more likely to become depressed upon being cut off from others.

Why can't you just go to the restroom or somewhere private to nurse? Who wants to eat in a smelly, cramped, germ infested public restroom? Babies are people too! Why would we expect them to eat somewhere that no other human would? There are other members of the family that need to be considered as well: a mother cannot be expected to relocate all of her children to a dressing room to feed her baby, nor should a baby be excluded from his/her family's meal.

Why don't mothers just pump their own milk and use a bottle when in public? Many breastfeeding women do not pump, have never pumped, and do not own a pump, or even own a bottle. Many breastfed infants would not even take an occasional bottle, especially from their mothers when they know the "real thing" is available.

Why not cover up with a blanket? No one should ever be made to feel they have to cover up with a blanket. Many babies won't nurse at all with a blanket on them. It is important that a baby latch on properly, which a mother needs to see. As a baby gets older he may be upset about being under a blanket and rip it away before nursing. In the summer months a blanket may be too hot for baby and mother.

New York State law states: "a mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be".

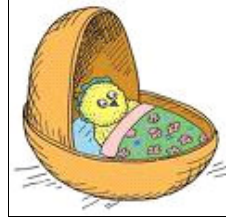
Federal appeals courts have ruled that breastfeeding is a constitutional right.



Resource: Association of Perinatal Networks of New York, Inc.

NEW WIC INCOME GUIDELINES

Family size	Annual	Monthly	Weekly
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317



ALL ABOUT SLEEP

There is no sleep formula for newborns because their internal clocks aren't fully developed yet. They generally sleep or drowse for 16 to 20 hours a day.

Newborns' longest sleep periods are generally 4 or 5 hours; this is about how long their small bellies can go between feedings. If newborns do sleep for a while, they will likely be extra hungry during the day and may want to nurse or get the bottle more often. At about 3 months, a baby averages 5 hours of sleep during the day and 10 hours at night, usually with an interruption or two. About 90% of babies this age sleep through the night, meaning 6 to 8 hours.

Establish a simple bedtime routine. Soothing activities, done consistently and in the same order each night can make up the routine. Your baby will associate these with sleeping, and they'll help him/her wind down. A routine encourages babies to go back to sleep if they should wake up in the middle of the night.

Resource: American Academy of Family Physicians

Answers to Sun-Safety Quiz

1. False: Doctors believe that brief sun exposures all year round can add up to major damage for people with fair skin. UV rays pass through car windows, so driving during peak hours exposes your hand and arms.
2. True: Even occasional exposure to strong sunlight seems to increase the risk of cancer.
3. False: Sunscreen does not provide total protection. Limit time in the sun especially at midday.
4. False: The SPF describes how long a product will protect your skin. Fair skin people will begin to burn in 15 minutes, so using a sunscreen with SPF 15 will protect for 225 minutes if applied and reapplied correctly. (15 SPF X 15 minutes)
5. False: UV rays easily go through a white cotton T-shirt, especially if the T-shirt is wet. Dark colors with tight weaves are best.



Little Chef's Recipe

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

Rosita's Honey Pear Crisp

- 1/2 cup uncooked oats
- 1/4 cup flour
- 1/3 cup packed light brown sugar
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup softened butter
- 4 peeled pears, halved and cored*
- 1 T lemon juice
- 2 T honey

1. Big Chef: Preheat oven to 375 degrees; coat a 9 inch pie plate with nonstick cooking spray.
2. Little Chef: In a medium bowl, use a fork to stir together the oats, flour, brown sugar, cinnamon, and nutmeg until well mixed. Wash your hands then using your fingers, work in butter until a crumbly mixture forms. Place pears in the pie plate, cut side up and sprinkle the pears with lemon juice. Drizzle with honey.
3. Big Chef: Crumble the oat topping all over the pears. (Little Chef may be able to help with this). Bake until pears are softened and topping is crisp (about 25 min). Remove from oven and let stand 15 minutes.

Resource: C is for Cooking

RED BEANS AND RICE BURRITOS

- 2 cups cooked brown rice*
- 1 small onion, chopped fine*
- 1 can red kidney beans, drained*
- 8 10 inch flour tortillas

1. Preheat oven to 350 degrees.
2. Combine rice and onion in a small bowl.
3. Place tortilla on a flat surface, fill with 1/4 cup beans and overlap in burrito shape.
4. Spray baking pan with non-stick cooking spray and place burritos upside down and bake for 15 minutes.
5. Serve with toppings of your choice. For example grated cheese, salsa, peppers*, low-fat sour cream.

Resource: The Bean Cookbook



Preparing Dry Beans For Cooking

Clean beans before soaking by picking them over, removing any small rocks or dirt pieces.

Hot Soak: In a large pot, heat 10 cups of water to boiling. Add 2 cups dry beans and boil hard 2 to 3 minutes. Remove from heat, cover and let stand at least 4 hours. Drain off water and rinse beans before using.

In a hurry? Drain beans after 1 hour and rinse beans. Follow recipe directions. If recipe calls for cooked beans, cover the beans with fresh cold water; add 2 tsp salt, bring to a boil, reduce heat and simmer until tender.

Traditional Soak: Clean and rinse beans; cover 1 cup beans with 3 cups water. Soak overnight. Drain, rinse and cook as directed in recipe.