



# Stark Report

Onondaga County Health Department  
WIC Program

July-Sept. 2012  
Newsletter

## ***Pregnancy Facts:***

### **How to Reduce Swelling in Pregnancy**

Many women have swelling in their legs and feet when they are pregnant. This may occur closer to your due date and in warmer weather. Doctors call this edema. This can be a normal side effect of pregnancy. It usually goes away very quickly after delivery.

Even though swelling can be normal, you should call your doctor if swelling rapidly increases or is found in the face or more than slightly in the hands. Doctors also need to know if there is any tenderness or if one leg is more swollen than the other.

Edema can often be uncomfortable. Here are some steps you can take to relieve some of the pressure:

- Sleep lying on your left side. This keeps the weight of the baby off the vein that is often the cause of swelling.
- Drink plenty of water. Drinking at least 8 glasses of water a day helps your body to retain less fluid.
- Wear comfortable shoes and socks. Anything tight fitting on the feet or ankles can cause more swelling.
- Take many breaks from sitting or standing. Make sure to take short walks and stretch your legs out at least once every hour.
- Put your feet up as often as possible.
- Don't cross your legs or ankles while sitting.
- Exercise regularly. A healthy heart can improve circulation. Make sure you check with your doctor before starting any exercise program.
- Avoid processed foods. Some foods, if eaten too often, can cause you to take in too much salt. Some examples are canned vegetables and soups.

#### **Inside this issue:**

<i>Breastfeeding Corner</i>	2
<i>Wilma WIC: Heartburn</i>	3
<i>WIC News</i>	3
<i>Here's What's Cooking: Summer Melons and Summer Pasta Salad</i>	4



## ***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 in 24 hours. Your body is always making breastmilk. Breastmilk is easy to digest and goes through the baby's tummy faster than formula. This is good and this is healthy for your baby.

#### ***Will breastfeeding often spoil my baby?***

No, breastfeeding will not spoil your baby! Your baby needs to breastfeed often. You will have plenty of breastmilk if your baby is breastfeeding often. The more your baby nurses, the more breastmilk you will make! Breastfeeding provides more than food for your baby. Breastfeeding also comforts your baby and provides the human contact she needs.

#### ***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 to eat more often. These often happen around the age of 7 to 10 days, 3 weeks, and 6 weeks. When she breastfeeds often your body learns to make more breastmilk. It is good to breastfeed often during growth spurts.

#### ***How long should I breastfeed my baby?***

The American Academy of Pediatrics recommends that most full term babies should be breastfed for at least 12 months and beyond. The World Health Organization recommends that babies be breastfed for at least 2 years. Maybe you don't think you want to breastfeed for 12 months. That can be okay. Just breastfeed as long as you can—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 of months can sometimes be the hardest. Keep an open mind about breastfeeding. Don't become discouraged if there are difficult days—breastfeeding is worth it! With time and practice breastfeeding becomes easier.

#### ***Your baby will only be a baby once. Enjoy your baby! Enjoy breastfeeding!***

The first week in August is World Breastfeeding Week. For more information go to:  
[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

For more information about breastfeeding ask your WIC Nutritionist, WIC Peer Counselor or go to:  
[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

## Dear Wilma WIC,

I am in my last trimester and have had heartburn quite often. What can I do to help it?

Signed,  
Heartburn Hailey

Dear Heartburn Hailey,

As your baby grows, there is increased pressure on your stomach. Follow these tips to prevent or minimize heartburn symptoms:

- Eat small meals throughout the day
- Limit drinks with caffeine (coffee, tea, soda)
- Avoid greasy, fried and spicy foods
- Wear loose fitting clothes around you waist
- Wait 2-3 hours after eating before lying down and elevate your head
- Talk to your doctor before taking antacids or using any over the counter remedies

