



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
September 8th
11 a.m. to 4:00 p.m.

THURSDAY
September 15th
7:00 a.m. to 11:00 a.m.

THURSDAY
September 22nd
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
September 13th
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:

Labor Day

Monday, September 5th

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

School is in session, and between homework and extracurricular activities, family time can be hard to find in the fall. Autumn is full of opportunities to spend fun time together and sneak in a little fitness, too.

Pumpkin patches and corn mazes are just the start of your autumn activity options. Look for events in your community or seek out hayrides, apple orchards and festivals that fit your family's interests. You can spend the day enjoying each other's company doing something unique to the season.

An open lawn is perfect for a game of touch-football, soccer or catch for the athletes in your family, and the windy fall weather is ideal for flying and running with a kite. Make a full day of it when you bring bikes and a picnic of energy-boosting snacks and healthy lunches.

Autumn may be the start of comfort food season, but there's plenty of healthy fall recipes.

Cheesy Tater Tot Casserole

- 1 pound hamburger
- 1 can cream of mushroom soup
- 1 10 ounce can peas
- 1 32 ounce bag tater tots
- 2 cups cheddar cheese
- 1 onion
- 1/2 teaspoon garlic powder

Directions:

Preheat oven to 350.

Cook meat for 6 minutes over medium heat, add onion cook until beef is browned. Drain. Spread meat in the bottom of 9x13 casserole dish. Drain peas and put on top of meat. Stir soup and garlic powder together and pour on top of peas. Sprinkle cheese. Arrange tots on top evenly. Cover and bake for 50 minutes or until tots are brown. Cool and enjoy!

Take the whole family to the farmers' market to pick out fresh fall produce. Take your time walking around the market; you can use this opportunity to teach your child about choosing nutritious food.

Visit your favorite park, take a walk in the woods or explore your own backyard to scavenge for colorful leaves, pinecones and other interesting bits of nature and placemats to garlands to use as a craft project.

Yard work is a fun and fit spring activity, and yard work exists in the fall, too. You can rake leaves, allowing plenty of time for leaf jumping. Then, use the leaves and twigs and maybe even wood chopped by mom or dad to start a bonfire.

S'mores are the perfect treat after a day's work.

Source: nmbreakthroughs.org

#CHILLIMOROCKS....

The #chillimorocks project was initiated with the goal of bringing our community together through art by painting rocks and placing them throughout Chillicothe. You don't have to have an abundance of artistic talent-just willingness to share the love! The rules are simple: Once you paint your rocks, you can place them anywhere in town, just please be courteous and respectful of other people, business areas or properties. We hope you will find our project inspiring-whether it moves your heart or your feet.

If you find a rock, please snap a picture and post to the Facebook public group: #chillimorocks.

Tell us where you found the rock, and give a hint to where you will be re-homing it.

If you find a rock you like, you can keep it-as long as you replace it with a new creation of your own.

After you paint your rocks, we ask that you write #chillimorocks on the back so people know where to find out

more about the effort, and where to post pictures, When painting, spray or paint with a clear coat to keep the rock looking good while it weathers the elements and gets moved around.

Rocks can be painted with various mediums, including acrylic paint, paint pens, sharpies, nail polish, etc. Rocks can be purchased at a couple local retailers or online. Please don't steal rocks from businesses or homeowners.

Do use your own creativity to design rocks. Always remember this page is meant to spread joy and inspiration and set an example of tolerance, inclusion and community spirit.

Don't put rocks in the path that could cause someone danger.

Don't use rocks to damage to property.

Mark your rocks with #chillimorocks.

Thank you for being a part of #chillimorocks!



READING IS IMPORTANT...

"Rattle, shake, screech, roar — who's knockin' at my door?" Your child tears through the house, a sheet over his head. "Boom, boom, in my room!" "A witch is flyin' on her broom!"

Your child has immersed himself in a world of Halloween books.

Although he does not yet know how to **read text, he spends time every day looking at books with spooky ghosts, goblins, and skeletons.** He **recites lines he has memorized** from the many times his parents have read them aloud. And he makes up his own, like the ones above. All this adds up to one thing: **Your child is becoming a reader.**

Preschoolers know a lot of things they didn't know as babies. They **don't read independently**, but if they've been read to a lot, they know a **thing or two about reading:**

They know books are read from front to back.

