

Women

Infants

Children

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

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Can Your Oral Health During Pregnancy Affect Your Unborn Baby?

Yes, pregnant women who have periodontal (gum) disease may be more likely to have babies who are born too early and too small. Germs associated with periodontal disease can cause early contractions of the uterus leading to premature birth.



What is periodontal (gum) disease?

It is a bacterial gum infection leading to break down and loss of the bone and tissues that support the teeth. You may experience redness, swelling, bleeding, and pain in the affected area. During pregnancy, you should be concerned about any infection including periodontal disease. It is important to have a dental visit at least once while you are pregnant.

Dental Care During Pregnancy Is Important – and it is SAFE.

Give Your Baby a Healthy Start

Getting preventive dental care during pregnancy is safe.

- Visit your dentist for an evaluation of your teeth, gums and mouth.
- Treat your mouth to regular teeth cleanings.
- Brush at least twice a day and floss daily.
- Stop smoking.
- Eat a healthy diet.
- Take your prenatal vitamins.



Your pregnancy needs nine months for a healthy baby. Taking care of your teeth can lower the risk of your baby being born too early or too small.

Resources:

<http://www.hmhb.org/oralhealth.html> • <http://www.perio.org/consumer/pregnancy.html>

Breastfeeding Increases Benefits All

Recent data released from the Centers for Disease Control and Prevention (CDC) reveal that more women in the United States are choosing to breastfeed their infants. The percentage of infants who were breastfed increased from 55% among those born during 1990-1993 to 67% among those born during 1997-2000, and the numbers are continuing to increase.

This is good news for babies, mothers and even society. Breast milk is the most complete form of nutrition for infants. Breastfed babies score slightly higher on IQ tests. Infants who are not breastfed have a 21% higher post-neonatal infant mortality rate according to government data from United States Department of Agriculture.

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The WIC Program is an equal opportunity provider and employer.



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 8:00-7:00
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
1st & 3rd Wed. 9:00-6:00

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

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

*Clinics closed on
all government holidays*

Breastfeeding saves money on health care related costs both for individual families and for society in general. Total medical care costs are lower for fully breastfed infants than never breastfed infants. Breastfed infants typically need fewer sick care visits, prescriptions and hospitalizations. There are life-long health benefits due to lowered risk of certain health problems later in life.

Documented breastfeeding benefits for mom include increased bonding with her baby as well as lower risk of developing breast and ovarian cancers. It is also believed that breastfeeding reduces the risk of hip fractures and osteoporosis after menopause.

Raising A Healthy Child

Did you know that there is a direct and proven association between the onset of smoking and drinking and media exposure? Marketers consciously advertise directly or embed/plant products in entertainment to foster brand awareness with young children so that when they grow up, they'll choose the branded product. It's not accidental that animated characters, like in cartoon figures, often sell products.



Scenes of drinking, smoking, and drug use in kids' media both model and normalize these behaviors, increasing the odds that kids will try them for themselves.

- Half of all kids who start smoking do so because they saw it in movies.
- Movie smoking is even more effective than cigarette ads with teens.
- 1 in 3 kids will ultimately die from a smoking-related disease.
- 47% of kids under 14 who start drinking become alcoholics within 10 years.
- Research shows that 9 to 11-year olds can identify the Budweiser frogs better than Tony the Tiger, the Mighty Morphin Power Rangers, or Smokey Bear.
- The more alcohol ads kids see, the more they drink.
- Researchers have determined that playing video games triggers and doubles the amount of dopamine in the brain, roughly equivalent to a dose of speed.

What to do? It's best to not let 2 to 8-year olds watch TV or other media that show addictive behaviors. If you do let them watch those kinds of program, watch with your kids, and point out the drinking and smoking. Ask them "Where is it shown as glamorous? Cool?" Remind your kids that tobacco and alcohol companies *have probably paid* to have their products featured. Also, limiting TV, DVDs and movies to **one hour a day** will limit your child's exposure.

Bottom line: Don't kid yourself. You may think that your kids aren't intrigued by the portrayal of drinking and drug use, *but they are*.

Adapted from www.common sense media.org

In The Middle Of The Night: Switch Off Your Baby's Crying With The 5 "S's"

It's the middle of the night and you want to calm your baby! Can't remember exactly what to do? Here's a summary for those times when you want all the "S's" in one place to help you become the "Best Baby Calmer on the Block."

