Birth Defect Prevention Month

Not all birth defects can be prevented. But you can increase your chances of having a healthy baby by managing your health, and by having healthy behaviors before, during and after pregnancy. Taking care of yourself and doing what is best for you is also best for your baby.

“Best for you. Best for baby.”

* Be sure to take 400 micrograms of folic acid a day.
* Make an appointment with your doctor.
* Become up to date with all vaccines, including the flu shot.
* Before you get pregnant, try to reach a healthy weight.
* Boost your health by avoiding harmful substances like, alcohol, tobacco and other drugs.

Bins are a fun way for children to learn while playing. Simply scooping and pouring the items in the bin will help your child’s growth in many areas.

For your bin you can use a plastic tote or a shoe box. (whatever you have) Find some cotton balls, packing peanuts, pompoms, ribbon, clothespins and if you want add some cut out snowflakes.

There is no right or wrong way to do this. Have fun and use what you have!

Folklore for January

Fog in January brings a wet spring.
A summerish January, a winterish spring.

Winter Morning Poem

“Smooth and clean and frosty white, the world looks good enough to bite. That’s the season to be young. Catching snowflakes on your tongue”

-Ogden Nash

Help Me Grow Playgroup

The third Wednesday of every month
From 10am-12pm
**Breastfeeding 101**

Proper breastfeeding latch

There are two main things to look for

1. **Depth.** You want a wide mouth, with baby taking as much of the breast tissue as possible. A baby sucking on just the end of the nipple hurts.

2. **Lip position.** It is important to note the shape baby’s mouth forms around the nipple, because it affects baby’s ability to suck. The lower lip which is very difficult to see may be curled inwards instead of outwards. If this is the case, gently pull down on the skin below the lip and the lip will naturally come out.

As you’re figuring out how to breastfeed, getting the proper breastfeeding latch can take some work. But once you know the breastfeeding basics, it should be comfortable and pain-free.

If you have any question please call the WIC office at 740.732.4958.

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**Income Guidelines**

Ohio WIC Program

Income Guidelines 2018

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**Reading Corner**

*A Really Good Snowman*  
by Daniel J. Mahoney

*The Magic of Friendship Snow*  
By Andi Cann

*Snowman’s Story*  
By Will Hillenbrand

*There Was A Cold Lady Who Swallowed Some Snow!*  
By Lucille Colandro

*Sleep, Big Bear, Sleep!*  
By Maureen Wright

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**Birth Control**

Take charge! Think about your options, your needs and talk with your doctor. Call today!

Noble County Health Department at 740.732.4958.
We can help you.

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**Do you need a ride?**

Contact SEAT and provide the following information

- Home address
- Phone number
- Destination address
- Date and time of appointment

**Need more information?**

- Call (740) 454.8573 select option 1
- Go online to seatbus.org
- Visit Facebook!

Starting January 2, 2019, SEAT is bringing Public Transportation to you!

SEAT is a leading Public Transit System in Rural Ohio and can meet all your mobility needs. With our extensive background checks, diverse training schedule and FTA drug and alcohol testing, you can feel safe with us.

Our friendly staff intake process is designed to find the best option of transportation for you. Discounted programs are available for those who qualify.
Don’t Forget

• So we can reach you, please make sure we have your phone number and address.
• If you can’t keep your visit, please let us know. We will change it to fit your schedule. Call us at 740.732.4958.

Help Me Grow Playgroup

The third Wednesday of every month
From 10am-12pm

Dental Health Month

Caring for your teeth during pregnancy

• Have at least one dental visit during pregnancy.
• If you suffer from morning sickness, rinse your mouth with one teaspoon of baking soda in a cup of water to stop acid from harming your teeth.
• Eat fewer foods with high sugar, avoid juice, fruit-flavored drinks or soda pop.
• Brush your teeth after eating.

First Visit by First birthday

A child’s first dental visit should be scheduled right after the first tooth appears or by the first birthday.

