

Women

Infants

Children

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

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Reducing Your Child's Risk of Obesity

There are many genetic and environmental factors that contribute to a person's potential risk of developing weight problems. Current research indicates breastfeeding is associated with lower rates of being overweight later in life. The Centers for Disease Control and Prevention (CDC) has found a relationship between the longer a baby is breastfed (no formula) and reductions in the risk of becoming overweight. The benefits appear to be life long.

Causes:

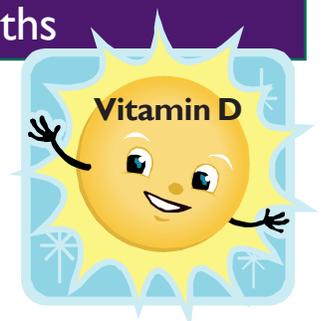
It is not fully understood exactly how breastfeeding reduces the risk of obesity, but it is likely that there are many factors involved. A breastfed baby has full control of how many ounces it takes at a feeding, stopping when full. But a caregiver may try to give a baby a certain number of ounces during bottle-feeding, which can result in overfeeding.

Breast milk becomes higher in fat content towards the end of each feeding which is believed to be part of an internal self-regulation mechanism cueing the baby that he is full and it's time to stop eating. There are also many nutritional differences between breast milk and formula that may somehow impact the risk of becoming overweight. Breast milk also plays a role in building a baby's immune system. A few other factors could be: altered parent-child interactions; bottles can be propped whereas a mother has to have close contact with her baby to breastfeed.



Get Your "Sunshine Vitamin" During the Winter Months

Vitamin D is important for bone health, calcium absorption, and a healthy immune system to prevent getting sick. It's easy getting your daily amount during the summer and spring because unlike other vitamins, your body can make vitamin D from sunlight. Spending 15 minutes outside three times a week will help your skin produce the vitamin D you need. Unfortunately in the winter, spending this much time outside can be difficult. So how do we get the Vitamin D we need during the winter months?



The WIC Program is an equal opportunity provider and employer.

Vitamin D is found naturally in a variety of foods including fish*, egg yolk, butter, and liver. Also milk, some margarines, and infant formula are fortified with Vitamin D making these excellent sources in you or your child's diet. For breastfed infants, breast milk is not high in Vitamin D. Fortunately, infants are born with enough stored in their body to last 9 months. Include these foods regularly as part of a balanced diet during the winter months to get the Vitamin D you need!

* Pregnant women should limit their seafood consumption to 12 oz. per week (two average meals) according to FDA guidelines because of mercury content.



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*

Commonly Asked Breastfeeding Questions



Will breastfeeding be too difficult for me to learn?

No, usually breastfeeding is easy to learn. Hospital, La Leche League or WIC staff can assist if you have questions or need help.

Will breastfeeding cause my child to be spoiled or clingy?

No. Nursing helps develop trusting, secure, confident, independent children.

Will breastfeeding hurt like it did for my friend?

Although some women experience mild breast tenderness in the early weeks of breastfeeding, real discomfort is unusual and usually short-lived. If it occurs, it almost always can be remedied quickly with help from a breastfeeding (lactation) counselor.

Will breastfeeding make my partner jealous?

No. Dad can share in the breastfeeding experience by snuggling close to mom and baby during feedings (if mom and baby are breastfeeding on a couch or in bed, etc.). There are many excellent ways a dad can bond with his baby such as helping with bathing, rocking, holding and cuddling, and helping feed baby when the baby is old enough for baby food.

If my own mother bottle-fed, wouldn't it be better for me to bottle feed too?

Health recommendations about feeding have changed. Recent research has repeatedly shown many benefits from breastfeeding such as healthier moms and babies, more relaxed moms and babies, great bonding between mom and her baby, possible higher IQ (an average of 7 points), perfect nutrition which cannot be provided by formula, and huge cost savings from decreased medical bills and not having to buy formula and feeding equipment.

What if I do not have enough milk?

It is extremely rare for a woman's body to be incapable of producing enough milk. The most common reason for decreasing milk supply is supplementing with formula. Babies naturally eat more often every time there is a growth spurt. Women who feed on demand (breastfeed every time their baby shows signs of hunger) almost always have a great milk supply. After the first week of life, signs of a good milk supply include six or more wet diapers and several bowel movements in 24 hours as well as a weight gain of about four or more ounces per week.

Will I have to quit breastfeeding when I return to work or school?

No. Many moms use breast pumps or hand express breast milk while away from baby. Pumping or hand expressing milk helps maintain an established milk supply. Pumped breast milk can be fed to baby the next time mom and baby are apart. If you are interested in getting a breast pump, ask if you are eligible to receive a breast pump from WIC. If you decide to purchase a breast pump, some good quality brands are Medela, Ameda, Egnell and Avent.

