

FALL WIC BITS

Fall 2019 Edition

September, October, November

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ATTENTION!

The Kent County WIC and Immunization Clinics will be closed for holidays on the following days:

Monday Sept 2nd
(Labor Day)

Monday Nov 11th
(Veteran's Day)

Thursday Nov 28th &
Friday Nov 29th
(Thanksgiving Holiday)

Thank you for your patience and understanding!

HAPPY KIDS = HAPPY PARENTS

It's sometimes easier said than done, but we all hope for smooth-sailing days with our families. In this edition of WIC Bits you'll find some techniques to try.

Calming a Fussy Baby

Babies often cry because they are hungry — and feeding is the obvious solution. Other times feeding alone doesn't work. There are some things you can try! One may work today and another may work tomorrow. Be flexible and know that "this too will pass".

- Hold your baby skin-to-skin (several times a day!).
- Try motion in any form: walking, baby swing, rocking in rocking chair, rocking side to side while standing, ride in the car or in a stroller, or carry baby in infant sling.
- Place pressure on your baby's tummy (gently), hold baby in the "colic hold" (facing floor, supported by your arm, heel of your hand putting pressure on the tummy), hold baby over your shoulder or over your knees, bicycle your baby's legs.
- Try over-the-counter gas-relief drops (discuss with MD).
- Sing, hum, try white noise (running water, vacuum, clothes dryer, hair dryer), play commercially available recordings with a strong beat designed to simulate sounds your baby heard during your pregnancy. But avoid over-stimulation from noises, lights or motion if the previous suggestions seem to make your baby more upset!
- Swaddle your baby snugly or try undressing your baby and allow complete freedom of motion.
- Distract baby with different sounds, sights or places — try taking him outside.
- If breastfeeding, keep a food diary to determine if a particular food bothers your baby (it may take 4-6 hours to tell).
- Take a break, let someone else try for awhile; babies sense your tension.



Adapted from Lactation Education Resources

Ways to help stop your kids' "meltdowns"

Routines and schedules

Kids do well when they know what to expect. They like to have a routine. So even though it may take some work to get on a schedule and stick to it, most parents feel it is well worth the effort. Planned meal and snack times, as well as consistent nap and bed times (with a bedtime routine), helps to calm kids and keep them happy. Doing the same things, about the same time everyday, gives your kids something they can count on and can help with behavior.

Spend quality time with them

As parents, we are often busy trying to manage our own "stuff" at the same time we are dealing with our kids. Kids can sense this and often act out. Finding a balance between what you've got to do and giving your child his own time is crucial. Your kids will notice if you set aside some time of undivided attention — especially if you are really present with eye contact. Our phones and technology are often a barrier to connection with our kids!

Consistent meals and snacks

As mentioned above, it is important that our kids' tummies are filled often! Their tummies are small and can't hold much at one time so it's important that kids eat frequently throughout the day. Kids can get "hangry" when too much time goes between eating. And sometimes once they have reached that point it's hard to change the mood back to a good one. Preventing the meltdown is key!

Your mood is contagious

Our kids feel our stress. If we treat our kids kindly they are more likely to react back the same way. It's not always easy but try to take a deep breath, regroup, stay calm, and treat them the way you would want to be treated! As adults we have more experience at regulating our emotions — our kids are still learning! Let them learn from our example! Take the lead and change the atmosphere!

Get enough sleep

Enough sleep makes a world of difference!

1 to 2 year olds need 11 to 14 hours of sleep every 24 hours (including naps)

3 to 5 year olds need 10 to 13 hours of sleep every 24 hours (including naps)

