



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
February 11th
11 a.m. to 4:00 p.m.

THURSDAY
February 18th
7:00 a.m. to 11:00 a.m.

THURSDAY
February 25th
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

TUESDAY
February 9th
5:30 p.m.

Family Planning:

Located at 511 Elm
1ST & 3RD MONDAY OF EACH MONTH
9:30 a.m.—12 p.m. and 1:30—5 p.m.
Call 1-877-611-7600 or 359-2855 to make an appointment.

Office Closed:

February 12th - Lincoln's Birthday

February 15th - Washington's Birthday

WIC CLINICS:

Recertification by appointment only. Please call 646-5506 if you need to reschedule.

Effective January 2014 WIC benefits will not be ISSUED without Residency, Income, and Identity proofs and your certification appointment WILL be rescheduled.



Eat Healthy. Stay Well.

USDA is an equal opportunity provider and employer.

FOCUS ON FOODS

Healthy hearts begin in the supermarket. With all the varieties of food in our reach, it is difficult to know which are the healthy ones.

Plan your Menus:

Be creative with your meals, but stick to the plan. Keep a shopping list handy so you don't stray.

Choose Foods in Season:

Seasonal foods are usually fresher, have better flavor and are less expensive.

Prepare a Shopping List: Make a list of healthy meals you and your family will like. A well-organized list will help to find the foods you need quickly and avoid foods that aren't healthy and that you didn't plan to buy.

Eat before shopping: People who are hungry tend to buy foods that were not planned.

HEART HEALTHY SNACKING

Crunchy Snacks:

- Apples and Breadsticks
- Carrot and celery sticks
- Green pepper sticks
- Zucchini circles
- Radishes
- Broccoli spears
- Cauliflower
- Unsalted rice cakes

Beverages:

- Fat free milk
- Unsweetened juices
- Low -sodium tomato or mix vegetable juice
- Water

Sweet snacks:

- Baked apple
- Raisins
- Frozen bananas/grapes
- Fresh fruit
- Low fat or fat free cheese/yogurt
- Thin slice angel food cake

Make sure that you and your kids eat before you go shopping.

Shop in 30 minutes: Try to get in and out of the grocery store in 30 minutes. This habit will help you to only buy the amount that you are going to use in the week.

Choose products with the American Heart Association's heart-check mark symbol.

This symbol means it meets the AHA's healthy eating requirements-limiting the content of saturated fat and cholesterol.

Read the nutrition label: Make a habit to read the nutrition panel of each product that you are thinking of buying. It will help you choose the most healthful products for your heart.

Source: American Heart Association

WOMENS HEART DISEASE....

February is HEART health month.

The American Heart Association, has released new life-saving guidelines for the prevention of heart disease.

Experts recommend that every woman know her risk level for heart disease. Knowing your risk has been linked to talking preventive action.

Do you have Metabolic Syndrome?

If you have three or more of the following risk factors, then you have the metabolic syndrome and are at greater risk of developing heart and other vascular diseases, type 2 diabetes, and having a stroke.

- Your waist is greater than 35 inches
- Your triglycerides are higher than 150 mg/dl
- Your HDL (good cholesterol) is less than 50 mg/dl
- Your blood pressure is higher than 130/85 mmHg
- Your fasting blood sugar is higher than 100mg/dL

Eating Heart-Healthy...

Eat a diet rich in fruits and vegetables including whole grain and high fiber foods. Eat fish at least twice a week, preferably oily fish, or talk to your health care provider about taking omega-3 fatty acid (fish oil) supplements.

Do your best to at less salt (sodium) Try to limit your sodium to 1500— mg a day. Avoid trans fatty acids. No trans fats is the goal.

Eat very little saturated fat (such as at from meat, cheese, and butter): less than 7% of your total calories a day.

Eat less than 150 mg of cholesterol a day.

Drink no more than one alcoholic drink a day.

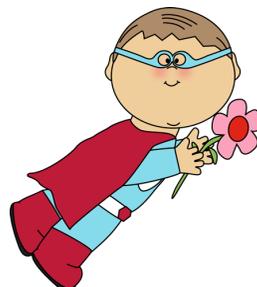
NO ALCOHOL is BEST!

Stop smoking Cigarettes!

Get 150 minutes of moderate intensity exercise a week.

You will need 60 to 90 minutes of exercise a day to lose weight.

Source: American Heart Association



DEALING WITH COLIC ...

