



## LIVINGSTON COUNTY HEALTH CENTER

*"Your Local Link to Public Health"*

800 Adam Drive in Chillicothe MO 64601

[www.livcohealth.com](http://www.livcohealth.com)

660-646-5506

# WIC News



## This Month...

### Immunization Clinics

**THURSDAY, MARCH 8TH** 11:00  
a.m. to 4 p.m.

**THURSDAY, MARCH 15TH**  
7 a.m. to 11 a.m.

**THURSDAY, MARCH 22ND**  
2 p.m. to 7 p.m.

Call 646-5506 to Schedule.

### Breastfeeding Support Group

**TUESDAY, MARCH 13TH**  
5:30 p.m. in LCHC Classroom

### Family Planning- CAPNCM

Located at 511 Elm  
**1st & 3rd Monday @ Month**  
9:30 a.m.-12 p.m.  
Call 1-877-611-7600 for Appt.

## HEALTHY HABITS START EARLY

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 exercise and 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



## BRUSH YOUR TEETH

There's fluoride in your toothpaste and even in your water. But how does it work to keep teeth healthy?

Fluoride is a natural element found in the earth's crust as well as in water and air. Decades ago, scientists discovered that kids who naturally had more fluoride in their drinking water had fewer cavities. In the mid-1940s, communities started to put more fluoride in their water supplies to protect people against tooth decay.

Fluoride helps because, when teeth are growing, it mixes with tooth enamel — that hard coating on your teeth. That prevents tooth decay, or cavities.

But fluoride can help even after your teeth are formed. It works with saliva to protect tooth enamel from plaque and sugars.

By using fluoride toothpaste, for instance, everyone can enjoy some cavity protection.

Fewer cavities means healthier teeth when you're an adult — and less chance of having to wear false teeth (dentures) when you're old!

Just how effective is fluoridated water? Thanks to fluoride, dentists say half of kids between 5 and 17 have never had a cavity in their permanent teeth.

We hope you're one of them!

Source: kidshealth.org

# PREGNANCY

## THINGS YOU NEED TO KNOW

More than half of pregnant women have nausea and vomiting, especially during the first trimester. Despite its name, you can have morning sickness any time of day.

**Pregnancy nausea is caused by the sudden increase of hormones** in your body. It's **usually mild and goes away about midway through** your pregnancy.

Some Moms **don't ever get morning sickness, while others suffer from it a good share of their pregnancy.**

### Call Doctor If:

- You have **flu-like symptoms**, which may be a sign of illness.
- You feel **dizzy or lethargic.**
- You have **severe vomiting constantly or several times a day.**
- You **can't keep down any fluids or foods** and are losing weight.
- You **think your nausea may be caused by iron** in your prenatal vitamin.
- You **want to take anti-nausea medication.**

### Step-by-Step Care:

Eat **five or six small meals** instead of three big ones to **avoid having an empty stomach.**

**Take a multivitamin regularly.** This may make morning sickness less severe. Don't take your vitamin on an empty stomach because it may worsen nausea.

### Avoid smells that upset your stomach.

Eat saltine crackers, dry toast, or dry cereal before you get out of bed to calm your stomach.

### Avoid spicy and fatty foods.

When you feel nauseous, eat **bland foods that are easy to digest, like rice, bananas, chicken broth, gelatin, or Popsicles.**

**Suck on ice or sip water, weak tea, or clear sodas** when you feel nauseous.

Source: webmd

## Shaving Cream Eggs

### Materials:

- Boiled eggs
- Neon food coloring
- Cheap Shaving cream

### Directions:

Spread white shaving cream, and spread out on a cookie sheet. Dribble food coloring across the surface. Neon food coloring makes the best looking eggs. Use a toothpick to swirl the colors around in the shaving cream. Take your dried, and cooled hard boiled egg, and roll it around in the cream. You can use sandwich baggies as gloves to help keep the coloring consistent, keep finger prints off, and keep from coloring "you". After allowing the eggs to sit, wipe off shaving cream and rinse with water!



Now you will have some very unique Easter Eggs quickly and easily, without a lot of mess and spending



## Three Servings of Low or Nonfat Milk and Yogurt

**Admit it: you've known for as long as you can remember that milk is good for you. So how come we stop drinking it?**

Drinking milk helps make bones and teeth strong. Serve low or nonfat milk or yogurt to have with meals. Include three servings each day.

But the other side to the story is that their intake of many key nutrients -- like protein, calcium, magnesium, folate, B1, B2, B6, B12, and vitamins A, D, and E -- also increased along with the number of dairy servings.