Effective Discipline Tips

According to Dr. T. Berry Brazelton, after love, discipline is the most important gift you can give your child. Parents and caregivers agree however, it is also the most challenging job they face.

Discipline is about consistency, teaching, and setting limits. *It is not about punishing.* Below are some discipline tips to help you teach your children how to manage their behavior and emotions.

- **Follow a Routine** – Infants and children need regular sleeping and feeding schedules. Your children are dependent on you and by following a schedule they learn they will be fed when hungry, changed if wet, and put to sleep when tired. It builds trust between parent and child, and they learn their world has structure.
- **Responding Appropriately** – You cannot spoil an infant by always being there when they need you. Babies communicate to you by crying when they are hungry, tired, hurt and uncomfortable. Respond to them in a loving way.
- **Setting Limits** – Children test you and the limits you set. They are looking for your reaction. Encourage exploration and curiosity in your children by setting limits that include the removal of dangerous objects and creating safe areas for them to be. It's for their safety.
- **Distract** – When your child does something you don't like, let them know it's inappropriate and then distract them with something more positive. Constantly telling them "no" will over time become ineffective.
- **Labeling** – Label the behavior, not your child. Tell your child you love them, but not what they are doing.
- **Positive Reinforcement** - Build learning and self esteem in your child by telling your children when they do something right.
- **Be Patient** – Children learn at their own speed and in their own way. Some lessons will need to be repeated over and over. Others will be easier. Be patient and consistent when teaching limits.
- **Don't be Physical** – Hitting, spanking, and yelling may work to end the behavior in the short run but your child will learn humiliation and anger. You are also sending the inappropriate message to your child that violence is the answer.



For more information on effective discipline call the Parent Education Center at the Boise School District for parenting classes at 854-4103. The Idaho CareLine at 2-1-1 can also provide information on area parenting courses, or look for Dr. T. Berry Brazelton's book *Touchpoints: The Essential Reference* at the local library.

Happy Holidays

Have a wonderful
and safe holiday season
from the entire
WIC staff.

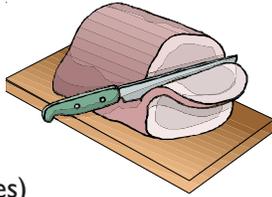


Recipes

Sneaky Meatloaf

Makes 6 servings

- 1 ½ lbs. ground beef
- 1 cup crushed flake cereal
(Corn Flakes, Wheaties)
- 1 egg
- ½ cup grated carrots
- 1/3 cup spinach (frozen or fresh-cooked), drained
- 1/3 cup water
- 1 tsp. salt



Combine ingredients. Press into loaf pan.
Bake one hour.

Total cost: \$6.30 (\$1.05 per serving)

Vegetarian Chili Pot

- 1 cup instant brown rice
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes, no-added-salt
- 1 cup water
- 3 Tbsp dried minced onion
- ½ tsp chili powder
- ½ tsp oregano
- ½ tsp cumin



Combine all ingredients in a medium-sized microwave container. Cover and microwave on high for 12 minutes. Stir and serve hot.

From www.foodandhealth.com

Disaster Proof Your Records

Which of your important papers would you grab if you had just minutes to leave your house? Preparation will help you recover from an unexpected disaster.

Collect your personal and financial papers (see list). Choose *one place* to store the records, such as a portable file or fireproof box. Get certified copies of birth, marriage, and death certificates. Store originals in a safe deposit box.

If you use a computer for record keeping, make backup copies of records about every 90 days and put them in the safe deposit box.

Emergency Files: What to Collect

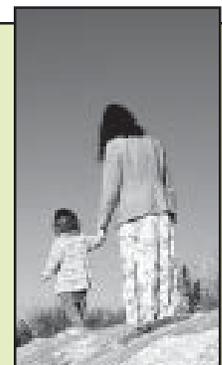
Think about your situation and what other records you may need.

- Bank account and investment records
- Certificates of birth, marriage, divorce, etc.
- Forms of identification (passport, copy of driver's license, etc.)
- Titles and deeds for property and vehicles
- Insurance policies (home, auto, life, medical)
- List of credit card accounts and phone numbers
- Recent tax return
- Social Security cards
- Wills, living wills, advance directives and powers of attorney
- Household inventory (Videotape works well. Keep in safe deposit box or with a friend.)
- Safe deposit box key (store second key with a trusted friend)
- Contact information: financial institutions, employer, insurance agents, friends and family, others.
- Emergency cash
- Immunization records

From Hope Health Letter: April 2006 p.5

Walking For the Health of It

Walking *briskly* 30-minutes every day is wonderful way to a healthier you.



How walkable is your neighborhood or community?

Log onto www.walkinginfo.org and print a copy of the "Walkability Checklist" The checklist allows you to note community problems and find solutions. Take the handout with you on a walk, like the walk to school or the library, and rate your route.