The period of **PURPLE Crying®** is a term used by some experts and parents to describe colic or persistent crying. **PURPLE Crying®** tries to offer a better understanding of just how normal this excessive crying is in young babies. Similar theories suggest that colic is just a part of your baby's normal brain development.

In the past, colic has often been linked with digestive problems and other medical conditions. But there is little or no research to support this. The idea behind **PURPLE Crying®** is that while persistent crying may be difficult to cope with, it is normal, and it won't last forever.

The letters in **PURPLE** stand for common characteristics of persistent crying:

P for "peak" of crying. Your baby may cry more each week, peaking at about two months. Her crying will become less frequent between three months and five months.

SAY NO TO CAFFEINE ...

It's a good idea to keep caffeine consumption to a minimum, especially in younger kids. The effects of a caffeinated beverage on a child will be much more pronounced than on an adult because kids weigh less and are still growing and developing.

Caffeine is a drug that's naturally produced in the leaves and seeds of many plants. It's also made artificially and added to certain foods.

At lower levels, caffeine can make people feel more alert and energetic. In both kids and adults, though, too much caffeine can cause jitteriness, an upset stomach, headaches, and sleeping problems. Especially in young kids, it doesn't take a lot of caffeine to produce these effects. Caffeine also can aggravate heart

PREGNANCY FACTS

Luckily, not all things about pregnancy need to remain a mystery. Discover six wow-inspiring ways your body changes during pregnancy.

- 1. Your uterus is one tough cookie.** The force inside a woman's uterus from pushing with a contraction translates to 397 pounds of pressure per square foot, or 2.8 pounds of pressure per square inch on her baby's head.
- 2. What was that noise?** It's painful yet true, the first time a woman delivers a child, her pelvic bone will actually separate in the middle. "The cartilage stretches at the middle of the pubic bone. The bone doesn't break, but it never really goes back together. It's not made to go back together."
- 3. One size does not fit all.** There are four different shapes that a woman's pelvis can take. Unfortunately, only one is best for accommodating a baby's head during childbirth -- the gynecoid.
- 4. That line was actually always there.** You know that dark line that suddenly appears straight down the middle of your stomach during pregnancy? Pregnancy hormones change the pigmentation to make it show more.
- 6. That waddle is not your fault.** Feeling self-conscious about your duck walk? "The waddle is actually due to the fact that the joints become more relaxed and the center of gravity changes. "Pregnant women walk a little bit wider -- that's why you waddle."

Source: parents.com

DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.

SOURCE: BABYCENTER

U for "unexpected" crying. Your baby may be inconsolable in the morning, but content in the afternoon. Crying comes and goes and you don't know why.

R for "resists" soothing. Your baby may not stop crying, no matter what you do to try to comfort her.

P for "pain-like" face. Your baby may look as if she's in pain, even when she's not.

L for "long-lasting." Crying can last for several hours a day.

E for "evening." Your baby may cry more in the late afternoon and evening.

Although the period of **PURPLE Crying®** is normal in a healthy baby, it can still be a terribly frustrating time. Living with a baby that cries inconsolably for hours on end can be distressing. Try to give each other as much support as you can and talk to friends or family about how you're feeling.



SOURCE: KIDSHEALTH

problems and some behavioral and nervous system disorders.

Because of the concern about the adverse effects of caffeine, the American Academy of Pediatrics (AAP) discourages caffeine consumption for all children.

The United States doesn't have guidelines for caffeine intake and kids, but Canadian guidelines recommend that preschoolers get no more than 45 milligrams of caffeine a day. That's the average amount of caffeine found in a 12-ounce can of soda or four 1.5-ounce milk chocolate bars.

It's also good to remember that too many sugar-sweetened drinks (with or without caffeine) can lead to obesity and dental cavities.

FUN THINGS TO DO

INDOOR OBSTACLE COURSE

As you design your obstacle course, keep in mind the ages, abilities, and number of children involved as well as the space you have. Make the course simple at first and change the stations as they're mastered. If you like, time the kids to see who can complete the course fastest. Here are a few ideas to get you started. Ten stations is a good number for most kids.

Directions

1. Crawl under or over a row of chairs.
2. Crawl under a string stretched between 2 chair legs.
3. Jump into and out of a Hula-Hoop five times.
4. Walk on a balance board.
5. Throw a beanbag into a laundry basket.
6. Run while balancing a beanbag on your head.
7. Do a ring toss.
8. Play one hole of Newspaper Golf.
9. Ride a tricycle along a predetermined route.
10. Somersault from one point to another.
11. Do a handstand.
12. Skip in place while reciting a jump rope rhyme.
13. Do ten jumping jacks.

