CENTRAL DISTRICT HEALTH DEPARTMENT

WIC Informer

Women's Health

Mercury in Fish

On March 19, 2004 the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) announced their joint consumer advisory on methylmercury in fish and shellfish for women who may become pregnant, pregnant women, nursing mothers, and young children.

The following is the revised advisory recommendations:

1. Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
2. Eat up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are lower in mercury.
   - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, Pollock, and catfish.
   - Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to six ounces (one average meal) of albacore tuna per week.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advisories exist, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.
4. Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

The WIC Program is an equal opportunity provider and employer.

Children

Stress-Free Feeding

A child's feeding involves their emotional, physical and intellectual growth. **How** children are fed is just as important as what they are fed. The feeding relationship between parents and children is a trust that is fostered by the parent acting in a supportive role during mealtimes. This continues from infancy through childhood. Feeding is a partnership between the parent and child where each person is assigned his or her own set of guidelines to make feeding an enjoyable, stress free learning experience. These guidelines will help alleviate stress that can accompany feeding infants and children and make mealtime a more pleasant experience.

Feeding Infants

- The parent provides the breast milk or infant formula.
- The baby decides when and how much to eat.

Feeding Toddlers and Preschoolers

Feeding toddlers and preschool children can be challenging for any parent, but following some basic guidelines for feeding responsibilities can make the job easier on both parent and child. It all starts with the 3Ps and 3Cs.

3Ps-Parent's Jobs

1. **Plan** for positives. To make mealtime easier, plan ahead for meal times and snacks.
2. **Prepare** and put food on the table.
3. **Provide** with patience. Meal times should be a pleasant time for a child to learn good eating habits, but it takes practice.

3Cs-Child's jobs

1. **Choose** what to eat. From the foods you provide, your child decides what he/she will eat.
2. **Choose** to eat. Only your child knows if he/she is hungry or full.
3. **Choose** how much to eat. Only your child knows when they have had enough to eat.

Breastfeeding

World Breastfeeding Week

The Central District Health Department WIC Program will be celebrating World Breastfeeding Week the first week of August. Last year we joined La Leche League on their annual World Breastfeeding Week Walk and barbeque along the Greenbelt. Several staff members and WIC clients came with their families and had a great day.

The walk and barbeque are free but donations go to help support La Leche League - a non-profit breastfeeding support group that has members worldwide including here in Boise.

Walk information will be posted in the WIC clinic as the time gets closer or for more information call La Leche League at 828-7566.

Cont...

Another exciting event that the WIC Program at CDHD will be participating in again is the Rock and Relax tent at the Western Idaho State Fair. The tent is a cool relaxing place for moms and their babies to escape the crowd and heat. Rocking chairs, changing tables, and cool water are provided at no cost. We will be volunteering at the tent on the last day of the fair Saturday, August 28th. Please stop by, say hello and take advantage of this wonderful service.

Family

Building Social Competency Assets

Young people – no matter what their age – need to develop social competencies. Here are ideas on how to build social-competency assets for children and youth of different ages.

Age 0 to 1:

- Give babies new toys and safe objects to touch and explore. Infants learn a lot about how to deal with people by first interacting with objects.
- Encourage children to experiment with sounds. It will help them develop language later on.

Age 1 to 2:

- Give children at least two equally appealing choices whenever possible.
- Encourage children to express their feelings, but give them guidelines on appropriate and inappropriate ways to act on their feelings.

Age 3 to 5:

- Continue to cheer on children's new skills, such as drawing, walking backward, and learning how to cut with scissors.
- Encourage families to start having periodic family meetings in which children have input in decision making.
- Let children make simple choices on their own, such as whether to wear white socks or black socks.

Age 6 to 11:

- Encourage children to use words – rather than just actions – to communicate.
- Encourage children to develop more skills in areas that interest them.
- Find ways for children to spend time with people who look, act, think, and talk in different ways.

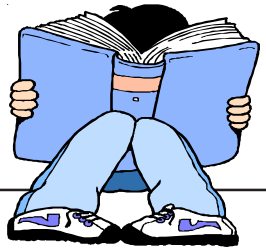
Age 12 to 15:

- Help young people use healthy coping skills when difficult situations arise.
- Be gentle and supportive in how you respond to young people's fluctuating emotions.
- Help young teenagers find ways to deal with conflict without fighting.

Age 16 to 18:

- Slowly begin to allow teenagers more freedom to make their own decisions.
- Ask teenagers about their dreams for the future and help them plan how to achieve them.
- Encourage teenagers to practice healthy responses to situations where they might feel pressured or uncomfortable, such as being offered drugs by a friend or being challenged to fight.

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



Reading Rocks! This PBS show is for kids ages 7-12, and is a 30-minute program set to a hip-hop soundtrack that uses wacky humor and stories of hope to encourage struggling readers to keep trying.
www.readingrockets.org/tv/rocks.php

Recipe

Frozen RAINBOWS

Capture the colors of the rainbow in fruit Popsicles. Your kids will enjoy pouring layers of bright colors. Mix the juices with a little yogurt for a creamy delight.

Directions:

1. Fill small paper cups with 100% fruit juice (about 1 inch deep). Apple juice works well.
2. Put the cups in the freezer for two hours. Remove from freezer.
3. Pour juice of a different color (the same amount (over the frozen layer. Let the juice freeze for 1 hour. Purple grape juice works well.
4. Remove the cups from the freezer. Top the pops with a final layer of juice such as orange juice.
5. Insert ice cream sticks in the center of each cup. Freeze the pops over night.
6. To eat, run the pops under warm water for a few seconds. Remove from the cup and enjoy.

Lava Juice

This drink borrows its name from the bubbling effect of lava. It contains half the sugar of straight juice, soda, or fruit drinks. Lava juice is a great alternative to soda!

Directions:

1. Fill a small glass halfway with 100% fruit juice. Try grape, orange, or tomato juice.
2. Fill the rest of the glass with sparkling mineral water. Use plain mineral water or mineral water flavored with lemon or orange essence.
3. Slice a big circle from a lemon. Sit the lemon on the edge of the glass. Enjoy!

WIC Informer