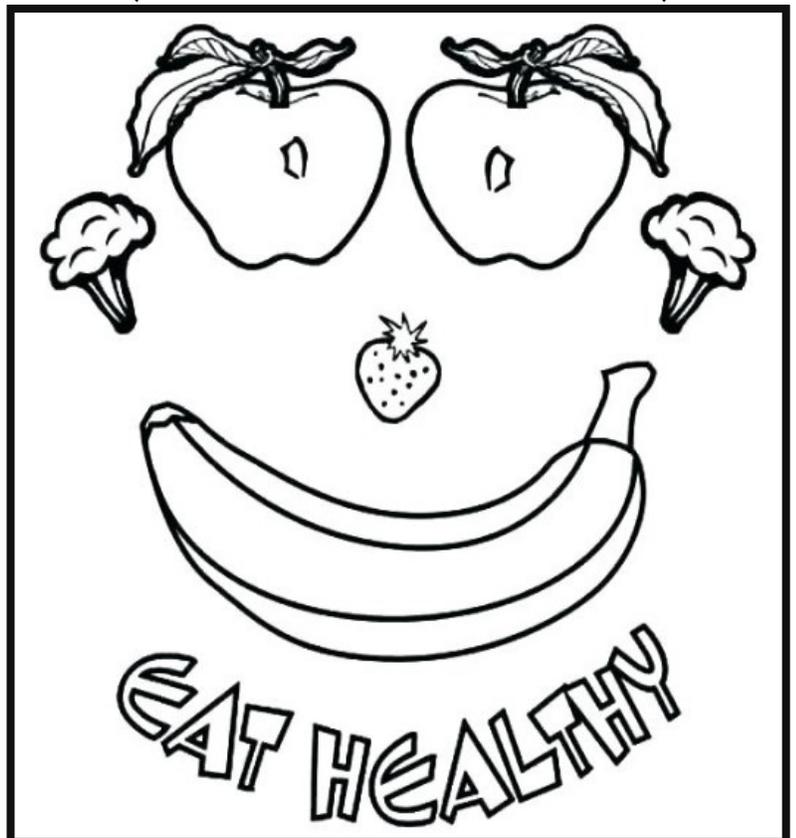
Good sleep for mom and dad is a game changer too!

Avoid Food Fights!

- Keep meal and snack times consistent — create family routines.
- You decide what you cook and serve and let your child decide what and how much they will eat.
- Kids can pick up on your stress and may eat less when you push them more; don't bribe or force.
- Let your child be involved in picking out foods in the grocery store and helping prepare meals — tasks like setting the table, washing fruits and veggies, stirring foods together. Kids like to eat what they help cook!
- Grow a garden. Kids like to eat what they have helped grow!
- Family meals — sit down together at least one time per day.
- Stay positive and make it fun!



↓ **COLOR ME!** ↓



10-Minute Black Bean Tacos (Serves 4)

Ingredients

For the tacos:

- 1 tablespoon olive oil
- 1/2 large onion, diced
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon kosher salt, plus more as needed
- 1 (15-ounce) can black beans, drained and rinsed
- 1/4 cup water
- 8 corn tortillas

For the toppings:

- 1 bag cabbage slaw or shredded cabbage
- 1 medium avocado, sliced
- Salsa
- Lime wedges

Instructions

1. Heat the oil in a large skillet over medium-high heat until shimmering. Add the onion and cook, stirring occasionally, until softened, about 2 minutes. Stir in the chili powder, cumin, and 1/4 teaspoon salt. Add the beans and water.
2. Cover the pan and reduce the heat to maintain a simmer. Cook for 5 minutes, then uncover and use the back of a fork to partially mash the beans, leaving about half whole. If there's any remaining water in the pan, simmer the mixture uncovered until evaporated, about 30 seconds. Taste and adjust seasoning as needed.
3. Meanwhile, heat the tortillas. Stack them on a microwave safe plate and cover with a damp paper towel. Microwave in 30-second bursts until warm.
4. Fill the tortillas with the black bean mixture and top with slaw or cabbage, avocado, and salsa. Serve with lime wedges.



WIC Supports Breastfeeding

WHY does WIC support breastfeeding?

Healthier Baby!

- 50% decrease in ear infections
- 64% decrease in stomach infections
- 58% decrease in necrotizing enterocolitis
- 72% decrease in lung infections
- 32% decrease in skin problems
- 73% decrease in sleep-related deaths (SIDS)
- 27% decrease in asthma
- 15-20% decrease in leukemia
- 25% decrease in Type I diabetes

Healthier Mom!

- 44% decrease in heart disease
- 4.3% decrease in breast cancer for every year you breastfeed
- 44% decrease in ovarian cancer
- 47% decrease in Type 2 diabetes
- 22% decrease in high blood pressure

Call your WIC Breastfeeding Peer Counselor for more information on how WIC can support you during your breastfeeding journey.
616-632-7019.

<https://www.michigan.gov/mdhhs>

IMMUNIZATION NEWS



Ask us for information at your WIC visit
or ask your child's doctor
for more information.

