

**FUN AND RESOURCES
FOR MONDAY
3-30-20**





Breastfeeding Is Healthiest for Mom

- Breastfeeding helps mom's uterus shrink to its pre-pregnancy size.
- It may help mom lose weight faster
- It reduces her risk for breast and ovarian cancer, and osteoporosis (brittle bones) later in life.

Breastfeeding Saves Money

- It saves on formula, bottles, utilities, and medical bills.
- It reduces sick days used by working mothers
- It's good for the environment because there is less trash and plastic waste.



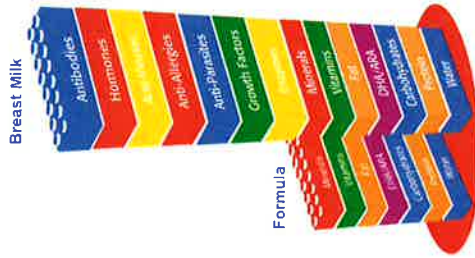
What Is the Cost of Formula Feeding?

Formula feeding costs money. The dollars add up because you must buy extra formula as your baby grows, since WIC does not give you all the formula your baby will need. But the real cost of formula is the cost to your baby's health and the time you spend away from work or at the doctor when your baby is sick.

Compared to mother's breast milk, formula is missing many things babies need to be strong, healthy, and smart.

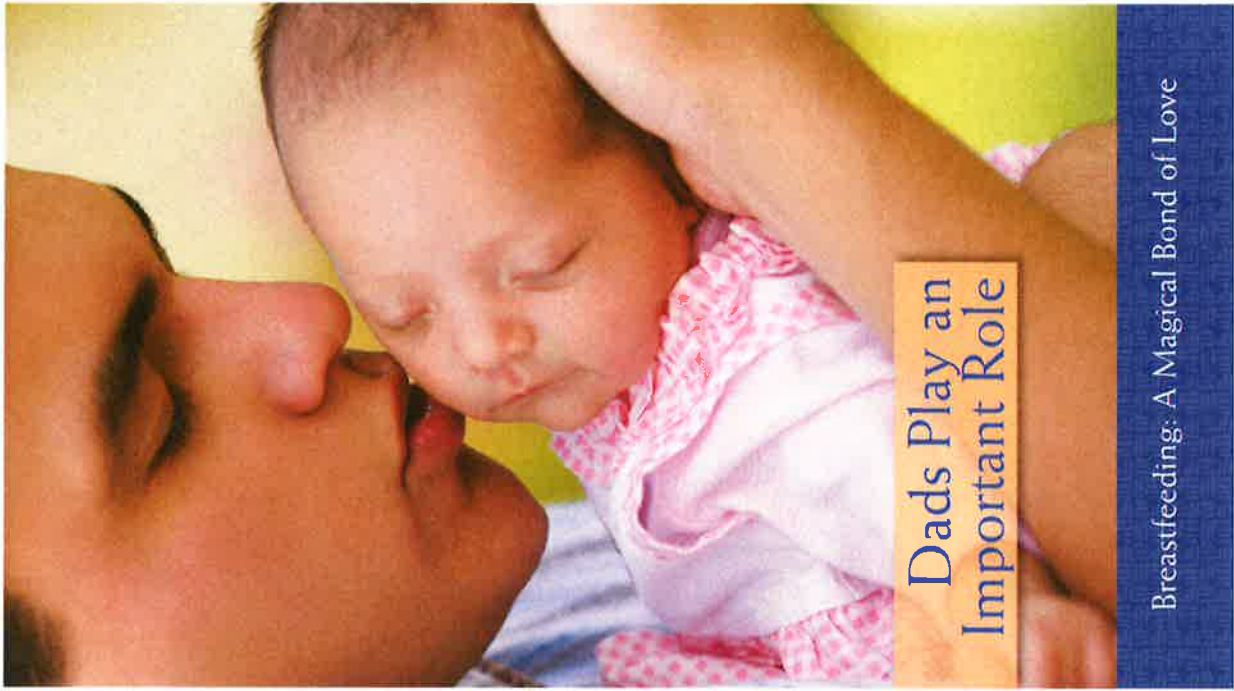
See for yourself!

