

Free Fluoride Varnish

Eastern Idaho Public Health District will be doing free fluoride varnishes for children, up to age 10. Fluoride varnish is an easy, effective and safe way to help protect your child's teeth & prevent cavities. The varnish is painted on your child's teeth with a disposable applicator by a Registered Dental Hygienist. Clinics will be hosted at the following times & locations (closed from 12:00-1:00 for lunch):

Idaho Falls:

July 14 8:30AM—4:30 PM
July 28 8:30AM—4:00 PM
August 11 8:30AM—4:30 PM
August 18 8:30AM—4:30 PM
September 2 8:30AM—4:30 PM

Rexburg:

July 17 9:00AM—4:00PM

Rigby

July 25 9:00AM—3:00PM
August 8 9:00AM—3:00PM

St Anthony

July 7 9:00AM—4:00PM
August 4 9:00AM—4:00PM

Dubois:

July 9 9:00AM—3:30 PM
August 20 9:00AM—3:30 PM
September 3 9:00AM—3:30 PM

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Fluoride varnish clinics, continued...

Mud Lake:

July 24 9:00AM—3:00PM
August 21 9:00AM—3:00 PM

Driggs

July 29 9:15AM—3:00PM
August 27 9:30AM—3:30PM

Challis

Sept 8 10:00AM—3:00PM

Salmon

Sept 9 8:30AM—3:00PM

Picnic in the Park

We would like to invite you and your family to our annual World Breastfeeding Week picnic in the park. Our picnic will be held at Kate Curley Park (located at the corner of 10th Street and Higbee Ave) on Friday August 1 from 11 am to 1 pm.

Come join us for food, games, prizes and booths from a variety of local vendors. We will have educational exhibits and breastfeeding experts on hand.

This free event is sponsored by the WIC program, Eastern Idaho Public Health District and the B.E.S.T for Moms & Babies Council.



Eastern Idaho Public Health District

WIC Newsletter



July/August 2014

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Breastfeeding your Newborn

Breast milk is the perfect food for your newborn. It has all the nutrients your baby needs for proper growth and development. Your baby is born with a very tiny tummy and cannot hold a lot at once. Colostrum—the first milk you produce—is a concentrated source of nutrients. It is low in fat and high in carbohydrates and protein. Colostrum is full of vitamins and minerals. The antibodies it provides helps keep your baby healthy as his immune system is developing.

Size of a Newborn's Stomach



Day 1—Size of a cherry. Stomach capacity is 5-7 ml (1-1.4 Tablespoons)

Day 3—Size of a walnut. Stomach capacity is 22-27 ml or 0.75-1 oz.

One week—Size of an apricot. Stomach capacity is 45-60 ml or 1.5-2oz.

One Month—Size of a large egg. Stomach capacity is 80-150 ml or 2.5-5 oz.

Breast milk is very easy to digest, so in the early days of breastfeeding your baby will need to feed often. Newborns need to be fed every 1 ½ —2 hours on average, but they are not always evenly spaced. Your baby may nurse frequently for several hours and then sleep for a longer stretch.

Breastfeed your baby as soon as you can after she arrives and nurse her often! Let your doctor and the hospital staff know you want to nurse your baby and ask for help if you need it. Keep the baby with you as much as possible (called “rooming in”) so you can watch for early feeding cues.



World Breastfeeding Week

The theme for World Breastfeeding Week 2014 is “Breastfeeding: A Winning Goal for Life!” The theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding.

A major goal of the WIC Program is to improve the nutritional status of infants; therefore, WIC mothers are encouraged to breastfeed their infants, unless medically contraindicated. Pregnant women and new WIC mothers who choose to breastfeed are provided breastfeeding educational materials and support through counseling and guidance. WIC mothers who breastfeed also receive:

- a higher level of priority for program certification;
- a greater quantity and variety of foods than mothers who do not breastfeed;
- longer certification period than non-breastfeeding mothers;
- one-to-one support through peer counselors and breastfeeding experts; and
- breast pumps and other aids to help support the initiation and continuation of breastfeeding.

If you have questions or need help with breastfeeding please don't hesitate to ask at your local WIC office!

Sources: www.fns.usda.gov
worldbreastfeedingweek.org