



Stark Report

Onondaga County Health Department
WIC Program

Jan-March 2012
Newsletter

Pregnancy Facts: **Keeping Fit During Your Pregnancy**

Living healthy while pregnant is not just about a balanced diet and prenatal vitamins. What women put into their bodies is just as important as how active they are. Many side effects of pregnancy such as back aches, constipation, bloating, and swelling can be relieved with exercise. Exercise may help women get a better night's sleep and boost their energy levels. When it comes time to have the baby, women who are physically in better shape tend to have easier deliveries.

Before a pregnant woman begins to exercise she should check with her doctor. Women who did not exercise before pregnancy should start off slow, maybe even as little as five minutes at a time. Over time women's bodies will get healthier and stronger and they will be able to stay active for longer periods of time. Walking is an easy way to stay active. Women may find swimming is great during pregnancy because there is no strain on the back and joints. In fact, most forms of aerobic exercise are safe during pregnancy; especially if it's an activity a mother was used to prior to pregnancy.

Contact sports or any exercise that is likely to cause a fall should be avoided by expecting mothers as it can harm the baby. It's advised that women drink plenty of water because pregnant women become dehydrated more easily. If you have dizziness, shortness of breath, or contractions, you should stop exercising right away and talk with your doctor if needed.

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Breastfeeding Corner:

No Biting!

Some mothers think they will need to stop breastfeeding when their baby gets teeth. Your baby can breastfeed with teeth. Your baby's tongue covers his lower teeth when he is eating. Most biting happens at the end of a feeding when your baby may be playing.

Help your baby learn how to not bite:

- Say "no" firmly and stop the feeding if he bites. Do not try to pull your baby off your breast. He may clamp down on your nipple. Slip your finger between his gums or pull your baby closely into your breast. He will then let go of your nipple.
- Wait 10 to 15 minutes before you offer breastfeeding or other food to your baby. Your baby will learn that there won't be any food if he bites.
- Offer a teething ring to your baby. Tell your baby that "this is for biting".
- Be positive when you breastfeed your baby. Give smiles, hugs and kisses when your baby gently latches on and lets go of your nipple. Say "good baby" when your baby is gentle.
- Stop breastfeeding when your baby loses interest and stops sucking.
- Be patient. An older baby will understand while a younger baby may not. It may take time for your baby to learn.

How long should I breastfeed my baby?

The American Academy of Pediatrics recommends that most full term babies should be breastfed for 12 months and beyond. Maybe you don't want to breastfeed for 12 months. That can be okay. Any amount of breastfeeding is good for your baby and you. Some mothers think they will stop breastfeeding after 3 to 6 months. The first couple months may sometimes be the hardest. Keep an open mind about breastfeeding.



Don't become discouraged. If there are difficult days, remember that breastfeeding is worth it! With time and practice, breastfeeding is easy. Your baby will be a baby only once. Enjoy your baby and enjoy breastfeeding!

If you are pregnant or breastfeeding and would like assistance/guidance from a WIC Breastfeeding Peer Counselor just ask at your next WIC appointment or call our office at 435-3304.

Dear Wilma WIC,

What are iron, folic acid, and Vitamin C and why is it important to get enough of these while I am pregnant?

Signed,
Pregnant Patty

Dear Pregnant Patty,

Iron is a mineral and folic acid and Vitamin C are vitamins found in many foods and multi/prenatal vitamins. Folic acid helps prevent birth defects. Vitamin C and iron work together as a team—eating foods with Vitamin C will help your body absorb iron into the red blood cells to help prevent anemia (low levels of iron in the blood) which can make you feel tired. By taking a prenatal vitamin every day, you will be sure to get enough iron, folic acid, and Vitamin C. It is also important to eat foods containing these vitamins and mineral, so look over the list below and try your best to eat foods from these groups daily!

Foods with iron

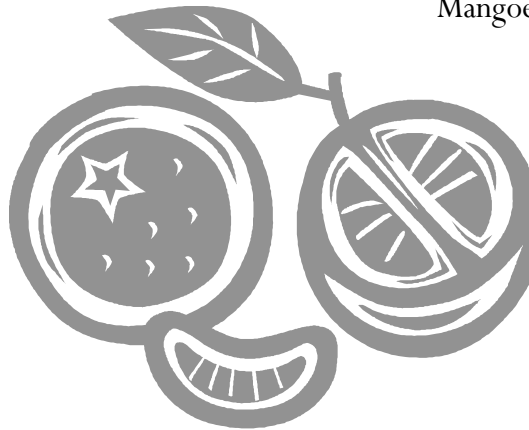
Lean Meat
Fish
Poultry
Beans
Spinach
Iron Fortified Cereal

Foods with folic acid

Enriched bread and cereal
Spinach
Raisin bran cereal
Oranges

Foods with Vitamin C

Tomatoes
Strawberries
Oranges
Sweet Peppers
Mangoes



Signed,
Wilma WIC

WIC News

- The WIC Program is closed on Monday, January 2nd for New Year's Day, Monday, January 16th for Martin Luther King Jr. Day and Monday, February 20th for Washington's Birthday.
- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled on WIC or recertified there are a number of other documents needed for your WIC appointment so make sure you verify everything you need to bring to your WIC appointment.
- The WIC Program can no longer accept verification of income eligibility for free or reduced school lunch or Head Start/Early Head Start to determine income eligibility for WIC. Please ask WIC staff what can be used to determine that you or a family member is considered income eligible for WIC.

Here's What's Cooking

Harvest Soup

Ingredients

- 1 lb. Italian sweet sausage (or turkey sausage if preferred), remove casing
- 1 cup of each:
 - chopped celery*
 - chopped onion*
 - chopped green peppers*
- 1 lb. coarsely chopped zucchini*
- 1 (28 oz.) can crushed tomatoes*
- 1 tsp. sugar
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. oregano
- ½ tsp. dried basil
- 2 cups water
- Shredded cheddar cheese, if desired*

*WIC Foods



How to Prepare

- In a large frying pan, brown sausage, breaking into pieces with wooden spoon.
- Drain the grease from the cooked sausage and add the sausage to the crock pot.
- Add all other ingredients to crock pot. Cook on low for 4 to 5 hours.
- If desired, sprinkle each serving of soup with shredded cheese.

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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.



Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
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