Breast milk has more of the good things babies need.



Contact your local WIC office for more information
 USDA is an equal opportunity provider and employer.
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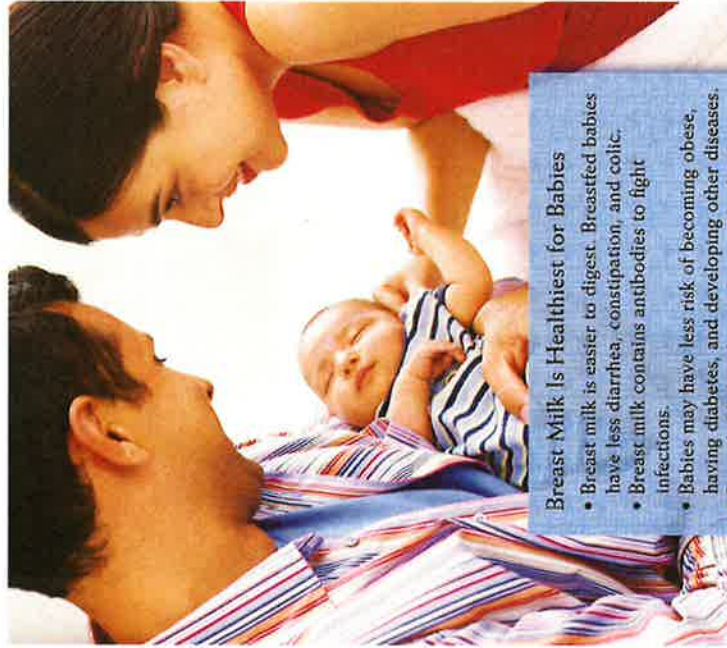
Dads Play an Important Role

Breastfeeding: A Magical Bond of Love

The Magical Bond of Love and Family

As you and your partner expand your family circle, you will have many new experiences as a father.

Taking care of your family is a big responsibility, and you want to protect them and make healthy choices. That is why encouraging your partner to breastfeed is important.



Breast Milk Is Healthiest for Babies

- Breast milk is easier to digest. Breastfed babies have less diarrhea, constipation, and colic.
- Breast milk contains antibodies to fight infections.
- Babies may have less risk of becoming obese, having diabetes, and developing other diseases.
- Breastfed babies have a lower risk of asthma, allergies, and certain cancers.
- Breast milk contains special ingredients to promote brain growth.

How Fathers Can Help

Some fathers think they may feel left out if their partner breastfeeds the new baby. But there are many ways you can help your partner care for your baby.

- Help with housework and cooking.
- Help limit the number of visitors and visiting time. New moms do need plenty of rest!
- Bathe and dress your baby. Change his diapers. Sing and talk to your baby. If you see the baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding. Cuddle and protect her while she feeds the baby.



It takes time for mom to learn how to breastfeed.

If your partner is uncomfortable or has pain, it may be because the baby is not latching on correctly or because she is engorged. Many new mothers need help in the beginning. Contact a WIC breastfeeding counselor who can help her stay on track.

Take the baby to mom when she is ready to feed. Look at your baby's tiny fist and remember: that is about the same size as his or her stomach! The baby will need to nurse often, every 1½ to 3 hours, around the clock.

Mom's early milk, called colostrum, is there from the beginning and is the only food the baby needs. Colostrum's special role is to help your newborn stay healthy. It is filled with important vitamins, minerals, proteins, and immunities. Between the third and fifth days after birth, mom will start to feel fullness in her breasts, indicating her milk has come in.

Do not give your baby water or formula in the first weeks. Feeding the baby anything other than breast milk interferes with mom's ability to produce enough milk.

