

SUMMER WIC BITS

Summer 2019 Edition

June, July, August

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AUGUST IS
BREASTFEEDING
AWARENESS MONTH

Watch for some fun giveaways happening at your WIC clinic during the month of August, as we celebrate our breastfeeding moms and babies.

Need Breastfeeding Support? Call our WIC BF Peers at 616-632-7019

ATTENTION!

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

Tuesday July 16th

Wednesday July 17th

Thursday July 18th

Friday July 19th

Thank you for your
patience and
understanding!

PROJECT FRESH

It is here! Project FRESH is back in Kent County and we want to give you some extra money to spend on locally grown fresh fruits and vegetables.

If you have participated in Project FRESH before, we hope you will participate again this year! If this is your first year, we are excited to share these added benefits with you!

We are so proud to promote this added WIC benefit.

But they are first come, first serve—so call us and schedule your Project FRESH class today at 616-632-7200!

\$25 =



SPLASH PAD FUN!

You can find out where the FREE splash pads are in your city, by visiting your City's website or calling the Parks Department.

Below are some FREE Splash Pads that might be near you:

GRAND RAPIDS AREA:

Alger Park - 921 Alger Street SE
Cherry Park - 725 Cherry Street SE
Fuller Park - 300 Fuller Avenue NE
Gerald R Ford Middle School - 851 Madison Ave SE
Heartside Park - 301 Ionia Street SW
Highland Park - 523 Grand Avenue NE
Joe Taylor Park - 1030 Bemis Street SE
Lincoln Park - 231 Marion Avenue NW
Mulick Park - 1632 Sylvan Avenue SE
Roosevelt Park - 739 Van Raalte Drive SW
Wilcox Park - 100 Youell Avenue SE
Check this website for details and hours:
http://grcity.us/parks/Pages/Aquatics_Summer.aspx

KENTWOOD:

Veterans Park- 355 48th St. SE
Pinewood Park- 1999 Wolfboro Dr. SE
Check this website for details and hours:
<http://www.ci.kentwood.mi.us/cityhall/Departments/recreation/Parks.asp>

SPARTA:

Rogers Park- 152 N. State St *Check this website for details and hours:* <http://spartami.org/parks-playgrounds.php>

Grand Rapids Children's Museum

If you show your WIC card when you go to the Grand Rapids Children's Museum on any day of the week you will receive the lowest priced admission of \$1.75 per person.

Grand Rapids Children's Museum: (616) 235-4728

Monday- Sunday: 9:30AM-5PM

Family Night Thursday: 9:30AM-8PM

Sunday: 12PM-5PM

Regular Price: \$8.50 (Ages 1-64)

Reduced: \$1.75 (EBT Cardholders)



Peach Salsa SUMMER RECIPE: SERVES MANY

Ingredients

- 1 cup fresh diced peaches*
- 3 tablespoons diced red bell pepper*
- 2 tablespoons diced sweet onion*
- 1 teaspoon diced serrano pepper*
- 1 lime

Directions

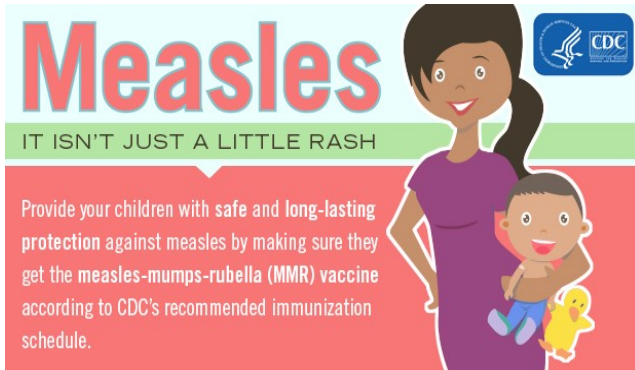
1. Mix all ingredients together except lime.
2. When ready to serve, squeeze the juice of lime over the fruit mixture and toss well.
3. Enjoy with chips or tortillas, or on top of a chicken breast.

** Enjoy these Texas ingredients during the summer, when they are the tastiest!*



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IMMUNIZATION NEWS



Measles: a disease that can be dangerous, especially for babies and young children.

Signs and symptoms include a high fever (may go as high as 104 degrees), cough, runny nose, red and watery eyes and a rash that breaks out 3-5 days after symptoms begin.

Facts about Measles:

- About 1 out of 4 people who get measles will be hospitalized.
- About 1 out of every 1,000 people with measles will develop brain swelling due to infection, which may lead to brain damage.
- About 1 or 2 out of 1,000 people with measles will die, even with the best care. (From www.cdc.gov/vaccines)

Protect your child and vaccinate with the Measles, Mumps, and Rubella (MMR) vaccine according to the CDC recommended schedule.

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

Prevent what is preventable

VACCINATE.



616-632-7200

Make Your Appointment Today

How Dads Can Support Their Breastfeeding Partner

Breastfeeding is a family affair. It takes time, practice, patience, and teamwork. As a dad, you may feel left out if your partner breastfeeds your new baby. But you play an important role.

Here are ways you can offer support and encouragement, and be involved every step of the breastfeeding journey.

AT THE HOSPITAL:

- **Share your breastfeeding plan.** Let your hospital staff know that your partner wants to breastfeed.
- **Focus on skin-to-skin time.** Hold your baby skin to skin between feedings.
- **Ask for help.** If your partner is having trouble with breastfeeding, ask hospital staff for help. Or encourage your partner to contact her WIC breastfeeding staff or peer counselor for support.

AT HOME:

- **Help take care of your baby.** You can soothe, bathe, change, dress, cuddle, and burp your baby. You can also keep your partner company during feedings and make sure that she has plenty to eat and drink.
- **Watch for hunger signs.** Learn your baby's hunger cues so that you can bring your baby to your partner for nursing sessions.
- **Limit visitors.** New moms need plenty of rest! Help limit the number of visitors that come to your home.
- **Offer encouragement.** Help your partner feel good about herself. Tell her you're proud of her and that she's doing a great job. Try to do something special for her.
- **Defend your choice.** Not everyone will understand you and your partner's decision to breastfeed. You can be the first line of defense against negative comments and anyone who tries to discourage your partner from breastfeeding.



<https://wicbreastfeeding.fns.usda.gov/how-dads-can-support-their-breastfeeding-partner>

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:

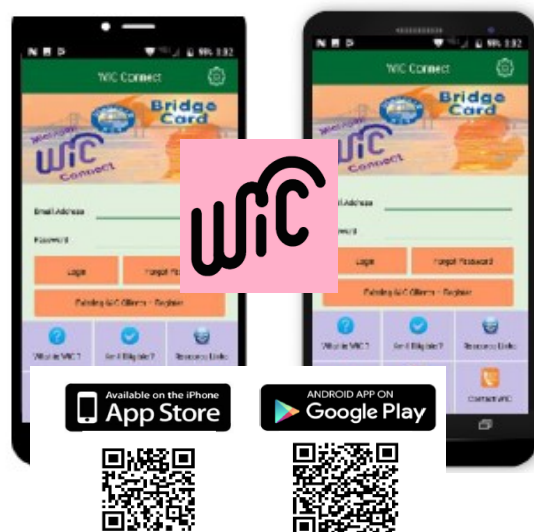
Email: healthykentbreastfeeds@gmail.com

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**



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