



ON THE CALENDAR

Immunization Clinics:

THURSDAY
January 14th
11 a.m. to 4 p.m.

THURSDAY
January 21st
7 a.m. to 11:30 a.m.

THURSDAY
January 28th
2 p.m. to 7 p.m.

Breastfeeding Support Group:

TUESDAY
January 5th
5:30 p.m.

Family Planning:

Located at 511 Elm
THURSDAY
January 20th
Call 646-3379 to
Make An Appointment

WIC CLINICS:

Recertification by appointment only.
Please call 646-5506 if you need to reschedule.
Office closed
January 1st, 2010
New Year's Day
January 18, 2010
Martin Luther King Jr. Birthday



FOCUS ON FOODS

Are you shopping like an average American rather than a person with a dietary purpose?

Make a shopping list of things you **need** -- to reduce the chances of **buying** what you don't. Make **only one** trip to the store per week. **Plan out a weekly menu.**

Avoid shopping on an empty stomach. When you're hungry, you're more likely to grab **high-fat snacks and desserts.** Like your favorite cookies -- eating only **1 costs you 75 calories. Eating three cookies -- brings your calorie count up to 225.**

Choose foods that are **high in fiber and low in fat** and calories. Want high-fiber bread? Look for the words "**whole grain,**" "**100 percent whole wheat,**" or "**stone-ground**" on the label. Breads labeled **simply "wheat"** --

Chicken Ravioli Soup

- 8 cups chicken broth
- ½ cup diced carrots
- ½ cups diced celery
- 2 cups refrigerated mini cheese-stuffed ravioli
- 1 cup cooked chicken-diced
- salt and pepper to taste

Directions:

Heat chicken broth in a soup pot to boiling; reduce heat and add carrots and celery. Simmer until vegetables are soft—about 20 minutes.

Add ravioli and cook according to package directions—usually about a 5 minute simmer.

Stir in cooked chicken, salt and pepper as desired and serve.

Hands-On Time: 5 minutes

Ready In: 30 minutes

Yield: 4 servings

even if they are brown in color -- may not contain **whole grains.** True whole-grain bread contains at least **two grams of fiber per serving.**

Beware of foods labeled "**no sugar added**" -- the wording is carefully chosen, because the product may be **loaded with natural sugar.** You'll find the real story on the **label, under "Sugars."**

Load up on such spices as **basil, chives, cinnamon, cumin, curry, garlic, ginger, horseradish, nutmeg, oregano, paprika, parsley, and Tabasco sauce.** They're very low in **carbohydrates, fat, protein, and calories.**

Keep a **couple of items** from your basket in your hands. It'll stop you from **reaching for the candy bars and unwanted items.**

Source: www.rd.com/advice

CARBON MONOXIDE...

Carbon monoxide is an odorless, tasteless, invisible gas. Carbon monoxide results from the **incomplete combustion of fossil fuels, such as wood, kerosene, gasoline, charcoal, propane, natural gas, and oil.**

Carbon monoxide is present in **low levels** in the air. In the home, it is formed from **incomplete combustion from any flame-fueled (i.e., not electric) device, including ranges, ovens, clothes dryers, furnaces, fireplaces, grills, space heaters, vehicles, and water heaters.** Furnaces and water heaters may be sources of carbon monoxide, but if they are **vented properly** the carbon monoxide will **escape** to the outside. **Vehicles are the most common cause of carbon monoxide poisoning.**

Carbon monoxide detectors **trigger an alarm based on an accumulation of carbon monoxide over time.** Carbon monoxide can **harm you if you are exposed to high levels of carbon monoxide in a short period of time, or**

to lower levels of carbon monoxide over a long period of time.

When carbon monoxide is inhaled, it passes from the lungs into the hemoglobin molecules of red blood cells. The result is that the body becomes **oxygen-starved, which can result in tissue damage and death.** Low levels of carbon monoxide poisoning cause symptoms similar to those of the flu or a cold, including **shortness of breath on mild exertion, mild headaches, and nausea.** Higher levels of poisoning lead to **dizziness, mental confusion, severe headaches, nausea, and fainting on mild exertion.** Carbon monoxide detectors are **set to sound an alarm before the**

exposure to carbon monoxide would present a hazard to a healthy adult.

Babies, children, pregnant women, people with circulatory or respiratory ailments, and the elderly are more sensitive to carbon monoxide than healthy adults.

Source: chemistry.about.com



CHANGES IN CHILDREN...

Between the ages of **eight and twelve months**, your child sometimes may seem like **two separate babies**.