Tips to follow at home:
• No bottles in bed.
• Massage the gums. Use a damp cloth to lightly massage your baby’s gums after each feeding. (Baby teeth are already present in the jaw at birth.)
• Don’t spread germs. Don’t share cups or silverware with your baby, as it can spread germs.
• Offer teething relief. Give your baby a cool teething ring or a cold wet washcloth to relieve teething pain.

Winter Snack Ideas for Kids

Snacks can be a good way to make sure children get the energy they need to fuel their bodies and to ensure proper growth. Snacking can be a part of a healthy diet if the right snacks are chosen.

• Cheese and crackers
• Fruit yogurt topped with granola
• Cut up veggies dipped in low-fat ranch dressing
• Fresh fruit cut up in a bowl and ready to grab
• Whole wheat tortilla and peanut butter
• Whole wheat hamburger bun with pizza sauce and mozzarella cheese

Microwave, bake or broil until cheese is melted.
**Ohio WIC Program**
**Income Guidelines 2018**

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**Breastfeeding and Sleep**

By month five you may be feeling very tired and counting down the days until your baby sleeps through the night. But you need to keep in mind that “sleeping through the night” at this age means five or six hours, not eight or nine. Babies sleep through the night when they’re ready, whether or not they’re breastfed. Breastmilk is digested more quickly than formula, and therefore wake, more often than formula fed babies.

(tip: try not to look at the clock. Feed your baby when he or she is hungry day or night.)

If you have any question please call the WIC office at 740.732.4958.

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**Slow Cooker Egg and Sausage Casserole**

1 dozen **WIC** eggs  
14 slices of **WIC** whole wheat bread  
2 1/4 cups of **WIC** milk  
1 pound of sausage, cooked and drained  
1/2 **WIC** red bell pepper  
1 small can green chilies (opt)  
Salt and pepper, to taste

Spray the inside of slow cooker with nonstick cooking spray. Cut bread into large squares. Make layers in the slow cooker of bread, sausage, peppers and chilies. Beat eggs, milk, salt and pepper together. Pour over bread layers. Place cover on slow cooker and cook on low for 5-7 hours.

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Free Diapers and Wipes

Who: Faith Baptist

What: Diapers and Wipes

When: Last Wednesday of every month from 6-7pm

Where: Belle Valley Church

Don’t Forget

- So we can reach you, please make sure we have your phone number and address.
- If you can’t keep your visit, please let us know. We will change it to fit your schedule. Call us at 740.732.4958.

Nutrition Month

Make half your plate fruits and veggies. Oranges, pears, berries, watermelon, peaches, raisins, and applesauce are just a few of the great choices. Make sure your juice is 100% fruit juice. Try to eat more dark-green, red and orange veggies, and beans and peas.

Vary your protein routine. Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

Dairy get your calcium rich foods. Move to low-fat or fat-free dairy including milk, yogurt, cheese, and calcium-fortified soymilk. Calcium is used for building strong bones and teeth.

Make half your grains whole grains. Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn.

Eating foods from different food groups helps us get all the nutrients our bodies need to move, grow, and stay healthy. There are lots of ways to include healthy food choices from the five food groups into your eating style.

To learn more, please go to ChooseMyPlate.gov

Help Me Grow

Playgroup

The third Wednesday of every month
From 10am-12pm
Ohio WIC Program
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Breastfeeding 101

Breastfeeding basics
Nursing should not hurt. Your breasts might be tender for a few days, but this should pass.
A mom can make all of the milk her baby needs. How much milk you make depends on how often your baby nurses, not the size of your breast.
Nursing will not make your breast sag.
Nursing involves the whole family. They can help with cooking, cleaning, bath, play and cuddle time. Moms and babies need lots of love and support.
Moms who nurse can eat their favorite foods. Your diet does not have to be perfect, and you do not have to avoid any foods.
Moms can nurse if the baby was born by C-section. The surgery and pain medication do not affect how much milk is made.

If you have any question please call the WIC office at 740.732.4958.

