



WIC Informer

Women's Health

If You Don't Get Enough Vitamin D:

A lack of vitamin D reduces calcium absorption and impairs bone remodeling. Bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults, which are skeletal diseases that result in defects that weaken bones.



Where do I get Vitamin D?

Soak up the Rays:

Exposure to sunlight triggers vitamin D synthesis in the skin. There are many factors that can affect the amount of UV ray exposure you receive, including the time of year, the latitude that you live at, time of day, cloud cover, smog, and sunscreen. Sun on your arms and legs several times a week for 10-15 minutes is enough to make enough vitamin D for your body. However, sunscreen with a factor of 8 or greater will block UV rays that produce vitamin D. Those who live in a Northern climate will have a hard time making enough vitamin D during specific months of the year (November to February), because the amount of sunlight is minimal.

Dairy: One cup of vitamin D fortified milk supplies around ¼ of the estimated daily needs for adults. Unfortunately other dairy products like cheese, yogurt, and ice cream are usually not fortified with vitamin D.

Fish: Fatty fish like salmon, mackerel, sardines, eel, and cod liver oil, contain excellent sources of vitamin D.

Fortified products: Like cereal grain bars, dry cereal, pastries, breads, and crackers may be fortified with 10 to 15% of the amount you need per day. Check the nutrition facts to determine the amount.

The USDA is an equal opportunity provider and employer.

To Ensure You Get Enough Vitamin D

Consume at least 2 servings of Vitamin D fortified milk or fortified soymilk everyday

Eat fatty fish, like salmon, mackerel, and sardines: suggested serving is around 12 ounces per week

If you are 70 years or older, make sure you get some sunshine; if you live in the northern latitudes take a supplement with at least 600 IU of vitamin D daily

Infant

Addicted Babies

♥ *Babies whose mother's smoke as few as six cigarettes a day during pregnancy appear to suffer nicotine withdrawal after birth.*

Babies of women who smoke are more excitable and tense, require more handling to rest calmly, and show more signs of stress than other babies.

Source: Pediatrics, Vol. 111, Pg. 1318

Breastfeeding

New Breast Pump Class

If you are a WIC client who is or plans to breastfeed this class may be for you. Manual pumps will be provided for returning to work or school or for if you think you have a need. You can schedule this as a regular WIC appointment or between appointments. Topics will include manual expression, use of breast pumps, collecting and storing breast milk, and tips for moms on the go. Sign up today at the WIC reception desk or call 327-7488.

Have you heard the news? The AAP (American Academy of Pediatrics) now recommends that all infants have a minimum intake of 200 IU of vitamin D per day beginning during the first two months of life. Vitamin D is a steroid hormone

that is made in the body when you are out in the sun. Babies who are not in the sun enough and are fully breastfed may not be making enough. Breastfeeding moms should talk to their baby's doctor or a lactation consultant if they have concerns. Remember the AAP supports breastfeeding and recommends it as the best for babies for at least one year and beyond.

Toddler / Child

Building Positive Values



All young people – ages 0 and up – need positive values to help guide their choices. Here are ideas on how to build positive value assets for children and youth of different ages.

Age 0 to 1:

- Create a caring atmosphere for babies at home, in child-care centers, and in other places.
- Encourage families to talk about their values while modeling and teaching them as their children grow.

Age 1 to 2:

- Teach children to care for others, such as by sharing or giving hugs.
- Interact with children in loving, respectful, and caring ways.

Age 3 to 5:

- Teach children how to care for special things, such as toys, outfits, or plants, by themselves.
- Encourage parents to explain their values simply to children when they see others behaving in ways they value or do not value.

Cont...

Age 6 to 11:

- Have children write thank-you notes or show their appreciation in some other way whenever they receive gifts.
- Encourage families to participate in service activities together.
- Talk to children about specific examples of people acting on their values.

Age 12 to 15:

- Interact in caring, responsible ways with people of all ages. Encourage youth to do the same.
- Watch television or read books together and discuss the characters' values.
- Talk to young people about your values regarding honesty; sexual activity; alcohol; tobacco, and other drug use; and other topics.

Age 16 to 18:

- Encourage teenagers to volunteer with at least one organization
- Together write letters to the editor or to politicians about your views on issues.
- Talk with teenagers about how their values guide their choices and behaviors. Let them know how your values influence you.

From *Pass It On! 150 Tip Sheets for Asset Builder, Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 800-888-7828; www.search-institute.org*

Family**Poison Prevention**

Each year the Idaho Poison Center receives more than 16,000 calls related to human poisonings. More than half of these calls are for poisonings among children less than six year old; one and two year olds are at the greatest risk. The most common causes of poisoning are medicines and household products, many of which look like candy, soft drinks, or other harmless substances. Medicines that are brought into homes

in the pockets and purses of visiting adults are also a significant cause of childhood poisonings.

Again this year, Idaho pharmacists are teaming up with the Idaho EMS to combat childhood poisonings by providing **Poison Prevention** materials to parents, care givers, and other interested individuals. If you have internet access you can request poison prevention materials at: <http://www2.state.id.us/dhw/poison/index.htm>. Without internet access you can contact the Idaho EMS in Meridian at 846-7622. Remember, "**Children Act Fast. . . So do Poisons!**"



**NATIONAL DIETARY CALCIUM
EDUCATION CAMPAIGN REACHES
OUT TO PARENTS AND CHILDREN**

The Milk Matters education campaign Web site is introducing a new series of games for children and adolescents. The campaign is sponsored by the National Institute of Child Health and Human Development and is designed to increase awareness of the importance of including calcium in children and adolescents' diets. The Web games include animated action games, puzzles and mazes that are designed to be fun while teaching children and adolescents why calcium is critical to health. To view the games, go to: <http://www.nichd.nih.gov/milk/kidsteens.cfm>.

WIC Offices

The WIC Coordinator has received several calls from stores in the area that WIC clients are purchasing or attempting to purchase Gerber Rice infant cereal with added formula. This item is not allowed or authorized for the WIC program (no approval from the feds). Please purchase only foods allowed on your WIC Food List. If you do not have one, please pick one up the next time you are in your WIC clinic.

Also, in regards to cereal, there have been several returned checks from the State WIC office about clients purchasing 2 - 16 ounce boxes of infant cereal vs. 2 - 8 ounce boxes. The WIC checks state that the client may purchase 2-8 ounce boxes or 16 ounces of cereal. Please pay very close attention to the foods and quantities on your WIC checks. **New federal policy will begin to require that you reimburse WIC for overage on foods purchases.**

Recipe**For The Garden Of Your Daily Living**

Plant three rows of peas:

- Peas of mind
- Peas of heart
- Peas of soul

Plant four rows of squash:

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness

Plant four rows of lettuce:

- Lettuce be faithful
- Lettuce be kind
- Lettuce be patient
- Lettuce love one another

No garden is without turnips:

- Turnip for meetings
- Turnip for service
- Turnip to help one another

To conclude our garden, we must have thyme:

- Thyme for each other
- Thyme for family
- Thyme for friends

Water freely and cultivate with love. There is much fruit in your garden, because you reap what you sow.

Written by Debra Engle and taken from her book, "Grace from the Garden".

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