



ON THE CALENDAR

Immunization Clinics:

THURSDAY
December 8th
11 a.m. to 4 p.m.

THURSDAY
December 15th
7 a.m. to 11:30 a.m.

THURSDAY
No shot clinic due to Christmas

Breastfeeding Support Group:

TUESDAY
December 13th
5:30 p.m.

Family Planning:

Located at 511 Elm

1ST & 3RD MONDAY OF EACH MONTH

9:30 a.m.—12 p.m. and
1:30—5 p.m.

Call 1-877-611-7600 or
359-2855 to make an appointment.

WIC CLINICS:

Recertification by appointment only.

Please call 646-5506 if you need to reschedule.

OFFICE CLOSED:

December 23rd & 26th
In Observance for Christmas

January 2nd

In Observance of New Year's



FOCUS ON FOODS

Sticking with a healthy eating plan is hard work, for many it means giving up the foods that they love the most. But, wait a minute, you don't have to do that!

If you are limiting yourself so much that healthy eating becomes more of a hindrance than help, your good habits won't last long. So what should you do?

You can still eat dessert-and enjoy it! Learn some smart substitutions to make dessert a healthy part of your day.

The key to including dessert is to enjoy that sweet treat without overloading on calories, fat, and sugar. Desserts can often make it hard to maintain a healthy weight. But who wants to give up their favorite foods?

As with many things in life, moderation is key, so you'll need to stop yourself before you overindulge.

Try sensible portions: you can eat 1 slice of pie and still be in your calorie range for the day.

Cook Healthier

If you are the doing the cooking, there are lots of ways to make your favorite recipes healthier.

Use Instead:

- Egg substitutes or egg whites instead of whole eggs

- Apple sauce instead of oil when baking to naturally trap moisture into your cakes and breads

- Less sugar. A lot of recipes call for much more sugar than is needed. Your might even like it better for a little less of the sweet stuff!

- Fruit based desserts. Although you still have to be careful, these desserts often have less calories and fat than a chocolate or cream based one.

Not every chocolate cake or banana nut muffin is created equal. Look for things without a lot of butter, nuts, or creamy frosting. Since feeling guilty can ruin a good meal, why not try some of our ideas instead of your "regular" desserts?

Try:

- Low fat cookies
- Frozen 100% juice
- Fresh berries with low fat creamer
- A few pieces of chocolate
- Frozen grapes
- Angel food cake
- Pudding made with skim milk
- Non-dairy frozen dessert
- Low fat ice cream or sorbet
- Pieces of fruit
- A fresh fruit smoothie

Source: SparkRecipes.com

Visit their website for healthy dessert recipes just waiting for you to try.

CHRISTMAS TREE SAFETY...

Each year, hospital emergency rooms treat over 12,000 people for falls, cuts, shocks, and burns due to incidents involving faulty lights, dried-out Christmas trees and other holiday decor, according to the Consumer Product Safety Commission (CPSC).

If you're buying a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The bottom of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles. Cut a few inches off the trunk of tree to expose fresh wood for better water absorption. Never place a live tree by a fireplace, radiators, or a portable heater. The heat dries the tree out. Keep it watered daily.

If you're buying an artificial tree, look for the label "Fire Resistant". Use only non-combustible or flame-resistant materials to trim a tree. Keep trimmings with small removable parts out of the reach of children.

Never use lighted candles on a tree or near other evergreens.

Remove wrapping papers, bags, paper, ribbons, and bows from tree and fireplace areas after gifts are opened because these items can pose suffocation and choking hazards to a small child or cause a fire if near flame.

Use only lights tested for safety by a nationally recognized Testing Laboratory, such as UL or ETL/ITSNA.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Throw away if broken.

If using an extension cord, make sure it's rated for the intended use (indoor versus outdoor, for example).

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Source: www.parents.com



AGE APPROPRIATE TOYS...

Toys are an important part of a child's world. Children can turn anything—cardboard boxes, pots and pans, magazines, fuzzy dandelions, and plain old dirt into creative playthings. Children need toys to help them develop physically and mentally. Carefully selecting the toys you buy, you can give children safe, fun “tools” to help them do their work of growing up

A good starting point for choosing a toy, is the child's age. Although all children develop at a different rate, there are some age-related guidelines that you can follow.

