

ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY  
February 9th  
11 a.m. to 4:00 p.m.

THURSDAY  
February 16th  
7 a.m. to 11:30 a.m.

Thursday  
February 23rd  
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday  
February 14th  
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 closings:

Monday—  
February 13th  
Lincolns Birthday

Monday—  
February 20th  
Presidents Day

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



Eat Healthy. Stay Well.

USDA is an equal  
opportunity provider and  
employer.

FOCUS ON FOODS

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart.

Rather than tempting with sweets, find a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.

If your kids are having a Valentine's Day party at their school, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers.

Cooking at home is a great way to control what and how much you eat.

Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness.

Chicken Parmesan

- 1 egg beaten
- 2 oz. dry bread crumbs
- 2 chicken breast halves
- 16 oz. jar spaghetti sauce
- 2 oz. shredded mozzarella
- ¼ cup grated parmesan cheese

Directions:

Dip chicken in egg, then bread crumbs. Place on lightly greased baking sheet. Bake in 350 oven for 40 minutes. Pour ½ of the spaghetti sauce into a 9x11 baking dish. Place chicken over sauce, cover with remaining sauce. Sprinkle cheeses on top and bake for 20 minutes.

Serve over pasta. Enjoy!

Gift a beautiful fresh fruit basket to your loved one instead of giving sweets with added sugars.

Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two.

Take it slow if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.

Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy.

Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way.

Source: www.heart.org

HELP KIDS DEVELOP HEALTHY HABITS

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits.

Be a good role model - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important.

Keep things positive - Kid's don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.

Get the whole family moving - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

Be realistic - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

Limit TV, video game and computer time to two hours a day- These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease.

Encourage physical activities that they'll really enjoy - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.

Make dinnertime a family time - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

Make a game of reading food labels - The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime.

Stay involved - Insist on good food choices at school. Make sure your healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol.

Source: American Heart Association



## PURPLE CRYING...

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.

**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 for you and your partner. 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: Baby Center



## IT'S THE LITTLE THINGS ...

What matters most to children? You driving them to lessons and practices, or the smile and hug you greet them with after school?

While this thinking might bring the parent some comfort, it really does not do the same for their child who is potentially feeling overextended, stressed and tired.

What makes their hearts happiest is when their parents do simple things for or with them.

**Tuck me in and sing me a song.** Also tell me stories about when you were little.

Give me hugs and kisses and sit and talk with me.

Spend quality time just with me, not with my brothers and sisters around.

Provide me nutritious food so I can grow up healthy.

At dinner talk about what we could do together on the weekend.

At night talk to me about anything; love, school, family etc.

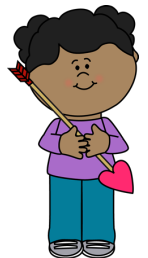
Let me play outside a lot.

Cuddle under a blanket and watch our favorite TV show together.

Discipline me. It makes me feel like you care.

Leave special messages in my desk or lunch bag.

Children are incredibly wise and tend to see the world more simply than we do. Perhaps it is time we start taking their advice. Maybe we would all feel a little less stressed and be satisfied with the fact that doing little things really is... good enough.



## PREGNANCY FACTS

With pregnancy symptoms and childbirth on your mind, it may be hard to relax and have fun on Valentine's Day if your feet hurt, your back aches, and you're not feeling very attractive? Have some fun this Valentine's Day do something that'll make you feel good.

If you're into cooking (or going out to eat) now's the perfect time to indulge. There's nothing wrong with treating yourself on Valentine's Day. Treat yourself to a manicure, pedicure, facial, haircut, or massage. You'll feel like a million bucks, which will boost your confidence and make your Valentine's Day a lot sexier.

Go shopping for a new outfit that flatters your baby bump and embraces all of your new curves – especially your breasts!

Why not use Valentine's Day as an excuse to get your maternity photos done? Put on that new outfit and strike a pose with your bump.

Not feeling up to anything that would require wearing something nicer than sweatpants? No problem! Stay at home, get your favorite takeout meal, and watch a movie.

What's Valentine's Day without romance? Now's the time to break out all the stops in the bedroom. Get some sexy maternity lingerie to show off your new assets, light a few candles, put on some music and make the bed with your softest sheets. T

There's no such thing as going over the top on this holiday.

Source: pregnancymagazine.com

## FUN THINGS TO DO

### TISSUE PAPER HEARTS

#### Materials:

- Various colors of tissue paper
- Glue and paintbrush
- Glitter
- Scissors
- String or yarn

#### Instructions:

Place a large piece of cling wrap or plastic bag flat on a large sheet of newspaper on the work surface

Then rip colorful tissue papers, place them in one layer, slightly overlapping, to cover the whole area of wrap.

Brush on diluted white glue

Add another layer of tissue paper and brush with diluted glue. Add as many as 5 or 6 layers, allow to dry.

Brush on some more diluted white glue to keep the glitter from falling off, and allow to dry completely

Peel off the cling wrap/plastic bag and now we have a beautiful sheet of thick colorful tissue paper to cut hearts out.

Use the hearts as valentine decorations.

Punch a hole in the top and string on a piece of yarn if desired!



### 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.