



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
January 12th
11 a.m. to 4:00 p.m.

THURSDAY
January 19th
7 a.m. to 11:30 a.m.

Thursday
January 26th
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
January 10th
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 2nd—
New Years Day**

**January 16th—Martin
Luther King, Jr 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,



Eat Healthy. Stay Well.

USDA is an equal
opportunity provider and
employer.

FOCUS ON FOODS

Is it possible to eat a nutritious diet while keeping your grocery bill low? Believe it or not, it is possible.

Here's how to get started:

Choose whole grains, vegetables, and beans. Many of these foods cost less than \$2 a package.

Brown Rice is great for side dishes, rice salads, fried rice, casseroles, soups, and stews.

Whole Wheat or Multigrain Pasta is for hot or cold pasta dishes.

100% whole wheat bread is great for a sandwich.

Nonfat Greek Yogurt is a quick snack.

1/2 cup serving of Old Fashioned Oats is great for hot or cold cereal.

Tamale Pie

- 1 pound ground beef
- 1/2 cup onion
- 1 can tomato soup
- 1/2 cup water
- 1 T chili powder
- 1 can (8 oz.) whole kernel corn (drained)
- 1 pkg. corn muffin mix
- 1 beaten egg
- 2/3 cup milk
- 1 cup shredded cheddar cheese

Directions:

Heat oven to 350. Brown beef and onion over medium heat. Pour off any fat. Stir the soup, water, chili powder and corn in the skillet and heat to a boil. Spoon the mixture into a 2 quart baking dish. Mix muffin mix, egg and milk in a bowl. Spoon over mixture. Bake for 30 minutes or until the corn muffin mixture is golden brown. Sprinkle with the cheese.

Frozen Vegetables are great for side dishes, casseroles, and stews. 1 cup is a serving.

Russet Potatoes are great for baking, salads, casseroles and stews. 1 medium or large baked potato is a serving.

Fresh Bagged Spinach is great for salads, casseroles, soups, and stews.

Canned Tuna is great for sandwiches, casseroles, salads, and to serve with crackers.

Canned Refried Beans are great for burritos, nachos, dips, enchiladas, or a quick side dish. **Dried Lentils** are great in casseroles, salads, soups, and stews.

Source: webmd.com

STAY SAFE IN THE COLD....

As temperatures drop this winter, the American Red Cross offers steps people can take to stay safe during the cold weather.

Layer up! Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.

Don't forget your furry friends. Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.

Remember the three feet rule. If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.

Requires supervision – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.

Don't catch fire! If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.

Protect your pipes. Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.

Better safe than sorry. Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.

The kitchen is for cooking. Never use a stove or oven to heat your home.

Use generators outside. Never operate a generator inside the home, including in the basement or garage.

Knowledge is power. Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.



TODDLER TANTRUMS...

Are there any parents who **haven't** felt complete and utter love for their toddler and, at the same time, **frustration and anger**?

Our beloved little ones **test our nerves because they're testing boundaries all around them**. When it comes to discipline, it's **important to be consistent**. Parents who don't **stick to the rules and consequences they set up don't have kids who do either**.

Kids learn by watching adults, particularly their parents. So make sure your own **behavior is role-model material**. When asking your child to **pick up toys, you'll make a much stronger impression if you've put away your own belongings rather than leaving your stuff strewn around the room**.

If your roving toddler does head toward an **unacceptable or dangerous play object, calmly say "NO"** and either **remove your child from the area or distract him or her with another activity**.

It's important to not **spank, hit, or slap your child**. At this age, kids are

unlikely to be able to make a **connection between the behavior and physical punishment**. The message you send when you spank is that it's **OK to hit someone when you're angry**.

The **American Academy of Pediatrics (AAP) discourages spanking**, which is no more effective than other **forms of discipline, such as timeouts**. A 2- or 3-year-old who has **been hitting, biting, or throwing food**, should be told why their behavior is **unacceptable and taken to a designated timeout area for a minute or two to calm down**. About **1 minute per year of age is a good guide for timeouts**.

Even the most well-behaved toddler can have a **tantrum from time to time**. **Tantrums are common during toddlerhood** because kids can understand more than they can express and this often leads to **frustration when they can't communicate their needs**. The best way to **deal with tantrums is to avoid them in the first place, whenever possible**.



CABIN FEVER CURES...

One of the best ways to pass away an afternoon in a blur of focused fun is a **new art project**.

Let kids redecorate something in your **home, such as a wall or their bedroom door**. Decorate a **large poster** and use it to change an area's appearance. Or paint a **floor cloth, lampshade or placemats**.

Suggest they **pick their favorite color**, then **look through magazines and catalogs, and cut out pictures or words in that color**. Glue the images on a piece of poster board.

Make stamps by **carving designs in potatoes** and then print using paint. Or do **nature prints with leaves from trees or houseplants**.

Create three-dimensional collages by **gluing elbow macaroni,**

spaghetti or oatmeal onto paper and then **painting over them with watercolors when they dry**.

Kids often need to **shake things up and make some noise**.

Fashion a simple shaker from a water or soda bottle, **filled with rice, dry beans or corn**. **Lentils will sound different than kidney beans, and adding cornmeal changes the tone, too**. **Tape the lid down to prevent spilling, then add percussion to your favorite song**.

Play some festive music, use a spoon as a baton to conduct the music, and cut loose, dancing and playing along with your shaker. Add a **simple xylophone or keyboard with your shaker and play some funky music**.

Source: www.parenthood.com

PREGNANCY FACTS

Yes, on caffeine, but don't overdo it. When **caffeine enters your bloodstream, a small amount of it (usually less than 1 percent) ends up in your breast milk**. The amount in your milk **peaks a couple of hours after you consume it**. Since your **newborn's body can't easily break down and get rid of caffeine, it may accumulate in his system**. (At about **3 months**, your baby will begin to **process caffeine more efficiently, and over time it'll become easier for him to excrete it**.)

Many experts say that a **moderate amount of caffeine** (no more than 300 milligrams per day, or the amount in about 16 ounces of brewed coffee) is **fine for nursing moms and should cause no changes in most babies' behavior**. But drinking more than **two or three cups of coffee a day may cause one or both of you to become irritable, jittery, or agitated, and can contribute to sleeping problems**.

That said, **every baby is different**. If your **baby seems to be bothered when you have even a small amount of caffeine, you may want to cut it out of your diet for a while to see if that makes a difference**.

To manage your **caffeine intake**, though, you'll need to be **aware of other sources, like tea, soft drinks, energy drinks, and chocolate**. **Caffeine also shows up in herbal products and over-the-counter drugs, including some headache, cold, and allergy remedies**. **Read labels carefully**. **Always talk to your doctor during your pregnancy if you have any questions**.

Source: babycenter.com

FUN THINGS TO DO

Spoon Puppets

Wrapping paper with characters, animals, vehicles,
Glue or tape
Scissors
Plastic or wooden spoons

Instructions:

Look at **various sheets of wrapping paper** with your child. Discuss which pictures might **make interesting puppets or props**. Choose some exciting items.

Cut them out. Use tape or glue to attach the pictures to the spoons. You can hold the puppets by the **spoon handles to make them spring into action!**

Find a **puppet stage: behind the couch or on a low table**. Or **cut a large hole in a cardboard box to make a pretend stage**. Make the puppets **talk and move, working together to create a story as you go along**. Your puppets may be **involved in a mystery as they look for missing cookies or a comedy where a silly puppet keeps falling down**.

Ask questions to **encourage your toddler to speak and move her puppet**. For even more fun, try using different voices for the different puppets. Play music in the background for more fun.



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.