Bell Pepper Nachos

4 bell peppers
1 cup salsa
2 teaspoons taco seasoning
2 cups cooked meat chopped or shredded, beans or tofu
1 cup shredded cheese

Preheat oven 350 degrees. Wash bell peppers, cut, remove seeds and cut into bite-sized pieces. Arrange pieces close together on baking sheet.
In a medium bowl, combine salsa, seasoning, meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
Don’t Forget

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- If you can’t keep your visit, please let us know. We will change it to fit your schedule. 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

The WIC Shopper App is an application for you to download to your smartphone. You can use the App to scan products in the store and identify WIC approved items, the App also includes recipes, the WIC food list, tips and you can also take a picture of your latest receipt.

Help Me Grow

Playgroup

The third Wednesday of every month

From 10am-12pm

The Community Baby Shower will be held

Thursday May 2nd from 6-8 pm at the

Community Building.

Please call the Noble County Health Department to sign up at 740.732.4958.

Join our Superhero Team!

Clinic and WIC have joined together to fight disease by getting immunizations and eating healthy. Please stop by to get your immunizations updated, and get your picture added to our Superhero board. For more information and to get your child vaccinated please call the Noble County Health Department at 740.732.4958.

Do you need a ride?

Contact SEAT at 740.454.8573 select option 1. Please have your address, phone number, address of where you need to go and date of appointment ready for the operator.

Do you or someone you know have a breastfeeding question? Please call WIC and talk with our peer helper. Ashley will be glad to help you. 740.732.4958
Ohio WIC Program
Income Guidelines 2019

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Breastfeeding basics
Did you know a baby that is tongue-tied can cause nipple soreness and damage, starting as early as a few days old? The results can lead to low milk supply, resulting in poor weight gain. When the baby cannot get a proper latch, biting and nipple abrasions can result. If you are having discomfort while nursing your baby make sure your baby is latched correctly. If you suspect your baby maybe tongue-tied contact your doctor.

If you have any question please call the WIC office at 740.732.4958.

Birth Control
Take charge! Think about your options, your needs, and talk with your doctor. Call today! Noble County Health Department at 740.732.4958. We can help you.

Easter Cucumber Sandwiches
1 loaf of whole wheat bread
8 oz. cream cheese softened
1/3 of a cucumber
3 tablespoons of shredded carrots
1/2 tablespoon chives
1/2 tablespoon parsley
1/4 teaspoon garlic and herb seasoning (McCormick)
Salt and pepper to taste

With a bunny cookie cutter cut an equal amount of bread for each sandwich and set aside. In a medium bowl add cream cheese, shredded carrots, chives, parsley and seasonings. Combine all ingredients and mix well. Cut the cucumber in half and slice in thin slices. Spread the carrot and herb cream cheese on both sides of a sandwich. Place cucumber slices on each sandwich and top with the other matching bread cut out. ENJOY!

Kids Can!
When kids help prepare snacks, they are more likely to try them. Show kids how to:

- Wash fruits or veggies
- Prepare snack bags
- Measure and mix ingredients
- Pour water to serve with the snacks
Don’t Forget

- So we can reach you, please make sure we have your phone number and address.
- If you can’t keep your visit, please let us know. We will change it to fit your schedule. Call us at 740.732.4958.

May 2019

Free Diapers and Wipes

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

Help Me Grow

Playgroup

The third Wednesday of every month
From 10am-12pm

Gardening is fun for all ages, and it is never too early to start. Here are some tips to get them started.

Growing a veggie garden is a great family activity. It allows for some family bonding time, and it also teaches your child about where food comes from. Children are more excited about eating veggies they have grown themselves.

Veggies love the sun, so pick a nice sunny place. If you don’t have a yard, a couple large containers will work.

Next, prepare your soil or containers with a few holes in the bottom and add potting soil. Pick your veggies, easy-to-grow choices are tomatoes, peppers, eggplant, zucchini, and beans. You could also add some herbs. Good choices are basil, chives, oregano, thyme and cilantro.

Remember to water! To keep your plants healthy, make sure to water them and watch out for bugs. In a few months all you will need to do is sit back and eat your veggies.