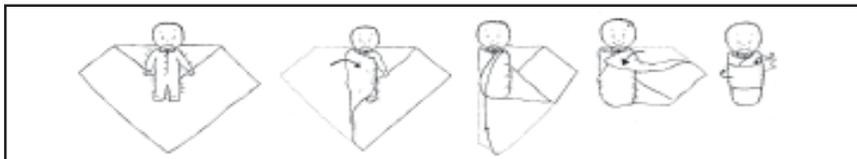
As you do the 5 "S's", remember these important points:

- Calming your baby is like dancing with her...but you have to follow her lead.
- Do the 5 "S's" vigorously and lessen the intensity after your baby begins to settle down.
- The 5 "S's" must be done exactly right for them to work.

The 1st "S" – Swaddling

Don't worry if your baby's first reaction to wrapping is to struggle against it. Swaddling may

not instantly calm her fussies but it will restrain her uncontrolled flailing so she can pay attention to do next "S" that will turn on her calming reflex and guide her into sweet serenity.



The 2nd "S" – Side/Stomach

The more upset your baby is, the unhappier she will be on her back. Rolling your infant onto her side or stomach will make her much more serene. Just this simple trick can sometimes activate a baby's calming reflex...within seconds.

The 3rd "S" – Shhhh

Shushing crying babies magically makes them feel at peace and back home, but you've got to do it about as loud as your baby's crying and close to her ear...or she won't even notice it. Use this super-effective "S" to keep her calm throughout her fussy period by using a radio tuned to loud static, a tape recording of your hair dryer, or a white noise machine.

The 4th "S" – Swinging

Like vigorous shushing, gentle jiggling can turn your baby from screams to sweet serenity in minutes...or less. As you support your baby's head and neck, wiggle her head with fast, tiny movements, sort of like you're shivering. Once she's entranced

you can move her swaddled body into a swing for continual, hypnotic motion. (Make sure the strap is between your baby's wrapped legs, the swing is fully reclined, and it's set on the fastest speed.)



The 5th "S" – Sucking

The last "S" usually works best after you have already led your little one into calmness with the other "S's." Offering her your breast, finger or a pacifier will be the icing on the cake of soothing. You can teach your baby to keep the pacifier in her mouth by using "reverse psychology" - the moment she begins to suck on the pacifier, gently tug on it as if you're going to take it out. She'll suck it in harder and soon she'll learn to keep it in her mouth even when she's cooing.

Recipes

Banana Waldorf

Serving Size: ¼ of recipe

Yield: 4 servings.

Ingredients:

- 3 bananas – peeled and sliced
- 1 apple – cored and sliced, with peel
- 4 cups nonfat vanilla yogurt
- 1 pinch cinnamon
- 2 tablespoons ground walnuts

Instructions:

1. Mix all ingredients together in large mixing bowl.
2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.
3. This dessert looks great when topped with a sprinkle of ground cinnamon.

Cost:

Per recipe: \$3.68 • Per serving: \$ 0.92

Source:

Adapted from: Food and Health Communications, Inc.
<http://recipefinder.nal.usda.gov/index.php>

Cabbage Comfort

Serving Size: ¼ of recipe

Yield: 4 servings

Ingredients:

- 1 sliced onion
- 1 teaspoon vegetable oil
- 1 pound sliced cabbage
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon caraway seeds

Instructions:

1. Heat oil in a large sauté pan.
2. Sauté onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Cost:

Per Recipe: \$0.88 • Per Serving: \$0.22

Source:

Adapted from: 5-A-Day Web Site www.5aday.gov
National Cancer Institute <http://recipefinder.nal.usda.gov/index.php>

Tips For Keeping Your Child At A Healthy Weight

- Take a walk each day.
- Offer water instead of soda, fruit drinks, or juice.
- Buy low-fat instead of regular milk.
- Serve child-sized amounts of food.
- Suggest active play instead of watching TV.
- Serve low-fat milk with meals instead of juice.
- Offer bananas, mangos, and apples rather than candy, cake, and cookies.
- Reward your child for good behavior with a trip to the playground.
- Set a timer for 30 minutes. Turn off the TV when the 30 minutes are up.
- Buy whole wheat bread. (The extra fiber helps kids feel full.)
- Crunch on carrots rather than chips.
- Encourage your child not to overeat.
- Skip bedtime snacks.
- Spoil them with love rather than food.
- Treat them with a game of soccer rather than ice cream and candy.
- Ask family members to help your child by offering fruit instead of candy.
- Plan family events around activities rather than food.
- Dance and sing with your child during TV commercials.

HAPPY MOTHER'S DAY

A Mother's Love

A mother's love determines how
We love ourselves and others.
There is no sky we'll ever see
Not lit by that first love.

Stripped of love, the universe
Would drive us mad with pain;
But we are born into a world
That greets our cries with joy.

How much I owe you for the kiss
That told me who I was!
The greatest gift - a love of life
Lay laughing in your eyes.

Because of you my world still has
The soft grace of your smile;
And every wind of fortune bears
The scent of your caress.

-Anonymous