Some dairy items have impressive levels of two things many of us need more of: calcium and protein. I'm sorry to say that ice cream falls a bit short on these two nutrients, but low-fat milk, yogurt, cottage cheese, and reduced-fat cheese pack a protein and calcium punch in every serving.

Drinking vitamin D-fortified low-fat milk is an easy way to boost your vitamin D. Vitamin D has long been known for promoting healthy bones through its role in calcium absorption. And recent research has indicated that it may be helpful for all sorts of other things, from reducing the risk of certain cancers to lowering blood pressure.

The new guidelines say that one should choose low or non-fat milk or yogurt at each meal.

Skim and 1 percent milk are recommended for children 2 years and older; they contain the same nutrients as 2 percent and whole milk.

And if you're not a fan of milk: try enriched soy products, low-fat cottage cheese, tofu or yogurt.

**Tips to include calcium-rich milk or yogurt in your diet:**

- Serve low or non-fat milk to drink at each meal for children.
- Keep milk ice cold. Kids are more likely to drink it.
- Use nonfat fruit-flavored yogurt as dip for fruit.
- Make your own smoothies by blending your favorite frozen fruit with yogurt and nonfat milk.
- Layer fruit and yogurt in a tall glass to make your own parfait. Top with a sprinkle of whole grain cereal.



## SAFETY SIDEBAR

### GETTING ENOUGH SLEEP

#### Did You Know.....

Getting enough sleep helps support a child's proper growth and development.

Getting sleep helps you stay alert and avoid chronic diseases like high blood pressure and diabetes.

Getting enough sleep means around 8 hours of sleep for adults.

Getting enough sleep means 11 to 12 hours of sleep for children ages 1 to 5.

#### Habits to improve your sleep:

There are some important habits that can improve your sleep health:

**Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Make sure your **bedroom is quiet, dark, relaxing**, and at a comfortable temperature.

Remove **electronic devices**, such as TVs, computers, and smart phones, from the bedroom.

Avoid **large meals, caffeine, and alcohol** before bedtime.

Avoid **tobacco/nicotine**.

**Get some exercise.** Being physically active during the day can help you fall asleep more easily at night.

**Source:** cdc.gov

#### Family Fun Activity

After the rain, jump in puddles for fun!!!

# Focus on Foods: Heart Healthy



Adding a little **lean protein to your breakfast** may be just the boost you need to help keep you feeling full until lunchtime.

A **breakfast of eggs** may be one of the best ways to get your morning protein. While **eggs are not always associated with weight loss**, they contain some of the highest-quality protein.

**Overweight women who ate two eggs for breakfast five times a week for eight weeks** as part of a **low-fat, reduced-calorie diet**, lost **65% more weight, reduced waist circumference by 83%, and had higher energy levels.**

A **healthy breakfast meal should contain a variety of foods**, including **fruits, vegetables, whole grains, low - or non-fat dairy, and lean protein.**

- A **veggie omelet** and a piece of **whole -wheat toast**

- A **whole-wheat English muffin** with **low-fat cheese, a scrambled egg, and slice of tomato or lean ham**

- Smoothie** made with **fruit and low-fat yogurt**

- Oatmeal** made with **skim milk, raisins and nuts, with 4 ounces of orange juice**

- Low-fat yogurt and fresh fruit**

- Yogurt smoothie and breakfast bar**

- Hard-boiled egg and a banana**  
Studies have also shown **that when breakfast cereal is consumed as part of an overall healthful lifestyle, it can play a role in maintaining a healthy body weight.**

**Eating breakfasts of ready-to-eat cereal** were **associated with lower BMIs in women** than other, **higher-fat breakfast meals.**

**Source:** webmd.com

## Veggie Omelet

- 1 tsp olive or canola oil
- 2 Tbsp chopped red bell pepper
- 1 TBSP chopped onion
- 1/4 cup sliced mushrooms
- 1 cup baby spinach leaves
- 2 eggs, beaten
- 1 tablespoon water
- Dash salt
- Dash pepper
- 1 TBSP shredded cheese

### Directions:

In nonstick skillet, heat oil and add bell pepper, onion and mushrooms to oil. Cook 2 minutes, stirring frequently, until onion is tender. Stir in spinach; continue cooking and stirring just until spinach wilts.

Beat eggs, water, salt and pepper until well mixed. Reheat skillet over medium-high heat. Quickly pour egg mixture into pan. Cook until bottom is set and add veggies. Fold over, turn heat to low and cover. Cook about 2 minutes more and serve!

**Missouri**  
**WIC**  
Eat Healthy. Stay Well.

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### 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. RECERTIFICATION BY APPOINTMENT ONLY Please call 646-5506 if you need to reschedule.

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