



Stark Report

Onondaga County Health Department
WIC Program

Jan-March 2014
Newsletter

Pregnancy Facts: Sleep

Pregnancy often brings on many sleep disturbances, including nausea, heartburn, leg cramps and snoring. Bad sleeping habits from before you were pregnant may make these problems worse. To get a good night's sleep it is important to watch what and when you eat and drink and to find different methods of relaxation.

Follow these tips to get a better night's rest:

- Say no to smoking and alcohol. Both smoking and alcohol can harm your baby. They can also make it harder to get a good night's sleep. Smoking and alcohol may disrupt sleep patterns, keeping you wide awake throughout the night.
- Cut down on caffeine. Drink and eat less food that contains caffeine, such as coffee, tea, soda and chocolate. Avoid them entirely in the afternoon and evening.
- Avoid heavy meals and spicy or acidic foods before bedtime. Spicy foods such as chili and acidic foods such as tomatoes can cause heartburn. Avoid eating a big meal too close to bedtime. If heartburn is a problem, eat lighter meals and eat them earlier during the day. Give yourself two to three hours to digest your food before you head to bed.
- Snack before bedtime to discourage morning sickness. If you suffer from nausea, it may help to keep your stomach from becoming empty. Try nibbling on bland snacks such as crackers, especially before bedtime.

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- Learn how to relax. A 30 to 60 minute nap during the day makes you more alert, sharpens memory and reduces feelings of fatigue. Time your naps carefully. Napping too late in the day (or for too long) can interfere with your sleep at night.
- Don't exercise late in the day. Exercise early enough in the day to give your body time to wind down after a workout. Avoid rigorous exercise right before you go to bed. Instead, do something relaxing, such as soaking in a warm bath or having a warm, caffeine-free drink.

There are times when you just can't sleep. Instead of tossing and turning, get up and do something: read a book, listen to music, or do some other activity that you enjoy. Eventually, you will feel tired enough to get back to sleep. If fear and anxiety are keeping you awake, consider enrolling in childbirth or parenting class. More knowledge and the company of other pregnant women may help to ease the fears that are keeping you awake at night. Sleep tight!

Dear Wilma WIC,

I am very excited that I am pregnant with my first baby. I know I need to eat healthy so what foods should I eat a lot of?

Sincerely,
Pregnant Pam

Dear Pregnant Pam,

It is best to eat a variety of foods, especially those with iron, folic acid and vitamin C. Also, be sure to take your prenatal vitamin every day. Folic acid and iron will help your baby grow to a healthy size and prevent birth defects. Eating foods with vitamin C will help your body absorb the iron. A healthy diet consists of fruits, vegetables, whole grains, lean meats/chicken, and low-fat dairy. By eating a variety of those foods, you will supply your body and baby with the vitamins and minerals it needs. Bring this chart home with you and put it on your refrigerator and grab a "Mom to Mom" magazine while at WIC today for more excellent information!

Foods with Iron	Foods with Folic Acid	Foods with Vitamin C
Lean Meat, Fish, Poultry	Enriched bread & cereal	Tomatoes
Beans	Spinach	Strawberries
Spinach	Raisin bran cereal	Oranges & Mangoes
Iron-fortified cereal	Oranges	Sweet Peppers

Sincerely,
Wilma WIC

WIC News

- This year is the WIC Programs 40th Anniversary! Our theme is “WIC: Strengthening Families for 40 Years”. Since 1974, Onondaga County Health Department has been providing healthy foods, nutrition education and referrals to young families so that they can lead healthy lives. Congratulate yourself for being a part of the WIC Program and helping to improve the health of your family.
- The WIC office will be closed on Monday, January 20th for Martin Luther King, Jr. Day and Monday, February 17th for Washington’s Birthday.
- Join our group appointments at the WIC Program. Interact with your friends and neighbors and reduce your waiting times at your next clinic appointment. Please call the WIC Program at 435-3304 to schedule your group appointment.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Please call the WIC office if you cannot make your WIC appointment so that this time can be offered to another WIC family.

Breastfeeding Corner

Babies are meant to be breastfed.

Breastfeed often during the first month; then you will have a good supply of breastmilk for your baby.

Breastfed babies eat often-8 to 12 times every 24 hours.

Breastmilk is easy to digest and goes through your baby’s tummy faster than formula. This is good and this is healthy for your baby.