Do you or someone you know have a breastfeeding question? Please call WIC and talk with our peer helper. Ashley will be glad to help you. 740.732.4958

This institution is an equal opportunity employer/provider

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

SEAT
South East Area Transi
740.454.8573 select option 1.
Please have your address, phone number, address of where you need to go and date of appointment ready for the operator.

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Noble County Health Department
44069 Marietta Road
Caldwell, Ohio 43724
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Breastfeeding basics

Building your milk supply

The more your baby breastfeeds, the more breast milk you make. The first milk, colostrum, is the perfect first food. It protects your baby and has everything your baby needs.

- The amount of colostrum you have is just right for your baby’s very small tummy.
- Your baby needs to breastfeed at least 8-12 times in 24 hours.
- If you plan to use a bottle or pacifier, wait until your baby is at least 3-4 weeks old. Bottles and pacifiers can decrease your milk supply.

If you have any question please call the WIC office at 740.732.4958.

Birth Control

Take charge! Think about your options, your needs, and talk with your doctor. Call today!
Noble County Health Department at 740.732.4958.
We can help you.

Frosted Apple Donuts
1 large apple
4 tablespoons of vanilla yogurt
1-2 teaspoons of beet juice
Diced strawberries
Chocolate chips
Unsweetened shredded coconut
Granola

Core and slice apple. Combine yogurt and 1 teaspoon of beet juice in a small bowl. Add more juice if you want a deeper pink frosting. Spread 1 tablespoon of the pink frosting onto each apple slice then top each “donut” with strawberries, chocolate chips, coconut, or granola.

Wash fruits or veggies
Measure and mix ingredients
Pour water to serve with the snacks
June 2019

Don’t Forget

- So we can reach you, please make sure we have your phone number and address.
- If you can’t keep your visit, please let us know. We will change it. Call us at 740.732.4958.

Safety Month

Like babies, little kids want to touch, taste, and smell just about anything. That is the way they learn. So as parents we need to make sure the area is safe.

Safety tips:

- Keep small objects such as buttons, jewelry, marbles, coins, and stones out of reach and sight. Before you buy a toy, check to make sure there aren’t any small parts or other choking hazards.
- Cut foods in tiny pieces for children 5 and under. Have your children eat in a high chair or at the table and not lying down or while playing. (avoid foods that are small, round, and hard. This includes hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.)
- Keep cords out of reach. Move all cribs, beds, couches, chairs, and toys away from windows and window cords. Check your child’s clothes. Remove necklaces, purses, scarves, hats, clothing with drawstrings.
- Sign up with Safe Kids to receive monthly e-mail alerts for recent recalls. Bookmark www.recalls.gov for recent recalls for your family.

Help Me Grow Playgroup

The third Wednesday of every month
From 10am-12pm
Breastfeeding basics
Keeping your milk supply
Many nursing moms for many reasons, feel their supply is not great, or they feel their baby is not getting enough milk.
There are many ways to build your milk supply.
Make sure your baby is in the right position. If not latched right, it will be hard for the baby to get the milk, making them not want to try.
The more you nurse, the better supply. When nursing, try not to go more than 2 to 3 hours without feeding your baby.
Try to nurse for at least 15 minutes on each breast, during each feeding. If your baby is full and doesn’t want to nurse, end feeding by pumping the rest of your milk.
You must keep up your food and calorie intake while nursing, and you must be drinking milk yourself. You need extra calories to produce the milk needed for your baby.

Remember, don’t give up! You may hit hurdles but you can be successful at breastfeeding. Most women can breastfeed even if they think they can’t. It may just be that you need practice and a little help.

If you have any question please call the WIC office at 740.732.4958.

Birth Control
Take charge! Think about your options, your needs, and talk with your doctor. Call today!
Noble County Health Department at 740.732.4958.
We can help you.

Peanut Butter Smoothie
3/4 –1 cup frozen bananas, sliced (WIC)
1 cup milk (WIC)
1 tablespoon peanut butter (WIC)

Blend in the blender until smooth. This will make about 13-15 ounces.

Kids Can!
- Wash fruits or veggies
- Measure and mix ingredients
- Pour water to serve with the snacks
Don’t Forget
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Help Me Grow
Playgroup
The third Wednesday of every month
From 10am-12pm

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

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

Fireworks Safety
What are the dangers?

