



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
January 14th
11 a.m. to 4:00 p.m.

Thursday
January 21st
7:00 a.m. to 11:30 a.m.

Thursday
January 28th
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
January 12th
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:
January 1st New Years Day

January 18th
Martin Luther King, Jr.
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

There's a lot of discussion these days about fit kids. Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight.

If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike.

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs.

Eat at least five servings of fruits and vegetables a day — two fruits and three vegetables.

When you're really thirsty, cold water is the best thirst-quencher. Kids need calcium to

Easy Taco Soup

- 2 lb. ground meat
- 2 package taco seasoning
- 1 package Hidden Valley Ranch Dressing Mix
- 1 can tomatoes
- 1 can hominy
- 1 can whole kernel corn
- 2 can pinto beans

Directions:

Brown ground meat. Add taco seasoning and ranch dressing. In large pot, add meat, tomatoes, hominy, whole kernel corn, and pinto beans. Cook about 30 minutes. Serve with sour cream, shredded cheese and chips.

build strong bones, and milk is a great source of this mineral.

You can also get your daily calcium by eating calcium-rich dairy foods.

When you're eating, notice how your body feels and when your stomach feels comfortably full. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

Try to spend no more than 2 hours a day on screen time. Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. If you're a fit kid, why shouldn't you have a fit

mom and a fit dad?

Source: kidshealth.org

WASH, WASH, WASH YOUR HANDS....

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by germey hands.

Use warm water and soap, lathering well to wash your hands. If soap and water are unavailable, use an alcohol based hand sanitizer that contains at least 60% rubbing alcohol to clean hands.

WHEN Should You Wash Your Hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW to Wash Your Hands:

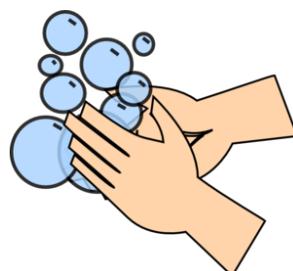
- Wet your hands with clean running water, turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from the beginning to end twice.
- Rinse your hands under clean, running water.
- Dry your hands using a clean towel or air dry.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers:

- Apply the product to the palm of your hand. Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Source: cdc.gov



WHY IS MY CHILD SICK ALL THE TIME...

Does it seem as if your child is sick all the time? In the early school years, your child's immune system is put to the test. A child who has a cold coughs or sneezes in the classroom. The children sitting nearby inhale the infected respiratory droplets and the cold spreads.

A child who has diarrhea uses the toilet and returns to the classroom without washing his or her hands. Illness-causing germs might spread from anything the sick child touches to other children who touch the same object and then put their fingers in their mouths.

Frequent hand-washing is one of the simplest and most effective ways to stay healthy in school. Remind your child to wash his or her hands before eating and after using the toilet, blowing his or her nose, or playing outside. Suggest soaping up for as long as it takes to sing the "Happy Birthday" song twice.

Remind your child to use sanitizer before eating snacks or lunch and after using a shared computer, pencil sharpener, water fountain or other community objects. You might also donate disinfecting wipes to the classroom for general use.

Give your child a package of tissues to keep in his or her desk or backpack. Encourage your child to cough or sneeze into a tissue — then put the tissue in the trash, and wash his or her hands or use hand sanitizer. If it isn't possible to reach a tissue in time, remind your child to cough or sneeze into the crook of his or her elbow.

Keep your hands away from your eyes and out of your mouth.

Remind your child that hands are often covered in germs.

Don't share water bottles, food or other personal items. Offer your child this simple rule if you put the item in your mouth, keep it to yourself.

It's also important for your child to eat a healthy diet, get plenty of sleep, and stay current on his or her vaccinations — including a yearly flu vaccine.

Source: mayoclinic.org



TAKE CARE OF YOUR TEETH...

The American Dental Association recommends brushing your teeth at least twice a day.

When you brush your teeth, you help remove food and plaque — a sticky film that forms on your teeth and contains bacteria. After you eat a meal or snack that contains sugar, the bacteria can release acids that attack tooth enamel. Repeated attacks can break down tooth enamel and lead to cavities. Plaque that isn't removed also can harden into tartar, making it harder to keep teeth clean.

In choosing when to brush your teeth, you might also consider your diet. If you've eaten an acidic food or drink, avoid brushing your teeth for at least 30 minutes. These acids weaken tooth enamel, and

brushing too soon can remove enamel. If you know you're going to eat or drink something acidic, brush your teeth beforehand.

In addition to brushing your teeth, the American Dental Association recommends that you:

- Floss daily
- Eat a healthy diet and limit between-meal snacks
- Replace your toothbrush every three to four months, or sooner if the bristles are frayed
- Schedule regular dental checkups

Source: mayoclinic.org



PREGNANCY FACTS

If you're not feeling attractive during pregnancy, the look of sun-kissed skin may do wonders for your self-esteem. Using self-tanning lotions, creams, and foams are harmless, so it's fine to use them during pregnancy.

I'd recommend staying away from spray tans, the aerosol fumes may not be safe for your lungs when inhaled. They may even enter your bloodstream, which means they could potentially affect your developing baby.

Tanning beds pose the same dangers as the sun by using ultraviolet (UV) radiation, which causes skin cancer.

Lying in a tanning bed can also raise your body temperature to a level that may be hazardous to your baby, particularly during your first trimester.

Having an elevated body temperature during pregnancy above 102 degrees F, which can happen in a tanning bed, hot tub, or sauna has been associated with spinal malformations in developing babies.

And then there's the concern that lying on your back too long could restrict blood flow to your heart and thus to your baby as well. (If this happens, you'll feel lightheaded.)

Finally, yet one more downside to tanning: Pregnant women with sensitive skin who expose themselves to UV rays — whether from tanning beds or the sun — may be more prone to chloasma, those dark splotches that can appear on the face and occasionally the arms during pregnancy.

Source: babycenter.com

FUN THINGS TO DO

CHEERIOS BRACELET

Materials:

- Handful of Cheerios
- White string
- A bowl for the cheerios
- Scissors

Instructions:

Place a large handful of Cheerios in a bowl.

Cut a piece of string (enough to tie around your child's wrist plus some extra for the knots).

Tie a knot at one of the string to prevent the Cheerios from sliding off.

Thread Cheerios onto the string.

Finally, place the bracelet on our child's wrist and tie together the two ends of the string.



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.