



ON THE CALENDAR

Immunization Clinics:

THURSDAY
December 10th
11 a.m. to 4 p.m.

THURSDAY
December 17th
7 a.m. to 11:30 a.m.

THURSDAY
No clinic—Christmas Holiday
2 p.m. to 7 p.m.

Breastfeeding Support Group:

TUESDAY
December 1st
5:30 p.m.

Family Planning:

Located at 511 Elm

THURSDAY
December 17th
Call 646-3379 to
Make An Appointment

WIC CLINICS:

Recertification by
appointment only.

Please call 646-5506 if you
need to reschedule.

Office closed
December 24th and 25th
Christmas Holiday
January 1st, 2010
New Year's Day



FOCUS ON FOODS

Getting the most **health benefits** from your **food** during flu season: Whether they're **canned, frozen or fresh**, adding more **fruits and vegetables into your diet** is a way to ensure you are getting the most **nutrients and vitamins** from your foods. Selecting foods from all of the **food groups** will also help you to get **protein, calcium and fiber** in your diet. **Focusing** too much on one food group and not enough on others can cause **deficiencies** in your diet. There is no need to load up your grocery cart with **special items that say 'immunity boosting' benefits**.

Most **healthy** people can get the **nutrients they need from food**. Many vitamin C supplements **promise to boost your immunity**. However, most

Libby's Famous Pumpkin Pie

- 3/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 2 large eggs
- 1 (12 oz) can evaporated milk
- 1 (15 oz) can Libby's pumpkin
- 1 unbaked 9 inch deep dish pie shell

Directions:

Mix sugar, salt, and spices in small bowl. Beat eggs in bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in milk. Pour into pie shell. Bake in preheated 425 oven for 15 minutes. Reduce temperature to 350, bake for 40 to 50 minutes or until inserted neat center come out clean.

people already get **enough vitamin C** in their diet.

During flu season, how you eat is as **important as what you eat**. Following **food safety rules** can significantly **reduce your risk of illness**. **Washing your hands before and after food preparation** is the best way to ensure that you aren't **spreading germs** to others. **Wash all vegetables and fruits before eating them**.

In addition to **eating a healthy diet**, get **plenty of sleep every night**. **Physical activity** is always an important part of staying healthy. If you can't go outdoors for some **exercise**, stay as **active** as possible by exercising **indoors**.

There's no **secret weapon in the fight against the flu**—an overall **healthy lifestyle is your best defense**.

Source: www.eatright.org

SEAT BELTS/CAR SEATS ..

One of the most **important jobs you have as a parent** is keeping your child **safe** when riding in a vehicle. Each year **thousands of young children are killed or injured** in car crashes. **Proper use of car safety seats** helps keep **children safe**. But with so many **different car safety seats** on the market, it's no wonder many parents find this **overwhelming**.

The type of seat your child needs **depends on several things including your child's size and the type of vehicle you have**. To be sure your child is using the **most appropriate seat**, read on.

However, it's important to read more about the **features and how to use your car safety seat**.

Infants: **Infant seats and rear-facing convertible seats**. All infants should always **ride rear-facing** until they are at **least 1 year of age and weigh at least 20 pounds**.

Toddlers/Preschoolers

Convertible seats: It is best to ride

rear-facing as long as possible. Children 1 year of age and at least 20 pounds can ride forward-facing.

School-aged children: Booster seats are for older children who have **outgrown their forward-facing car safety seats**. Children should stay in a **booster seat until adult belts fit correctly (usually when a child reaches about 4' 9" in height and is between 8 and 12 years of age)**.

Older children: Children who have **outgrown their booster seats** should ride in a **lap and shoulder belt in the back seat until 13 years of age**.

Booster seats are for older children who have outgrown their forward-facing car safety seats. It is best for children to ride in a harnessed seat as long as possible, at least to 4 years of age.

Source: www.aap.org



TODDLER TOYS...

Physical skills are developed through **movement as a toddler learns to reach, grasp, crawl, run, climb and balance. Fine motor skills (the use of hands and fingers) advance as he or she handles objects in play.**

Toddlers learn about **shapes, colors, sizes and other concepts through play.** Language **increases** as a toddler **interacts** with others and **uses words for desired** playthings and activities.