Let Your Partner Know How Proud You Are

Breastfeeding is a loving commitment. Let your partner know how proud you are of her accomplishment! Sometimes moms worry that their babies are not getting enough milk. You can reassure her that the baby is getting plenty of breast milk in a number of ways:

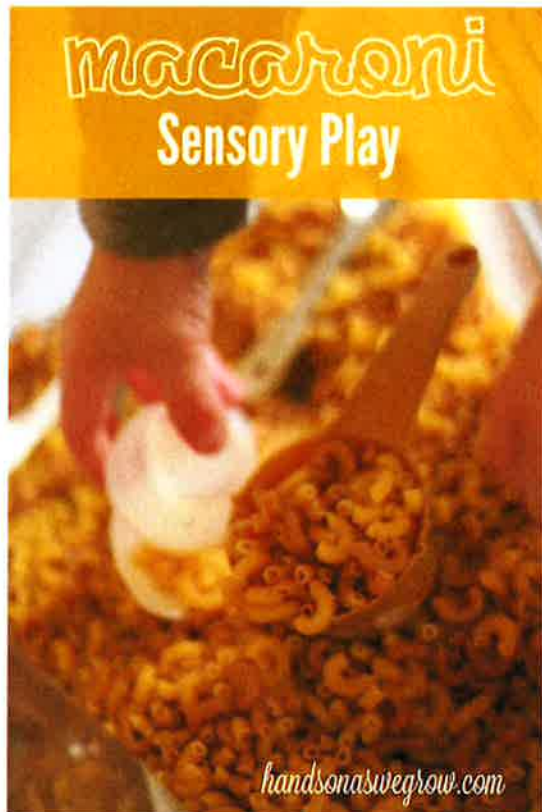
- Baby is interested in feeding every 1½ to 3 hours, around the clock.
- Baby wakes to feed.
- Mom can see or hear your baby swallowing.
- Baby appears satisfied and content after feeding.
- Mom's breast softens during the feeding.
- Baby has 3–5 wet diapers and 3–4 soiled diapers by 3–5 days of age.
- Baby has 4–6 wet diapers and 3–6 soiled diapers per day by 5–7 days of age.
- Baby's poops are yellow and seedy (by day 3).

Do not worry if your baby loses a little weight in the first few days. After about 5 days, the baby should gain 4–8 ounces or more per week with breast milk. After 6 weeks, the number of dirty diapers may decrease.

You Can Bond With the Baby Too!

- Babies love skin-to-skin contact with their daddies!
- Talk, sit, sing, rock, read to, burp, or diaper the baby.
- Make some time just for you and your baby - babies need cuddles and hugs from their dads too.





29 JAN

Sensory Activity: Dry Pasta Noodles

Pasta noodles make for a great sensory activity for toddlers and preschoolers to explore with their sense of touch and even sound. set out a tub of macaroni noodles along with several items to play with.

Items to include for this touch and sound sensory activity:

Macaroni (or other small dry pasta)

Bottles with lids (several sizes would be great!)

Measuring cups and scoops

Set them out on a blanket, or even better would be a plastic shower curtain, to help contain the mess. The blank not only makes it easier for cleanup but it also sets boundaries for the kids to keep the pasta in an area (and not all over the entire house). Get more tips on keeping messy play clean!

Once the bottles were full and lids tightly secured, have your child shake them to make noises! You can even do a little comparison to see how the pasta sounded different in each of the bottles.

Is this bottle quieter or louder when its shaken?

Does the pasta sound higher or lower?

Which turned this sensory activity into something other than for just the sense of touch, but the for hearing too!

<https://handsonaswegrow.com/>

Sensory/Discovery Bottles

WHAT IS SENSORIMOTOR DEVELOPMENT:

Sensorimotor development is a process of cognitive and motor development through our reactions to the external stimuli using our senses and perception.

It means that humans, like all living beings, will react to the things that are happening around us and through that we will learn.

We use our senses: (1) Sight, (2) Smell, (3) Hearing, (4) Taste and (5) Touch to receive information from our surroundings and we react to that based on our innate instincts and past learning experience.

