Frederick County
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Winter 2015

WIC Newsletter

Get Moving As a Family

As a parent, you are the first and best teacher your child will ever have. Moving together as a family is the way to make sure activity is a habit your children will carry into their adult years. Winter weather does not always make it easy to get outside and move, but there is plenty of cold-weather fun to try. For indoor play, make sure you have active toys. Inexpensive toys like balls, a jump rope, and colored balloons can be fun for the whole family. Many books can be read that have words with motions to be acted out by all family members. Listening to music is a good way to get everyone up and moving through dance. A scavenger hunt can be an indoor or outdoor activity. Outdoors you can collect pieces of nature on a walk to make a collage. When snow falls, build a snowman or take the whole family sledding. Make sure all family members have coats, gloves, and hats to stay warm and safe for outdoor play.

In Frederick, check for local activities in Frederick's Child magazine, The Recreater (Parks and Rec), and Child Guide Magazine. Frederick County Public Libraries have many free "mommy and me" type classes that include movement for preschool age children. Check the FCPL calendar on their website at www.fcpl.org. The Frederick County YMCA has drop in gym and pool hours each week. Check out their calendar at frederickymca.org .

Want Your Children to Be School Ready?

For your preschooler, play that is guided by parents and play that is guided by them are both important. Guided active play can help children learn at the same time their body is moving. Play can teach numbers, letters, counting, colors, cooperation and sharing. All of these qualities are important for getting off to a good start in school.

- Take turns with a ball to teach cooperation
- Clap and cheer when they make it to the top of the slide to build confidence and independence
- Identify colors or count trees as you walk around the neighborhood
- Read a book that describes how different animals move and act out their movements

Active Play With Your Infant

Play for babies is just as important as it is for the rest of the family. Playing on the floor with your baby is a good way to make sure they develop muscle strength. Tummy time can be worked into your baby's routine every day:

- After bath, lay your baby on her tummy in a towel for drying. After she is dry, place a small toy in front of her head to encourage her to lift her head
- Use cuddle time as a chance for tummy time. Lay her on your chest and encourage her to lift her head to look at your face by talking to her
- Lay a blanket on the floor with little toys around her to encourage her to move around to play with them

Eating Oatmeal Daily May Increase Milk Supply

Oatmeal may increase milk supply for a breastfeeding mother in a number of ways. An important feature of oatmeal is that it is a source of iron. When your maternal iron levels are low, or you are anemic, your milk supply could decrease. Increasing your iron intake could help increase milk supply. Oatmeal is also a comfort food for some women. When a nursing mom is relaxed and comfortable, let-down and milk supply increase.

Try this recipe (right) if you are looking for a new way to enjoy oatmeal. If you have more questions about milk supply and breastfeeding, talk to a WIC breastfeeding peer counselor.

Banana-Peanut Butter Oatmeal

- 1/2 large ripe banana
- 1/4 cup skim milk
- 1/4 cup quick –cooking oats
- 1/2 tablespoon creamy peanut butter
- 1/4 cup blueberries (optional)

Directions:

1. Mash banana with a fork and combine with the skim milk.
2. Place dry oatmeal in a microwave safe bowl. Add the banana mixture and stir together.
3. Microwave (uncovered) on high for 30 seconds. Stir and Microwave on high another 30 seconds.
4. Stir in peanut butter.
5. Top with blueberries (optional)

Recipe and article from:
Kristin Hagy, WIC Breastfeeding Peer Counselor

Reminders For Using Your WIC Checks

- As of January 1, 2015 only the October 2014 WIC Authorized Foods List should be used when buying WIC foods. The October 2013 Foods List will no longer be valid.
- Remember to always take your WIC ID Folder to the grocery store and to all WIC appointments. The store is not allowed to ask you for any other type of ID.
- Checks should always be signed at the store, in front of the cashier, after a price is written on the check.
- WIC checks cannot be replaced if they are lost or stolen. Damaged checks can be replaced if they are returned to the WIC office.
- Remember that cold cereal boxes must be at least 18 ounces (oz) to be purchased with WIC checks.
- Have your proxy(s) sign your WIC ID folder before they go to the store to spend WIC checks.
- Substitutions and “rain checks” are not allowed for any foods purchased with WIC checks.
- If you have questions about any WIC food, ask a store manager for help or contact Mindy Ramirez or Shannon White at the Frederick WIC office, 301-600-4950 or 301-600-2507.

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