You can end up with burns and eye injuries. The best way to protect your family is not to use them. Go to public events and leave fireworks to the pros.

Did you know?
- Sparklers can heat up to 1,800 degrees. That is hot enough to melt gold.
- Fireworks can backfire or shoot off in the wrong direction.
- Carrying fireworks in your pocket could make them go off.
- You should keep pets indoors to reduce the risk of them running off or injury.

If injury happens
- If an eye injury happens. Don’t rub, touch or flush with water. Cut the bottom out of a paper cup, place around eye and go to the doctor right away. Your child’s eyesight may depend on it.
- If it is a burn. Remove clothing from burned area. Go to the doctor immediately.

Fireworks are meant to be enjoyed, but you will enjoy them more knowing your family is safe.

Fun Activities
July 4 Glow Stick Pictures in the dark
Buy red white and blue glow sticks and bring a camera outside.
Move the glow sticks quickly to make a shape and snap some pictures.

Water balloon fight It is summer and very hot out. Buy some red, white and blue balloons and have a huge water balloon fight with your kids.
Tiny Tummies

Day 1, the newborn’s small stomach does not stretch to hold more, this explains when a newborn is fed an ounce or two by bottle during the first day of life, most of it comes right back up. The newborn stomach stays firm and will spit up the extra milk rather than stretching to hold it. A newborn stomach is about one-sixth to one-quarter of an ounce (5 to 7 ml) per feeding. Not surprisingly, this amount of colostrum is ready and waiting in the breast.

Day 3, as the baby ideally gets more of these small, frequent feedings, his stomach expands to about the size of a ping pong ball to hold more milk.

Day 10, the baby stomach is the size of an extra-large chicken egg.

Is it a good idea to give a newborn more milk at each feeding to try and stretch out the stomach sooner? No. This is not a case of more is better. Why not?

Small frequent feedings set up a healthy eating pattern right from the start. Adults are now told that it is healthier to eat small amounts more often and the same is true for babies and children. Coaxing a baby to take more milk leads to overfeeding. If the feeling of overfull becomes a norm for a baby, this may lead to unhealthy eating habits that could lead to weight problems later.

If you have any question please call the WIC office at 740.732.4958.

Birth Control

Take charge! Think about your options, your needs, and talk with your doctor. Call today! Noble County Health Department at 740.732.4958.

We can help you.

Taco Pinwheels

1 cup shredded cheese
8 oz. cream cheese softened
1 package taco seasoning
1 can RO*TEL diced tomatoes with green chilis drained
1/2 cup corn drained
1/2 cup black beans drained & rinsed
1/4 cup chopped fresh cilantro
4 burrito size tortillas

Mix all ingredients except tortillas. Spread 1 cup of the mixture on tortilla. Starting at one end, roll up the tortillas. Put in fridge for 30 minutes. Remove from fridge and slice into circles. Put remaining black beans, corn, and cilantro on top.
Breastfeeding is the mother’s domain and when fathers, partners, families, workplaces, and communities support her, breastfeeding improves.

We can all support this process, as breastfeeding is a team effort. To enable breastfeeding we all need to protect, promote and support it.

Breastfeeding Facts:

- Women who breastfeed their newborns within the two hour window after birth are more than twice as likely to still be breastfeeding at four months postpartum.
- The smell and taste of your breast milk changes depending on the foods you eat. Exposing your little one to more flavors during breastfeeding can lead them to be less picky eaters once you begin introducing solids.
- Your breast milk is constantly changing to meet the needs of your growing baby. From month-to-month, throughout the week, day-to-day, and even throughout a single feeding.
- Breast milk contains over 200 prebiotics that help protect baby’s tummy from unwanted bacteria and viruses!
  - Breastmilk contains substances that promote sleep and calmness in babies. Breastfeeding also calms mama and helps her bond to baby.
- Breastfed infants are at lower risk for sudden infant death syndrome (SIDS)

Breastfeeding mom’s usually don’t hear “Thank You” for giving their baby the best food for the first year of life.