Sensorimotor development is crucial in infant development, from age of 0 to 24 months of age because that is the development stage when children rely the most on basic senses to learn. Of course, sensorimotor development happens whole life, but it is most important in those early ages because then is the time when those important neural connections in our brain are being created.

TIPS ON USING SENSORY BOTTLE:

There are tons of ways you can make the Sensory bottle. All you need is a... well... Bottle! Everything else is mostly left to your imagination and creativity.

As for infants, they probably won't be able to physically manipulate sensory bottle but that doesn't mean you shouldn't be using it. On the contrary, the sensory bottle is one of best toys for infants. Since they mostly rely on audio and visual stimuli from their surroundings, the sensory bottle is a great learning tool.

You can shake the bottle, squeeze it, rotate it and see how your child will be interested in the effects. Eventually your infant will be able to shake the bottle learning cause and effect. When I shake something it makes a sound. A Sensory bottle is a great tool that helps you provide right stimuli for your infant brain development.

MATERIALS NEEDED FOR BOTTLE

- Bottle
- Noodle
- Beads
- Water, Oil
- Lid
- Hot Glue Gun



Fill bottle with items you want to introduce to your infant. Secure lid with glue and play away!

 **CLEAN**



**Wash Hands with Soap
and Water**



Clean Surfaces



Rinse Produce

Wash Hands and Surfaces Often



Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

Wash your hands with warm water and soap for at least 20 seconds!

How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). Chicken Preparation in the Home: An Observational Study. Food Protection Trends, 34, 318-330.

Partnership for Food Safety Education, 2016

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

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TURN FACEBOOK RED
IN SUPPORT OF

**FIRST
RESPONDERS
&
EMERGENCY
SERVICE
PERSONNEL.**



Easy Potato Soup

INGREDIENTS

2 Tbsp butter 1 cup chopped **onion**
 1 cup chopped **celery** 4 **potatoes** peeled and chopped
 1-14 oz can chicken broth 1/2 cup shredded **carrots**
 1 cup **milk** salt/pepper to taste

DIRECTIONS

- 1 Melt butter in a medium pot. Add onions and celery to butter and cook until the celery turns a brighter green and the onions are tender.
- 2 Add potatoes and chicken broth. Cover and bring to a boil, then lower the heat and simmer for 15 minutes. Add carrots and simmer for 10 more minutes.
- 3 Coarsely crush potatoes with a potato masher, be sure to leave chunks.
- 4 Add milk. Add salt and pepper to taste.

Serves: 5 (1 cup per serving)

One serving: 202 Calories, 5 g Fat, 35 g Carbohydrate,
6 g Protein, 428 mg Sodium, 5 g Fiber

Recipe adapted from allrecipes.com

CALCIUM COUNTS!

Calcium is a mineral found in some foods and drinks. It works with other vitamins and minerals to build strong bones and teeth for life!

The best sources of calcium in the diet are milk and milk products. The United States Department of Agriculture says that most young people should drink milk products in these amounts:

Children ages 1-3: 2 cups a day
Children ages 4-8: 3 cups a day
Preteens and teens: 4 cups a day

What if your child can't or won't drink that much milk?

Other foods containing smaller amounts of calcium include macaroni and cheese, turnip or beet greens, kale, canned salmon, broccoli, cottage cheese, navy or pinto beans, almonds, and oranges.

If milk products cause gas or diarrhea in an older child, don't let that stop her from getting enough calcium. Serve Lactaid™ (specially treated) milk instead of regular milk. Small servings of yogurt and cheese may not cause a problem.

If your child has an allergy to milk, ask your health care provider how to select a calcium supplement. Or, ask for a nutrition "check up" to help you make sure your child is getting enough calcium.

Here are some easy options that have the same amount of calcium (300 mg) as a cup of milk.

- Yogurt, 1 cup: choose those with less added sugar or corn syrup
- Smoothies made with milk, yogurt, and frozen fruit
- Chocolate milk, 1 cup
- Cheese, 2 ounces
- Orange juice plus calcium, 1 cup
- Calcium-fortified soy milk, 1 cup (shake well)
- Total cereal, ¾ cup



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