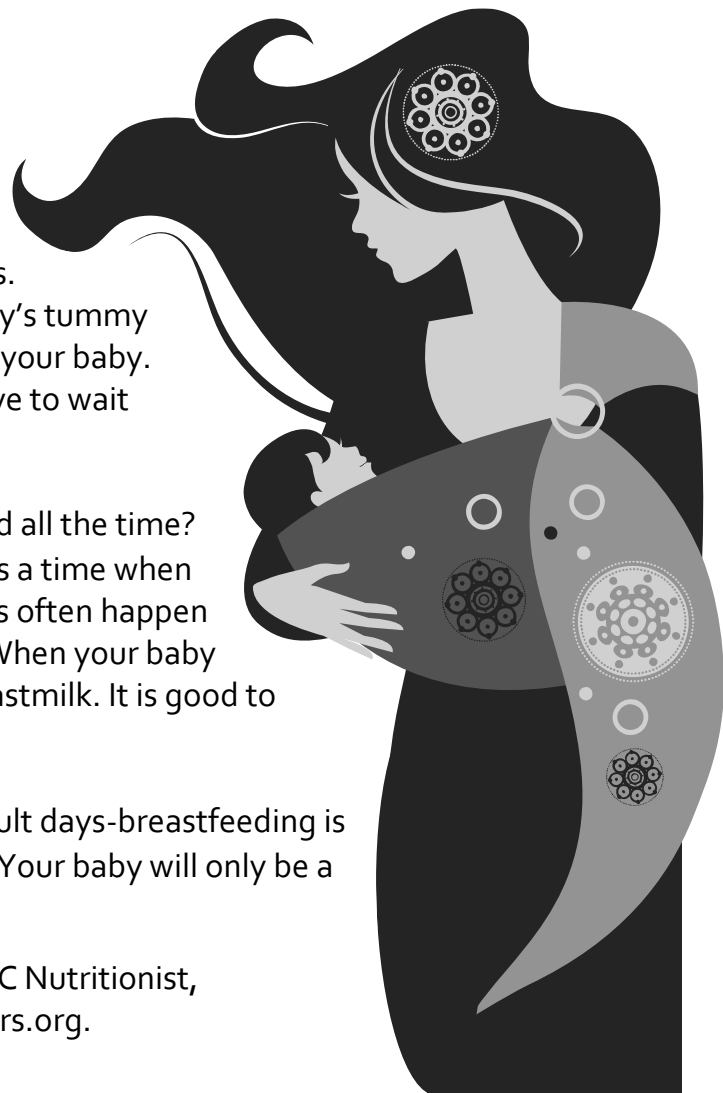
Your body is always making breastmilk. You do not have to wait between feedings to have more milk for your baby.

Why does my baby suddenly want to breastfeed all the time?

Your baby may be going through a growth spurt. This is a time when she is growing fast and wants more to eat. These spurts often happen around the age of 7 to 10 days, 3 weeks, and 6 weeks. When your baby breastfeeds often, your body learns to make more breastmilk. It is good to breastfeed often during growth spurts.

Don’t become discouraged if there are difficult days-breastfeeding is worth it! With time and practice breastfeeding is easy. Your baby will only be a baby once. Enjoy your baby. Enjoy breastfeeding!

For more information about breastfeeding ask your WIC Nutritionist, WIC Peer Counselor or visit: www.breastfeedingpartners.org.



Here's What's Cooking

Spinach & Cheddar Frittata

Ingredients:

- 4 large eggs*
- 2 large egg whites*
- 1 cup fresh spinach, chopped*
- 2 Tbsp. uncooked scallions, finely chopped*
- ¼ tsp. salt
- ¼ tsp. black pepper
- Cooking spray
- ½ cup shredded fat-free cheddar cheese*

Instructions:

1. Preheat oven to 400°F
2. In a large bowl, beat together eggs and egg whites; stir in spinach, scallions, salt and pepper.
3. Coat a 12-inch ovenproof nonstick skillet with cooking spray; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes.
4. Sprinkle cheese over eggs. Place skillet in oven and bake until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting into 8 wedges.
Yields 2 wedges per serving.

*WIC Foods



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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.

Onondaga County Health Department

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Cynthia B. Morrow, MD, MPH, Commissioner of Health



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