

# Saratoga County EOC-WIC

## WIC Newsletter

Spring 2012

Main Office: 40 New Street, PO Box 5120

Saratoga Springs, NY 12866

Phone: 518-587-8848 Fax: 518-580-9293



### Springs Into Action!

Spring has arrived! The sun is shining, temperatures are rising and your child is active!



Children are encouraged to be active for at least an hour a day. Active play allows children to develop strong muscles and bones, sleep better, and help maintain a healthy weight.



Here are some new, fun activities you can do with your child:

- “All Stop & Go to Music” When children hear the music, have them run, skip, or any other creative movement until the music stops. When the music stops, have them freeze in place!
- Be in a marching band! Make instruments using household items such as rice in a can to shake or tap with a stick or wooden spoon.

- “Laundry Pick-Up” Pretend to drop laundry in the yard or floor, then have the children run around and pick up the pieces for you.
- And as always, play hopscotch, kickball, two-square, go for a walk, ride bikes, play catch and the list goes on, and on!



**REMEMBER:** When playing outside with your children be aware of your surroundings, never allow children to chase a ball into the street. Always wear a helmet when using anything on wheels!

### Breastfeeding Corner

#### Skin to Skin

Also called Kangaroo Care, is a wonderful way to hold your baby after birth. It has many benefits for you, your baby and Dad's can do it too! The term Kangaroo Care comes from the way the baby is being held. For a mother, the baby is placed skin to skin between her breasts as

soon after birth as possible. The baby will be in a diaper and cap only, then covered by a blanket or mother's loose clothing. There are several benefits of Kangaroo Care: Babies are more likely to latch and latch well, it helps stabilize body temperature, blood sugar levels will be higher, blood pressure will be more

stable, the baby is less likely to cry, they gain weight more quickly and leave the hospital sooner! Kangaroo Care is beneficial for both full-term and premature babies, breastfed and formula fed.

Please ask one of the WIC Nutritionists for more information!

### WIC Holiday Closings

- Friday, April 6th– Good Friday
- April 23-25th– Annual WIC Conference
- Monday, May 28th– Memorial Day
- Wednesday, July 4th– Independence Day

### Farmers Market Coupons

The much anticipated Farmers Market Coupons are returning!





Families interested in the checks will receive six \$4 coupons. These coupons will be issued starting in June and will be active as of July 1st!



## Preventing Ticks This Spring

With the warm weather rapidly approaching, tick season is in full swing! Ticks belong to the same family as spiders, mites and scorpions. Ticks require a host to provide shelter and food. Humans and animals are the ideal host for ticks.

In NYS there are four common ticks:

1. Deer Tick 
2. American Dog-Tick 
3. Lone Star Tick 
4. Woodchuck 

The following are suggestions to avoid ticks and tick bites:

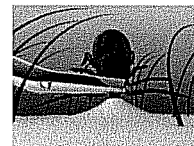
1. Avoid possible tick areas (wooded areas, under leaves, tall brush)
2. When in the areas above, wear long sleeved shirts and long pants
3. Wear light colored clothing to easily detect ticks
4. Use tick repellent
5. Routinely check for ticks

Tick bites can generally go unnoticed. The bite is usually the size of the period at the end of this sentence. In the instance that a tick bite becomes

inflamed, a rash develops, or if flu like symptoms develop such as a fever, vomiting or numbness, contact your primary physician as soon as possible.

To safely remove a tick:

- Use tweezers to grab the tick near the mouth,
- Gently pull the tick in a upward motion
- Wash the site with soap and water



## Women's Health Week

May 13th through May 19th is the annual Women's Health Week. This years theme is "It's Your Time." The purpose of Women's Health Week is to make your health your #1 priority. This year, the Department of Health and Human Services is encouraging women to eat healthy, get active, focus on mental health (including getting enough sleep) and avoid unhealthy behaviors (like smoking). Women are also encouraged to visit your primary physician for an annual check up and preventive screenings. Possible preventive screenings for women age 18-39 include:

- Blood Pressure screening every two years if you have normal blood pressure (lower than 120/80). More frequently if your have higher blood pressure.
- Cervical Cancer Screening (Pap test)

Get a Pap test every 3 years if you are 21 or older.

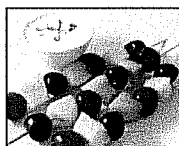
For additional recommended screenings and more information on Women's Health Week, please visit [www.womenshealth.gov](http://www.womenshealth.gov) or talk with your doctor.

## Colorful Spring Recipes

### Fruit Kabobs

Using a variety your child's favorite fruit\*

- Cut fruit into bite size pieces
- Spear fruit onto skewer
- Enjoy the fruit Kabobs now, or store in the refrigerator for later!



### Sunshine Dip

Ingredients

- 2 cups plain nonfat or low fat yogurt
- 2 T. juice concentrate \*

Mix ingredients together and dip your fruit!

For a variety, try making dip with different flavors or concentrate!

\*Saratoga EOC is an equal opportunity provider

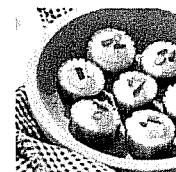
### Stuffed Cucumber Cups

Ingredients

- 2 Cucumbers\*
- 1 cup hummus (look up a recipe using your WIC approved canned chick peas\*!)
- Finely chopped red or orange bell pepper\* (for garnish)

Instructions

1. Slice cucumbers into 3/4 inch round pieces
2. Hollow out the inside, using a melon baller
3. Scoop hummus into cucumber and add bell pepper to top



\* Indicates WIC approved foods

For more information about current happenings, please visit our website at <http://www.saratogaecoc.org> or like us on Facebook!