

Women

Infants

Children

Central District Health Department

The WIC Informer

Back issues of this publication are available on our website: cdhd.idaho.gov

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We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.

The WIC Program is an equal opportunity provider and employer.



CDHD.IDAHO.GOV

Remember Sun Safety Good Advice for Infant, Child and Parent.



Exposure to the sun's rays can hurt your skin. Too much sun early in life can lead to serious health problems later, including a skin cancer called melanoma. Easy things to do to protect your skin:

- Limit time outside - especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- Use sunscreen with SPF 30 or higher – except on babies 6 months or younger, who should be protected by light weight long sleeve shirt, long pants, and a sun hat that protects the neck and ears.
- Wear sun-protective clothing.
- Don't go to tanning salons.
- Seek or create shade whenever possible.
- Remember that water, snow, concrete, and glass can make the sun's rays stronger and more harmful to skin.
- Wear sunglasses with UV protection.
- Put SPF 30 sunscreen on 20 minutes before you go outside and re-apply sunscreen every 2 hours
- Get vitamin D safely through a healthy diet that may include vitamin supplements. Don't seek the sun.
- Be a role model for your children and practice sun safety too!

Breastfeeding Support at WIC

By Cindy O'Neil, RD, LD, IBCLC

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 8:00-6:00
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. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center
3rd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

*Clinics closed on
all government holidays*

All of the WIC staff are trained to encourage and support breastfeeding as breastfeeding is the optimal method of feeding for most infants.

1. WIC provides breastfeeding education at each prenatal appointment and also provides breastfeeding classes or individualized breastfeeding education appointments.
2. The Boise WIC program provides a weekly breastfeeding support group for WIC clients. The support group meets every Monday (except holidays) from 3:30-4:30 pm.
3. Breastfeeding Peer Counselors are available to provide education and breastfeeding support for first time pregnant WIC clients during pregnancy and for the first 3 months after delivery.
4. Designated breastfeeding experts, who are either Certified Lactation Counselors or International Board Certified Lactation Consultants, are available to provide specialized breastfeeding help for WIC clients.

WIC invites you to watch the following video about breastfeeding: <http://www.youtube.com/watch?v=ysntQ9g7zyo>

USBFC: Breastfeeding a Critical Strategy for Obesity Prevention

The United States Breastfeeding Committee recommends breastfeeding as a primary prevention strategy to reduce overweight and obesity and promote the maintenance of a healthy weight throughout the life span.

Research has identified breastfeeding as a potentially critical strategy in reducing the risk of obesity in adolescence and adult life. All major medical organizations recommend exclusive breastfeeding for the first six months, followed by continued breastfeeding for the first year and beyond, with the gradual introduction of appropriate complementary foods to the infant's diet beginning around six months of age.

The incidence of childhood overweight and obesity was lower among infants who were exclusively breastfed for the first six months of life. It is well documented that formula fed infants consume larger volumes and gain weight more rapidly than breastfed infants, with the increased weight being predominantly adipose tissue in formula fed infants, while breastfed infants gain proportionately more lean body mass. Research shows rapid weight gain during infancy is associated with childhood obesity. Both formula feeding and non-exclusive breastfeeding may be contributing to the obesity epidemic among American children. Optimal breastfeeding, as recommended by major medical organizations, contributes to normal growth and improved child and adult health outcomes.

<http://www.usbreastfeeding.org/LinkClick.aspx?link=Position-Statements%2fObesity-Statement-Rev-2010-USBC.pdf&tabid=36&mid=378>

IDAHO FRESH FRUITS AND VEGETABLES

	JAN.	FEB.	MAR.	APR.	MAY.	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
APPLES												
APRICOTS												
ASPARAGUS												
BEANS (SNAP)												
BLUEBERRIES												
CARROTS												
CHERRIES												
CORN												
CUCUMBERS												
FRESH HERBS												
GOURDS												
GRAPES												
LETTUCE												
MELONS												
NECTARINES												
ONIONS												
PEACHES												
PEARS												
PEAS (GARDEN)												
PEAS (SNAP)												
PLUMS/PLUOTS												
POTATOES												
PUMPKINS												
RADISHES												
RASPBERRIES												
RHUBARB												
SPINACH												
STRAWBERRIES												
TOMATOES												
WINTER SQUASH												
ZUCCHINI												



The Pick of the Crop from Idaho

Library!