Pictures should be right-side up.

Reading is done from left to right.

HEALTHY PACKED LUNCHES...

Prepackaged lunches for kids are popular and convenient, but they're also **expensive and often less than nutritious.** Instead, create your own **packable lunch using healthier ingredients.**

Consider these components and pack them **in plastic containers, re-sealable plastic bags, or colorful plastic wrap:**

- cold-cut roll ups
- cold pizza
- cracker sandwiches
- peanut butter and celery sticks
- veggie sticks with low-fat dip
- 100% fruit juice box or bottle of water
- optional dessert (choose one): flavored gelatin, low-fat pudding, oatmeal raisin cookie, graham crackers, fresh fruit

Don't forget **to involve your kids in the process so that healthier lunches can become a goal they strive for, too.**

PREGNANCY FACTS

How do I prepare my child care provider for caring for my exclusively breastfed baby: bottles, warming frozen milk, handling leftover milk, and how much my baby might drink?

Some daycare providers are **experienced with caring for breastfed infants; others are not.** Often, this is a question that parents ask **during interviews with prospective providers.**

For most parents, it helps to explain why **providing your milk for your baby is important.** By getting them on your side, you make it much more likely that they'll work with you later. Most breastfed infants will take about **one to one-and-a-half ounces per hour** that they are in care, divided up into **three or four servings.** For mothers that are gone from baby **for 10 hours, their infants usually take 10 to 15 ounces of expressed milk.** However, some of the mothers have the ability to come and **breastfeed their babies at lunchtime.** It seems that this lunchtime feeding **eliminates the need for about 1/3 of the amount of milk needed each day.** Let your provider know if you want to **feed your baby when you pick him up in the afternoon.** This provides more milk to **baby "straight from the source,"** and so it's less that you have to pump. Also, ask the provider not **to feed your baby in the last couple of hours or so before you're expected to arrive.** This helps to ensure that baby is hungry when you are ready to feed him.

Personally, I think it's always **hardest on the mother, not the baby.**

Source: La Leche League

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.

The language of books is different from spoken language.

Words have different sounds in them.

There are familiar and unfamiliar words.

Stories have a beginning, a middle, and ending.

All of these are **emergent literacy skills** important building blocks toward the day when they'll **read independently.** Choosing lots of **different books to read aloud will build your preschooler's vocabulary, and help your child learn about different topics and understand how stories are structured and what characters do in them.** Your child also will learn that:

Text is words written down.

Letters in a specific order form a word.

There are spaces between words.

Understanding these basic concepts will help when kids start formal reading instruction in school.

A packed lunch carries the added responsibility of keeping the food safe to eat. That means **keeping hot foods hot and cold foods cold.** One study found that **fewer than a third of parents included a cold pack** when packing yogurt, deli-meat sandwiches, and other foods that need refrigeration.

Here are some suggestions to keep lunch foods safe:

- Wash your hands first.
- Use a thermos for hot foods.
- Use cold packs or freeze some foods and drinks overnight. They'll thaw in the lunchbox.
- Wash out lunch boxes daily or use paper bags that can be discarded.
- Toss in some moist towelettes to remind kids to wash their hands before eating and to clean up after. **Source: KidsHealth**

FUN THINGS TO DO

Painting Rocks—#Chillimorocks

Looking for something exciting to do this fall with your kiddos. Join **#chillimorocks on facebook.** This activity can **involve everyone in the family.** Rocks may be purchased or any that you have on hand. **Maybe you found them in a creek or just along the road while you were walking.**

Paint them with a saying, cute or funny pictures, or just a smiley face.

You will need:

- **Paint—various colors**
- **Brushes**
- **Can of Clear sealer**
- **Paint your rocks. Let dry. Spray with sealer.**
- **Then put them out in the community**
- **Take a picture and post to #chillimorocks facebook group**
- **Give a clue of where you have re-homed the rock.**
- **Have fun finding and rehoming the rocks!!!**

Source: #chillimorocks