The next time you see a nursing mother tell her how amazing she is for giving her time and her body to nourish her baby.

“This institution is an equal opportunity employer/provider”
Breastfeeding 101

Low Milk Supply
A lot of women expect to have a strong, flowing supply of milk from the moment their babies are born. This isn’t usually how it works. In reality, it takes most mothers a few weeks, or even months, to develop a stable supply. At times you won’t have enough to put away in storage, but that’s okay. In order to address your supply problem, first make sure that your baby is getting enough milk through breastfeeding. Once your baby is fed, try pumping to stimulate your milk ducts. If your body senses that it needs to increase supply to meet the demand, it will adjust. Give it a few days and you’ll be good to go!

If you have any question please call the WIC office at 740.732.4958.

A newborn baby has only three demands. They are warm in the arms of its mother, food from her breast, and security in the knowledge of her presence. Breastfeeding satisfies all three.

~ Grantly Dick-Read

Birth Control
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No-Bake Lactation Bites

2 cups old-fashioned oats
1/2 cup ground or milled flaxseed
3 tablespoons brewer’s yeast
1 cup peanut butter or almond butter
1/2 cup honey
1 teaspoon vanilla
1/2 cup dark chocolate chips

In the bowl of an electric mixer fitted with the paddle attachment, add all ingredients except for the chocolate chips. Mix on low speed until mixture is well combined. Stir in chocolate chips. Roll mixture into 2 tablespoon sized smooth balls and place on parchment-lined baking sheet. Place in the fridge for 30 minutes or eat right away. Once the bites have set, put them in an air-tight container and keep in fridge up to 2 weeks.
### How much will it cost?

When using your WNC do you ever wonder if you will go over your dollar amount for fresh fruits and veggies? Here is a chart that can help you.

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<th>Price per lb.</th>
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“This institution is an equal opportunity employer/provider”
Did you know?

WIC helps you:

- Try new foods and recipes
- Learn about your family’s diet needs
- Follow your children’s growth
- Feel good during your pregnancy
- Grow a healthy baby
- Make the best feeding decision for your family
- Be successful with breastfeeding goals
- Strive for an active lifestyle

Call the WIC office at 740.732.4958 for more information.

Breastfeeding 101

What are signs of a good latch?

- The latch feels comfortable to you and does not hurt or pinch.
- Your baby’s chest rest against your body. Your baby does not have to turn his or her head while nursing.
- You see little or no areola (the darker skin around the nipple), depending on the size of your areola and the size of your baby’s mouth.
- When your baby is positioned well, his or her mouth will be filled with breast.
- The baby’s tongue is cupped under the breast, so you might not see the baby’s tongue.
- You hear or see your baby swallow. Some babies swallow so quietly that a pause in their breathing may be the only sign of swallowing.
- You see the baby’s ears “wiggle” slightly.
- Your baby’s lips turn outward like fish lips, not inward. You may not even be able to see the baby’s bottom lip.
- Your baby’s chin touches your breast.

If you have any question please call the WIC office at 740.732.4958.

Strawberry, Banana and Peanut Butter Wraps

1/2 cup peanut butter
1 cup strawberries (chopped)
1 banana (chopped)
1/3 cup granola
4 whole wheat tortilla wraps

Place tortilla on a plate and spread with peanut butter. Sprinkle with strawberries, bananas and granola. Roll and then cut into half or small pieces. Serve and enjoy!

Reading Corner

- My Grandparents Love Me
  By Claire Freedman & Judi Abbot

- Goodbye Summer, Hello Autumn
  By Kenard Pak

- Amelia Bedelia’s First Day of School
  By Herman Parish

- Biscuit Visits the Pumpkin Patch
  By Alyssa Satin Capucilli

Birth Control

Take charge! Think about your options, your needs, and talk with your doctor. Call today!
Noble County Health Department at 740.732.4958.
We can help you.
Don’t let the Flu scare you!
Stop by the Noble County Health Department and get protected!
Monday 8am to 6pm
Tuesday –Friday 8am to 4pm
Get your flu shot today!