Signed,  
Wilma WIC

## WIC News

- Due to a change in WIC policy, we are asking all WIC participants to bring income documentation for ALL household members to ALL WIC appointments.
- The WIC office will be closed Monday, September 3rd for the Labor Day holiday.
- "Check out WIC on Facebook" at [www.facebook.com/HealthyFamiliesOnondaga](http://www.facebook.com/HealthyFamiliesOnondaga). The WIC Program posts a weekly message on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting and "like" us!
- 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.
- 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 W.I.C. Program at 435-3304 to schedule your group appointment.
- You now only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child's growth six months after the certification appointment when we do a health and nutrition update.
- We are now issuing Farmer's Market checks that can be used beginning June 1st through November 15th. Please make sure that you use all of your six Farmer's Market checks by November 15th. Your WIC Nutritionist will tell you how many Farmer's Market checks you used last year. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables this summer.
- The Farm Fresh Mobile Market will be at the W. Onondaga Street WIC site every Wednesday through September 26th from 2:00pm-5:00pm. Cash your Farmer's Market checks or use your EBT card to purchase locally grown fruits and vegetables.
- The Bayberry Plaza Farmer's Market is every Wednesday from 8am-5pm in the parking lot in front of Kinney Drugs.

# Here's What's Cooking

## Summer Melons

Watermelon, cantaloupe and honeydew melons are treats on hot summer days. They are full of water and help satisfy our thirst. In fact, they are more than 92% water.

The cantaloupe is a rich source of vitamins A and C, fiber and potassium. One cup of cantaloupe has 50% of the vitamin A and 100% of the vitamin C that you need each day.

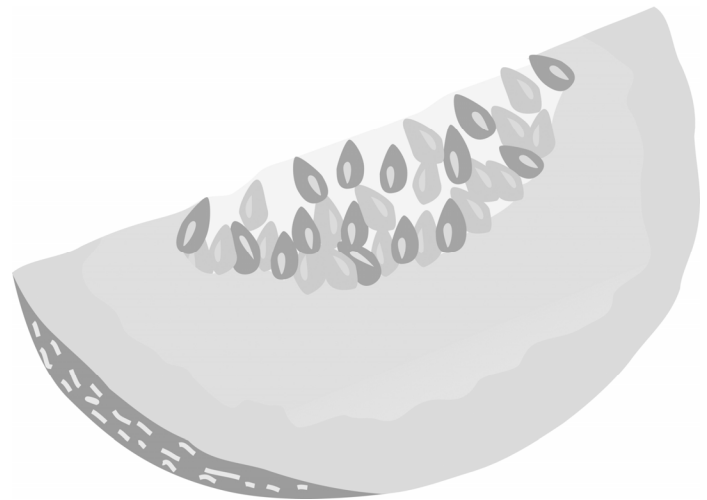
### ***Cantaloupe-Banana Slush***

- 2 cups cantaloupe chunks \* \*\*
- 2 cups banana chunks\*
- 2 cups orange juice\*

Combine cantaloupe, banana and juice together in a blender. Blend until smooth and serve.

\* WIC food

\*\* Farmer's Market checks



## Summer Pasta Salad

- 2 cups cooked rotini noodles
- 2 tomatoes, cut into wedges\* \*\*
- 1 cucumber, chopped\* \*\*
- 1 cup broccoli, chopped\* \*\*
- ½ cup low fat Italian salad dressing
- Grated Parmesan cheese

Combine noodles, tomatoes, cucumbers and broccoli in a bowl. Sprinkle with salad dressing and Parmesan cheese. Toss to coat. Cover and chill in the refrigerator for at least 30 minutes.

\* WIC food

\*\* Farmer's Market check

***Make half your plate fruits and vegetables!***

## Onondaga County Health Department WIC Program

375 West Onondaga Street, Room 12, Syracuse, NY 13202 • 435-3304



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, Commissioner of Health



[www.ongov.net/health](http://www.ongov.net/health) • [facebook.com/ongovhealth](https://facebook.com/ongovhealth)