



**Do you have a question about WIC? Please call 740.732.4958**

Bundle up and get outside! Let's welcome this winter season with a playful attitude.

**Frozen Bubbles** Blow bubbles outside in the cold air. They will be hard to pop and will last longer.



**Spray Paint Art** Fill a spray bottle with water and food coloring and draw in the snow. The ever-changing weather that winter months have to offer provide children with fun they crave.

So bundle up and head outside for some winter fun!

Can't keep your visit? Just call us at 740.732.4958.



**Free Diapers and Wipes**

**Who:** Faith Baptist  
**What:** Diapers and Wipes  
**When:** Last Wednesday of every month from 6-7pm  
**Where:** Belle Valley Church



Do you or someone you know have an infant feeding question? Please call WIC and we will be glad to help you. 740.732.4958



Noble County Health Department  
44069 Marietta Road  
Caldwell, Ohio 43724  
740.732.4958

## Liven up your meals with veggies and fruits

Try these ideas to bring healthy foods to your table.

1. Mix veggies such as onions, peas, beans, or tomatoes into your favorite dish.
2. Add extra veggies to your pasta dish. Also, add herbs, peppers, spinach, beans, onions, or cherry tomatoes to your favorite sauce.
3. Toss shredded carrots, peas, orange slices, strawberries, for a fun salad.
4. Add hummus, cucumber, or avocado to your sandwich or wrap.
5. Liven up your oatmeal with apples, blueberries, bananas, or pears.
6. An omelet with onions, mushrooms, spinach and bell peppers is a great way to start the day.



For more ideas go to [choosemyplate.gov](http://choosemyplate.gov)

## 6-12 months

Baby will eat different kinds of foods in stages over the next six months.

1. Around 6 months of age food should be smooth and runny.
2. 6-7 months add strained foods.
3. 7-8 months watch your baby get excited with mashed smooth foods with tiny lumps.
4. 8-9 months ground or finely chopped foods.
5. 9-10 months your baby will love small pieces of soft finger food.
6. By 12 months, your baby can eat a variety of textures. Your baby can also eat many of the same foods as the rest of the family.



Call WIC for more ideas.

"This institution is an equal opportunity employer/provider"

# Did you know?

Dr. Holly Overmiller, D.O. Board Certified Family Practice is now located at the:

Noble County Health Department  
Suite 200 44069 Marietta Road  
Caldwell, Ohio 43724  
740.239.6447

Dr. Overmiller is now accepting patients by appointment or walk-in.

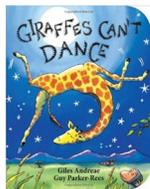
Office hours are:  
Monday/Wednesday/Friday  
8:00am to 4:00pm.  
OhioHills.org

740-239-OHHS

# Reading Corner

## Giraffes Can't Dance

By Giles Andreae



## Winter in the Forest

By Cottage Door Press

## The Magic of Friendship Snow

By Andi Cann



## Winter is Here

By Kevin Henkes

# Breastfeeding 101



## Nurse, Nurse and Nurse Again

The more your baby nurses, the more milk your body makes. Don't follow a strict schedule. Nurse your baby whenever she is hungry, for as long as she wants, especially in the first few weeks of building your supply,

and offer the other breast when the first is empty. Many new moms think that they have a low milk supply when in fact nothing is wrong. As long as your baby is alert, active, and has wet and dirty diapers, your supply is fine. Remember it can take a few days after delivery for your milk to come in. Meanwhile, your baby is getting colostrum, the thick first stage of breast milk, rich in nutrients.

## Wait to bottle feed

Bottle feeding is fine for later on, but in the first few weeks of building your milk supply, your baby should do all her eating at the breast. When babies are given a nipple to drink from, they can become confused. The two feeding methods have different tongue and mouth movements and swallowing skills. When baby breastfeeds, the amount of milk flow can be controlled, but a bottle flows more rapidly and requires less work. This can cause the baby to refuse to take the breast because drinking from the bottle is much easier. The best thing to do is keep your baby exclusively breastfed for the first 6 weeks.

*Breastfeeding is a journey, with ups and downs, with feelings of accomplishments and frustrations. WIC is here to help. If you have any question please call the WIC office at 740.732.4958.*

## Turkey Biscuit Stew

1/3 cup chopped onion	1/4 cup butter
1/3 cup all-purpose flour	1/2 teaspoon salt
1/8 teaspoon pepper	1 can (10 1/2) ounce chicken broth
3/4 cup milk	2 cups cubed cooked turkey
1 cup cooked peas	1 cup cooked whole baby carrots
1 tube (10 ounces) refrigerated buttermilk biscuits	

In a 10 inch ovenproof skillet, saute onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to boil. Cook and stir until thickened and bubbly, about 2 minutes. Add turkey, peas and carrots; heat through. Separate biscuits and arrange over stew.

Bake at 375 degrees until biscuits are golden brown, 20-25 minutes.