First there's the one who's **open, affectionate, and outgoing** with you. But they can also be **anxious, clinging, and easily frightened around unfamiliar people or objects**. Her diverse behavior patterns aren't caused by **you or your parenting style**; they occur because she's now able to tell the difference between **familiar and unfamiliar situations**. If anything, the **predictable anxieties** of this period are evidence of her **healthy relationship** with you.

Anxiety around strangers is usually one of the **first emotional milestones your baby will reach**. You may think something is **wrong when at the age of three months** she interacted **calmly** with people she **didn't know** and **now** is beginning to **tense up** when strangers come too close. This is **normal for this age**, and you **need not worry**. Even **relatives and frequent babysitters** with whom your baby was once **comfortable** may **prompt her to hide or cry now**.

OTC MEDICINES...

Use **care** when giving any medicine to an **infant or a child**. Even over-the-counter (OTC) medicines that you buy are **serious medicines**.

Always **read and follow** the **Drug Facts label** on your OTC medicine. This is **important for choosing and safely** using all OTC medicines. **Read** the label **every time**, before you give the medicine.

Give the **right medicine, in the right amount**, to your child. **Not** all medicines are **right for an infant or a child**. Always **follow** the **directions exactly**.

Use the **dosing tool** that comes with the medicine, such as a **dropper or a dosing cup**. A different dosing tool, or a kitchen spoon, could **hold the wrong amount of medicine**. Know the **difference between a tablespoon (tbsp.) and a teaspoon (tsp.)**

PREGNANCY FACTS

Pregnant women today look **drastically different** than **moms-to-be did just 20 years ago**. **More women** start pregnancy either **overweight or obese** and they **gain more weight** during pregnancy. Women are also having children **later in life** with a substantial **increase** in **multiple births**. All of these factors **increase** the likelihood of **chronic disease and complications** during and after the prenatal period.

Weight at the **start** of pregnancy may be the **most important factor** for a **healthy pregnancy**. The science clearly shows that pre-pregnancy weight alone can **predict undesirable prenatal health** outcomes.

Women who gain **more** than the **recommended amount of weight** during pregnancy are more likely to have **c-sections, pre-clampsia, gestational diabetes** and they are likely to **remain overweight** long after birth.

Women who start off pregnancy **underweight and gain less** than the **recommended amount** of weight tend to have **small (for gestational age) babies**. Women who gain **more** than the recommended amount of weight tend to have **large (for gestational age) babies**.

Gaining too little or too **much weight** has also been **associated with preterm birth**.

Source: www.raisehealthyeaters.com

At about the same time, she'll become much more "**clutchy**" about **leaving you**. This is the start of **separation anxiety**. Just as she's starting to realize that each object is **unique and permanent**, she'll also discover that there's **only one of you**. When you're out of her **sight it will cause her great distress**. Once she gets a little older, her **memory of past experiences** with you will **comfort her when you're gone**, and she'll be able to **anticipate a reunion**. But for now she's **only aware of the present**, so every time you **leave her sight**—even to go to the next room— **she'll fuss and cry**. When you leave her with someone else, she may **scream as though her heart will break**.

At bedtime, she'll refuse to leave you to go to sleep, and then she may wake up searching for you in the middle of the night.

Source: www.aap.org



Do not confuse them! A **tablespoon** holds **three times as much medicine as a teaspoon**. On measuring tools, a **teaspoon (tsp.) is equal to "5 cc" or "5 ml."**

Know your **child's weight**. Directions on some OTC medicines are based on weight. **Prevent a poison emergency** by always using a **child-resistant cap. Re-lock the cap after each use.**

Store all medicines in a safe place. Today's medicines are **tasty, colorful, and many can be chewed**. Kids may think that these **products are candy**. To **prevent an overdose or poisoning emergency, store all medicines and vitamins in a safe place out of your child's reach.**

Source: www.fda.gov



FUN THINGS TO DO

Silly Slime Fun...

Kids love it, parents tolerate it - it's Silly slime. Be very careful around furniture when making or using this craft, since glue is one of the main ingredients.

It's **fun but messy to create or enjoy.**

What you'll need:

Equal amounts of white glue and liquid laundry starch (it's by the laundry products in the store). **Start** with about **1/2 cup** of each.

How to make it:

Measure equal amounts of the glue and liquid starch, about 1/2 cup to start, into a bowl.

Stir thoroughly.

Let rest 5 minutes.

Knead it with your hands, until it comes together. Just when you think it is ruined, it suddenly turns into a wonderful long-stranded glob!

Source: crafts.kaboose.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.