Community Resources

Food Stamps: Call 1-800-481-4989 or 1-810-244-8044 to see if you are eligible. Visit www.foodstamphelp.org. It's easy & free.

Department of Human Services: 121 Franklin Street SE, Suite 200, Grand Rapids, MI 49507. Call - 616-248-1000.

211— Call "First Call for Help" at 211 for more info or cell phone users call 1-800-887-1107.

Network 180: Offers help with substance abuse & mental health for Kent County residents.

Call 336-3909 or 1-800-749-7720.

Visit www.network180.org.

Discounted Car/Booster Seats: 391-SAFE (7233) or visit www.helondevoschildrens.org/injury prevention for more information.

Arbor Circle: Early Childhood Services-Provides preventive mental health services to parents and children. Assessment, support, and counseling also available. Call 456-6571.

Early On Michigan: 616-365-2310. They can help with child development concerns.

Bright Beginnings: 616-365-2277. Offers playgroups other services through local school districts for families with children from birth to 5 years.

Family Futures: 616-454-4673. Offers information & programs on parenting in Kent County.

Visit www.familyfutures.net.

Moms Bloom: 616-828-1021. Helps families with newborns such as light household tasks, support, and companionship. Visit www.momsbloom.org for more information.

Parent Helpline: 1-800-942-HELP (4357) is a 24 hour crisis intervention, information, and referral help line.

Spectrum Healthier Communities: 616-267-2626. Offers classes on newborn parenting issues for prenatal and infant care. Visit www.spectrumhealth.org for classes & events.

Mercy Health Saint Mary's: 616-685-4000. Offers pregnancy & childbirth classes. Visit www.smmmc.org.

Safe Haven Ministries: 616-452-6664. Their mission is to end domestic abuse.

3501 Lake Eastbrook Blvd SE Suite 335,
Grand Rapids, MI 49546.

Visit www.safehavenministries.org.

Metro Health: 616-252-MOMS. Offers childbirth education and e-learning web-based sessions at www.metrohealth.net.

Healthy Homes Coalition: 616-241-3300. Helps families with radon, lead, carbon monoxide, rodents, or bugs in the home.

Strong Beginnings HUGS: Breastfeeding support.

Phone: 616-331-5830

YWCA: Domestic violence services.

Phone: 616-459-4652 Address: 25 Sheldon SE

YWCA 24-Hour Confidential Crisis Line: 616-454-9922

Kent County MIHP: Phone: 616-632-7058

Address: 700 Fuller Ave NE Grand Rapids, MI 49503

Kent County Nurse Family Partnership Program:

Phone: 616-632-7058

Address: 700 Fuller Ave NE Grand Rapids, MI 49503

Kent County Medicaid Enrollment Support:

Phone: 616-632-7058

Address: 700 Fuller Ave NE Grand Rapids, MI 49503

ARHP - Birth Control Tool: <http://www.arhp.org/MethodMatch/>

Kent County Breastfeeding Coalition:

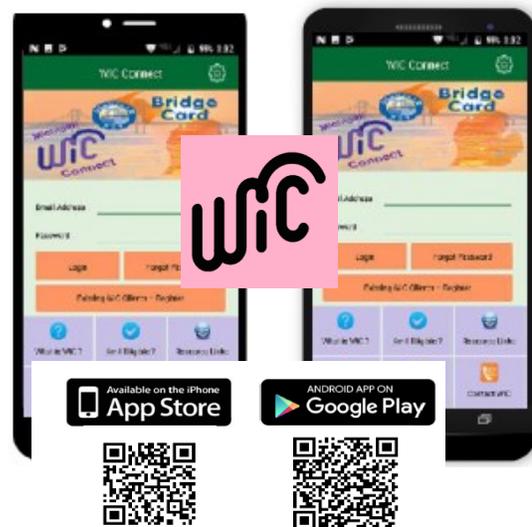
Email: healthykentbreastfeeds@gmail.com

Website: kentcountybreastfeeding.org

Quit Smoking Resource:

<http://www.kentcountyhealthconnect.org/Resources/Tobacco-Free-Living>

Michigan WIC Phone App



Download the app today!!

Contact Us

Please give us a call for more information about our services.

Phone Number: 616-632-7200

**Kent County Health Department
WIC Program
700 Fuller Ave NE
Grand Rapids, MI 49503**



This institution is an equal opportunity provider.