Ohio WIC now has Chocolate Milk!
Starting October 1, 2019 you will have the option to purchase Chocolate Milk. There is no need for a special request. If you receive whole or 1% milk you can make the purchase.

Current brands:
- Acme
- Giant Eagle
- Great Value
- Hartzler
- Kroger
- Meijer
- Our Family
- Smith’s
- TruMoo

The chocolate milk is only available in:
- whole milk
- 1% milk
- gallon size container
- half-gallon size container.

“This institution is an equal opportunity employer/provider”
Breastfeeding 101

If a breast if very full or heavy

If your breasts are very full or engorged, this can make it difficult for your baby to latch to the breast. Releasing a little breast milk by hand or with a breast pump can soften the breast or try reverse pressure softening-a technique to move milk deeper into the breast away from the nipple. If a breast is very large or heavy, the weight of it can tend to pull the nipple from baby’s mouth so that they keep slipping into a shallow latch. It’s ok to support the breast through a feed if this makes breastfeeding more comfortable.

If you have any question please call the WIC office at

Easy Lactation Cookies

Heat oven to 350 and prepare cookie sheet with parchment paper. In a bowl, mash bananas, mix in oats, chocolate chips, flaxseed and Mrs. Patel’s Crunch Munch. Line spoonful’s of dough on cookie sheet. Bake for 25 minutes or until golden brown. Remove from oven and allow to cool. Enjoy!

Birth Control

Take charge! Think about your options, your needs, and talk with your doctor. Call today! Noble County Health Department at 740.732.4958. We can help you.

Turkey Cranberry Wraps


Women who are pregnant, breastfeeding or have a baby less than 6 months old, and infants and children up to 5 years old are eligible to apply for WIC.

Fathers, grandparents and guardians are welcome to apply for WIC for their children up to the age 5.

All it takes is a phone call or a visit to the WIC office.

Call the WIC office today at 740.732.4958 for more information and to make an appointment.

Counting on Fall
By Lizann Flatt
Ashley Barron

Duck & Goose, Find A Pumpkin
By Tad Hills

Leaves
By David Ezra Stein

Mouse’s First Fall
By Lauren Thompson

Reading Corner

If you have any question please call the WIC office at

Noble County Health Department at 740.732.4958. We can help you.

Turkey Cranberry Wraps

Do you have a question about WIC? Please call 740.732.4958

November 3rd!
Daylight-saving time ends
- Turn your clock back one hour tonight before going to bed.
- It’s also time to change batteries in your smoke detectors.

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

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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

APPLES

Apples are picked between October and November. During picking time apples may cost less and be more crisp.

5 ways to eat raw apples
- Spread with nut butter
- Layer slices with cheddar cheese
- Dip slices into yogurt and granola
- Sprinkle with cinnamon
- Add to lettuce salad

Apples tend to brown after peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, put the cut apples in salt water or orange or lemon juice for a short period of time and drain. Store covered in refrigerator.

Baked Apple Chips

2 large apples
Cinnamon (optional)

Rinse the apples and cut them crosswise into thin strips. Cut out the core. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon. Bake at 200 degrees for about 1 hour. Turn slices over. Continue baking until the slices are dry with no moisture in the center, 1 hour or more depending on thickness. Remove from the oven and cool. Store in an air tight container.

“This institution is an equal opportunity employer/provider”
Nutrition While Breastfeeding
A healthy, balanced diet helps you stay full of energy and make plenty of breastmilk for your baby.

**Try to:**
- make half your plate fruits and veggies
- make at least half your grains whole grains
- Choose low-fat or skim milk
- Vary your proteins

You need more fluids while you are breastfeeding. Be sure to drink enough water to quench your thirst. It is important to focus on eating healthy, rather than losing baby weight, while you’re breastfeeding. Slow weight loss over several months is safest.

You will want to limit caffeine. Too much caffeine can make your baby fussy or keep baby awake. Avoid alcohol, smoking and drugs all together.