Language **develops** as a toddler **plays and interacts with others.** Beginning with **cooing games with a parent and evolving to advanced levels such as telling stories and jokes, the ability to use language improves as the toddler plays.**

Social skills increase as the toddler plays. Learning to **follow simple instructions, take turns and play by the rules** are all **important skills learned in early games.** It is through imaginative play that the toddler begins to learn some of the roles and rules of society. **Sharing play experiences** also forms strong bonds **between parent and toddler** throughout childhood. **Emotional well being develops through positive**

play experiences. When a **toddler feels successful and capable** as he or she plays, they gain **important qualities** for emotional health. Play **stimulates creativity and imagination,** as well, and allows the toddler to **expand the possibilities** of the world around them.

Toddlers can **exercise their imagination** with household items. A kitchen pot and wooden spoon can be used as drum set. Turn **the pot over and it becomes a container** where the toddler can **place and dump blocks, spoons, or even large curlers.** Food containers with plastic lids can have the **lids cut into shapes** of items. A cardboard box can be a **secret house** where your toddler can play.

Labels on toy packages make it easier to choose safe, appropriate toys. Match your toddler's developmental level to the age on the toy's label.



Source: www.brighttots.com

TREE SAFETY...

A **beautiful Christmas tree** holds a **great fascination** for little fingers and bodies. Every year we hear about **house fires** started with **faulty lighting or a Christmas tree** placed to close to a **heat source.** Here are a **few tips** to help keep your little **explorers safer** during this upcoming holiday season.

Never leave little children **alone** in a room with a Christmas tree. Whether it is **decorated or not; a tree can pose a hazard to the little ones.**

Make sure you choose your tree **according** to where you will be placing it. Place it as **out of the way** as possible. Use a tabletop tree if you have **curious little explorers.** Never place your tree near any **heat source.**

If you chose a real tree, always keep **plenty of water** in the **reservoir** in order to keep the **tree as fresh** as possible.

Always place the most **delicate ornaments** out of the little ones reach. Keep **strands of lights** on the **higher branches** out of **reach of little hands.**

Wrapped gifts under a tree can be an **invitation for disaster** with the younger ones also. **Curious** little fingers like the feel of the **crinkly paper and the shiny glow of the wrapping paper** is even more interesting. Sometimes it is really better to **wait** and let Santa put out all of the presents on Christmas eve.

Keeping these little things in **mind** will help to **ensure a safer** Christmas for little ones and hopefully **prevent some disasters from happening.**



Source: www.associatedcontent.com

PREGNANCY FACTS

As a **pregnant mom-to-be,** there are things you can do to **strengthen your immune system** to prevent getting sick from colds and the flu. You're also **building your unborn baby's immune system.**

As a result, **white blood cells lose some of their capability to fight off your body's enemies, making you more susceptible to illnesses and infections** while pregnant. With **the threat of H1N1 swine flu** so present among us, we need those **white blood cells be able to carry out their important work.**

Take vitamins, eat nutritious food and exercise.. To boost your immune system and the baby's as well. Eat lots of fresh garlic, green leafy vegetables, fresh citrus, and **drink lots of water.** Fruits and vegetables will increase your immune-fighting ability while still protecting the fetus.

Eat a diet high in protein. Eat meat, chicken, pork, eggs, cottage cheese and even protein powder shakes. **Include protein with every meal.** Essential fatty acids are important, too, so load up on **flax seed oil, nuts and seeds.**

Minimize fatty foods such as **fast food burgers, as well as sugar and refined flours (breads), and stay away from caffeinated products and foods such as shellfish.**

Source: <http://pregnancyandbaby.sheknows.com>

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.

FUN THINGS TO DO

This recipe make a **sweet smelling dough** than can be made into **ornaments or package decorations.**

Cinnamon Clay Ornaments

You will need:

1 1/2 cups ground cinnamon

1 cup applesauce

1/3 cup school glue

Mix **cinnamon, applesauce, and glue together** in a medium bowl. **Knead** the mixture until it turns into a **firm clay. Let sit for 30 minutes.** Clay **works best** at room temperature. **Dust your rolling pin, hands, or working surface with cinnamon or use wax paper** to roll out clay. Roll out to 1/8 of an inch thick. Cut into desired shapes. If you are going to hang your shapes, use a straw to **cut out a hole** near the top of the shape. Place shapes on a **non stick cooling rack or wax paper.** You will to turn them **occasionally** so that they **dry evenly and flat. Dry shapes for approximately five days.** When dry **tie a ribbon through the hole** for hanging on **the tree or adding to a package. Decorate with paints, glitter or whatever you would like.**



Source: crafts.kaboose.com