One World, Many Stories

READ FOR FUN & PRIZES

Summer Reading Starts June 1!

Kids can earn great prizes just by keeping track of time spent reading books—including being read to or listening to audio books! By joining a library Summer Reading program, they can earn prizes that include tickets to the Boise Hawks, Discovery Center of Idaho and the Snake River Stampede.



Call 384-4200 or visit www.boisepubliclibrary.org to learn more and to find your nearest library. Ask about programs for adults and teens, too!



**Boise Public
Library**

www.boisepubliclibrary.com

Stealth Health

When veggies go incognito, your child can get his daily servings without a fight. Here are some sneaky serving solutions that can really add up.

FINELY CHOPPED

TRY: Carrots, peppers, tomatoes, mushrooms, broccoli, and onions.

ADD TO: Pasta sauce, homemade salsa, lasagna, rice, soups.

PUREED

TRY: Broccoli, cauliflower, carrots, sweet potatoes, and tomatoes.

ADD TO: Mashed potatoes, pasta sauce, soups, and gravies.



SHREDDED

TRY: Zucchini, carrots, potatoes, and squash.

ADD TO: Muffins, quick breads, casseroles, meatballs, hamburgers.

VEGETABLE JUICES

TRY: Store-bought tomato juice or vegetable-blend juice, or make your own with tomatoes, carrots, celery, spinach, and other vegetables.

ADD TO: Smoothies, soups, sauces, meat loaf, and marinades.

Recipes for Using Extra Baby Food

PANCAKES

- Combine:
- 1 Large egg
 - $\frac{3}{4}$ Cup Lowfat milk
 - 1 Table Spoon Canola or Vegetable Oil
 - 1 Large Banana, mashed
 - $\frac{1}{4}$ Cup puree (baby food squash, sweet potato, carrots)
- Stir In:
- 1 Cup Pancake mix
 - 1 Cup Wheat germ

Mix until just combined (don't overmix) – leave small lumps

BOXED MAC & CHEESE

- Prepare Mac & Cheese according to directions*
- Add:
- 4 Tablespoons pureed baby food squash, carrots, or sweet potatoes
 - $\frac{1}{4}$ Cup grated Cheddar Cheese

*Can reduce amount of butter by half

SPAGHETTI SAUCE

- Add: $\frac{1}{4}$ Cup pureed baby food, Spinach, Carrots, for each 1 Cup tomato sauce.





Solid foods do not promote longer sleep and starting too early is bad for babies

Newborns

- Sleep 16 hours per day, just not all at once
- Wake up frequently and are easily awakened
- Have sleep cycles that are about 60 minutes long, so it is normal to wake up every 1-2 hours
- Begin sleep in active sleep and spend an equal amount of time in active and quiet sleep

1 1/2 to 2 months

- At 6 weeks old, babies tend to tire after about 1 1/2 hours
- Around 6-8 weeks of age, babies start to sleep more at night
- From 2-12 months of age, babies sleep 13-14 hours per day
- Time in active sleep gets shorter, so babies will not wake as easily



Breastfed infants may wake up more than formula fed infants, but it is because they spend more time in active sleep. Active sleep is good for babies!



3 months

- Babies tend to tire after about 2 hours
- Sleep patterns become more predictable
- At 3 months, 30% of babies can sleep for 6 hours at a time
- Sleep cycles begin in quiet sleep, so it is easier to put the baby down without waking

Babies should always be put on their backs to sleep to prevent SIDS