Like when you were pregnant, there are things you should limit or avoid while you are breastfeeding to keep your baby happy and healthy.

**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.**

Birth Control
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Quick Chili For a Busy Night
1/2 lb. ground beef
1 can kidney beans
1 cup tomato sauce, unsalted
1 small onion
1 1/2 tablespoon chili powder

Cook ground beef in a skillet until brown and no longer pink. Drain off fat. Add drained kidney beans, tomato sauce, onion and chili powder to ground beef. Stir and bring to a boil. Reduce heat and simmer for 10 minutes. Serve over brown rice or whole grain pasta.
December
2019

Do you have a question about WIC? Please call 740.732.4958

3 Steps for keeping kids germ free

- Cover the cough
- Yearly wellness visits
- Wash hands for 20 seconds

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

Food Safety Tips

Keeping your child safe is very important. Follow these tips to keep foods safe and clean.

- Healthy habits. Washing hands after using the bathroom, before and after eating, after playing with pets, or when dirty.
- Wash hands for 20 seconds.
- Rinse fruits and vegetables before slicing and serving them as snacks.
- Wash countertops before and after you prepare meals.
- Some foods are hard to swallow. Cut them into small pieces.
- To prevent choking, have your child sit down when they eat.

A cold or the flu?

What are the symptoms?

**A cold.** Runny nose, sneezing, vomiting in small children, sore throat, and cough. A cold can usually be treated at home with medicine you buy in the drugstore. Colds will come on quickly and symptoms can last 7-10 days. You should see your doctor if it lasts longer than a week and isn’t getting any better.

**The flu.** Body aches, cough, congestion, headache, runny nose, and sore throat, possibly diarrhea and vomiting. You may have a fever that will come and go. The flu can be treated at home with medicine from the drugstore. If you know you have the flu early enough you can get a prescription that will make your symptoms less severe. The flu symptoms usually go away in about a week. See your doctor if you have trouble breathing or can’t keep food and drinks down.

“This institution is an equal opportunity employer/provider”
Breastfeeding 101

Low Milk Supply
Ways to help a low supply are to nurse or pump more often and to empty the breast during each feeding.

Try to:
In the early days and weeks of nursing, babies should breastfeed about every two to three hours, which adds up to eight to twelve times in a twenty-four hour period. Nursing at least once a night will help. It is normal for your baby to want to nurse more at night; breastfed babies get about one-third of their milk between midnight and early morning.

Nursing often can improve low supply unless the problem is due to poor latching. If your baby isn’t latching onto the breast properly, your baby may seem to nurse “all the time” and show poor weight gain.

A baby who is well latched at the breast can get more milk than you can get yourself from a pump. The suckling stimulates your breast to make more milk.

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.

Breastfeeding is the most important meal of the day.

- Any child who skips or does not have breakfast can suffer learning and health problems.
- Eating breakfast gets rid of hunger symptoms such as being tired or sleepy, getting headaches or becoming cranky.

Get off to a good start and make sure your child has time for breakfast.
- Keep breakfast simple.
- Eat breakfast with your child.

Quick ideas
- Cereal and low-fat milk
- Toast with peanut butter
- Fruit smoothie
- Hard-cooked egg and toast

Reading Corner

There’s A Bear on My Chair
By Ross Collins

Walking in a Winter Wonderland
By Richard Smith and Felix Bernard

Sleep Tight Farm
By Eugenie Doyle and Becca Stadtlander

A Loud Winter’s Nap
By Katy Hudson

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Pumpkin Pie Parfaits
1 cup pumpkin puree
1/4 teaspoon pumpkin pie spice
1 cup vanilla Greek yogurt
1/2 cup Cheerios
2 tablespoons chocolate chips
2 tablespoons peanut butter chips
1/4 cup pecans, chopped

In a small bowl, combine pumpkin puree and pumpkin pie spice. Set aside. In another bowl, combine cheerios, chips, and pecans. Stir to combine. In a cup or dish add a layer of pumpkin, a dollop of yogurt, and a 1/4 cup cereal mixture. Repeat steps. Serve immediately or put in the fridge until ready to eat.