Consider the durability of the toy, the amount of time you think it will hold children's interest, the level of creativity or challenge, and whether children can find new uses for it as they develop new skills. Multiple use toys that grow with a child are blocks, puzzles, and puppets.

Toys affect what children think and learn about themselves and their world. Carefully selected toys allow children to feel successful and powerful, while encouraging them to use their imagination.

Toys that are safe for very young children are well made with no sharp parts, splinters or parts that will pinch. Make sure the toys fits the hand but will not fit into the mouth. The United States Consumer Products Safety Commission has information about toys that are most often involved in child injury.

For children younger than 3 the government requires toys to be unbreakable with no small parts or pieces that could be caught in the throat.

To select a suitable toy for children, parents can look for and read age and safety labels on toys, explain and or show children how to use toys properly and safely.

When selecting toys, keep in mind the safety of the toy and whether it is geared to the child's age and skill level. Teaching children how to play with toys safely is very important.

Source: www.newsforparents.org



COLD MEDICINES ~ WHAT'S THE RISK...

Over the counter cough and cold medicines are the best way to help a child who has a cold feel better —right? **THINK AGAIN**...cough and cold medicines are not recommended by the Food and Drug Administration for children younger than age 2, and the jury is still out on whether cough and cold medicines are appropriate for older kids.

Over the counter cough and cold medicines don't effectively treat the underlying cause of a child's cold, and won't cure a child's cold or make it go away any sooner. They also have potentially serious side effects, including rapid heart rate and convulsions.

The FDA experts are studying the safety of cough and cold medicines for children older than 2. Remember cough and cold medicines won't make the cold go away any sooner and side effects are still possible.

If you give medicines to an older child; read labels directions carefully. Antibiotics may be used to combat bacterial infections but have no effect on viruses, which cause colds. If you child has a cold, antibiotics won't help. It's also important to remember that the more your child uses antibiotics, the more likely he or she is to get sick with an antibiotic-resistant infection in the future. Help your child feel better while they are toughing it out. Offer liquids-water, juice and broth, encourage coughing-helps clear mucus, use a suction bulb for a baby or young child-draws mucus out of the nose, moisten nasal passages-use a cool mist humidifier in your child's room, use saline nasal drops-helps loosen thick nasal mucus and makes it easier to breath, and encourage rest.

Source: MayoClinic.com



PREGNANCY FACTS

There's no reason not to travel by car when you're pregnant, but you will need plenty of stops for the toilet and to stretch your legs. If sitting in the car gives you a backache, try putting a cushion, foam wedge or rolled up sweater in the small of your back. As your pregnancy progresses and your bump gets bigger, you may prefer to let someone else drive. Your bump can get uncomfortably close to the steering wheel and you may find driving to much like hard work.

Sitting anywhere for long periods of time can make your feet and ankles well and your legs cramp. Take a break from driving at least every 90 minutes.

You should always wear a seat belt while traveling. A lap belt is better than no seat belt at all, but a three point seat belt is much safer for you and your unborn baby if involved in a collision. Wear the lap portion so that it fits across your thighs and hips, and under your bump, not across the middle of it. If lap portion is positioned across your belly, pressure form it could cause problems with the placenta and could hurt your baby.

You can ride safely with an airbag during pregnancy. It will protect you and your baby if you're in an accident. Air bags are designed to work with a seat belt and you should be safe as long as you wearing a seat belt properly.

Take plenty of snacks and water to keep you hydrated while traveling.

Source: www.babycentre.co.uk

FUN THINGS TO DO

Marker Fun

This is a great activity that your toddler will surely enjoy. All you need is a shoebox and markers. Using your scissors punch holes in the bottom of the box. Take a marker and push it through each hole.

Depending on the depth of the box you are using, you might need to cut a couple inches around the top so that when the markers are put in the hole they will hit the ground and stand upright. After you have created all the holes and put the markers in, let your toddler have fun taking them out and putting them back in again. Talk about the colors and try to match them up!

Supplies Needed-

- shoe box, scissors, markers

Tips/Suggestions-

- Turn the markers upside down so that you can't see the cap color and try to play concentration and make a match!

Make this a learning experience as well as family fun!

Source: toddlertoddler.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.