

# WIC WORKS Newsletter Douglas County WIC Program

This institution is an equal opportunity provider

1st quarter, January- March 2010

Douglas County Public Health  
725 Elm St., Suite 1200  
Alexandria, MN 56308

## Tips For Starting Solid Foods

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● **DID YOU KNOW?**

● The average baby doubles her weight by 5 months and triples it by the time she reaches her first birthday.

According to the American Academy of Pediatrics your baby may be ready for solid foods anytime between the ages of 4-6 months old. However, it can not be assumed just because a baby is a certain age that they are ready for solids. There are several different cues to look for in your baby to detect if they are in deed ready to consume solid foods.

1. Can they sit up right with good head control and with out help?
2. Seem interested by opening mouth and leaning forward?
3. Have they lost the "tongue thrust" reflux and no longer push or spit food out of their mouth?

4. Have they begun picking up items with thumb and index finger?
5. Are they eager to grab food and participate in the meal-time experience?
6. Can they move the food from the front of the mouth to the back of the mouth?



If you answered "yes" to most of these questions, then there is a good chance that your baby is ready for solid foods. Remember, starting solids too early, and not following your babies' cues can lead to overfeeding. This may also cause gut upset if your babies' tummy is not mature

enough to digest the new foods you are offering. As a result, you could end up with a baby who might be uncomfortable, have a belly ache, and have more reflux and spit up from over feeding.

Once you have determined that your baby is indeed ready for solid foods, how should you proceed? There are many different recommendations about the right way to start solids. However, there does not seem to be any evidence cont. pg 3

## Breastfeeding Myths and Facts

### Myth # 1:

Breastfeeding is too time consuming.

**Fact:** Breastfeeding does not require anyone to prepare and warm bottles which actually allows mom and baby to have more time together. Moms can also express milk for when she is away to have available for others to feed the baby.



Breastfeeding has many benefits for both moms and babies

### Myth #2:

Breastfeeding will be too restrictive on my diet.

**Fact:** Breastfed babies generally tolerate the same foods a mom tolerates. The only ones that need to be restricted are those that produce signs of intolerance in her baby.

## Breastfeeding Myths and Facts, continued

### Myth #3:

My breasts are too small to breastfeed.

**Fact:** The size of a woman's breast depends primarily on the amount of fatty tissue, not functional breast tissue. Size usually makes little difference on her ability to produce sufficient milk.

### Myth # 5:

Breastfed mothers lose their figures and get sagging breasts.

**Fact:** The sagging in women's breast results from pregnancy and loss of muscle tone as a woman ages, not from having breastfed.



### Myth #4:

If I have a C- section, I won't be able to breastfeed.

**Fact:** The type of birth a mother experiences has no effect on her ability to breastfeed, although it may delay the onset of her milk coming in. Mothers who deliver by cesarean are able to breastfeed.

### Myth # 6:

Artificial baby milk is just as healthy as human milk.

**Fact:** There are substantial differences between infant formula and mother's milk. Human milk is a live substance that provides immunities and antibacterial properties.

### Myth # 7:

There is not enough milk to supply my baby.

**Fact:** In most cases, if a baby is exclusively breastfed, there is ample supply. Milk supply works on a supply and demand concept. The more you breastfeed or pump milk, the more you will produce.

## Tips For Starting Solids, cont from page 1

that “anyway” is the correct way. General recommendations for starting solids are as follows:

1. Start with bland foods such as rice cereal. Mix it with breast milk or formula so that it is very watery to start. Offer it by spoon only (NOT in the bottle) in gradual increasing amounts. Increase until you are giving 3 tablespoons at each feeding (2-3 times per day)

2. Proceed to introduce new foods when your baby has shown that she tolerates that food for 5-6 days. This will help determine if your baby has any reactions to a certain food. (Such as diarrhea, rash, or vomiting)



3. Use plain, strained vegetables and fruits. Pureed meats may also be introduced for breastfed babies who may lack the extra iron in the breast milk. Generally, baby may eat 2-3 tablespoons at a feeding (2-3 times per day)  
Resources: WIC, American Baby, American Dietetic Association, American Academy of Pediatrics.

## Cowboy Chili con Carne

- 1 pound ground beef or turkey
- 1 large onion, chopped
- 1 glove garlic, minced or 1/4 tsp  
Garlic powder
- 1 green pepper, chopped
- 2 cans (15-16 ounce each) beans  
(Kidney, Chili, black, or Pinto)  
Or 3 cups cooked dry beans
- 1 can (28 ounce) or 2 cans (15-16 oz)  
Diced tomatoes with liquid
- 1-2 tablespoons chili powder
- 1 tsp cumin
- Salt and pepper to taste

Method:

1. Cook ground beef or turkey, onions, garlic and green pepper over medium-high heat until meat is brown throughout. Drain.
2. Add beans, tomatoes, chili powder, cumin, salt and pepper.
3. Cook uncovered, just below boiling for 45 minutes.

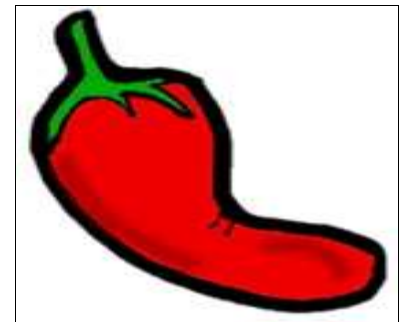
### MARCH IS NATIONAL NUTRITION

MONTH; “Nutrition from the ground up” is the theme for 2010

Take this challenge:

Try at least one new fruit or vegetable each week during the month of March 2010

## RECIPE BOX



Serving ideas: Serve with a tossed salad, or any other fruit or vegetable, and low fat milk..

Recipe taken from the WIC cookbook, 2009.

## Douglas County Public Health

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Jan-March 2010

## WIC WORKS

KEEP A LOOK OUT FOR:

"GIVE KIDS A SMILE DAY"

Friday February 5th, 2010

*Did you know???*

*WIC serves woman who are pregnant, breast-feeding, or postpartum.*

*WIC serves infants from birth to children until age 5.*

*Douglas County WIC program will be CLOSED on the following days*

*Monday Jan. 18, 2010 (Martin Luther King Day)*

*Monday Feb. 15, 2010 (Presidents' Day)*

Happy New year from all of us at the WIC office!

## Working in a Workout For Busy Moms

"Busy" and "too tired" are words we all know. They are excuses used all too often, especially when it comes to exercise. Today, it is usually agreed upon that these are indeed issues that all women have to deal with. Exercise is most often put off in lieu of other priorities we all have. However, there is much evidence that activity/exercise is worth the extra effort. For example, exercise can burn extra calories (especially post pregnancy), it can actually boost your energy, it can increase your muscle mass, and it can improve your mood. If you are feeling like you just don't have the time, try some of these hints.

1. Make sure you are ready for exercise ( no Doctors' restrictions)
2. Start small, build up. Any activity, done many times per day adds up. It does not always have to be done at once. For ex-



Winter fun and Sledding

- ample, break it up into 3 ten minute sessions if that sounds more attainable to you.
3. Involve your kids. Take short walks or bike rides together. Swim, play ball, build a snow fort, go sledding together. Not only will you all get to spend fun, quality time together, it becomes a work out for you too.
4. Try some exercise videos/DVDs that sound appealing to you. This can help motivate you and can be done in the comfort of your own home.