



# Stark Report

Onondaga County Health Department  
WIC Program

Oct-Dec 2013  
Newsletter

## Pregnancy Facts: Dental Health

Pregnancy is an important time to take good care of your teeth. By practicing good dental habits at home and visiting a dentist, you should have healthy teeth throughout the pregnancy experience.

### Q. What can I do to keep my teeth strong and healthy during my pregnancy?

- Brush your teeth with fluoride toothpaste and floss everyday. Brush after meals and floss daily to clean in between your teeth. Regular brushing and flossing can remove plaque and prevent tooth decay.
- If morning sickness makes you feel too sick to brush your teeth, rinse your mouth with water or mouthwash. If you vomit, rinse your mouth with water to wash away the acid.
- Visit your dentist for a regular dental checkup every six months, even during pregnancy.
- Eat healthy foods. They give you and your growing baby important nutrients.
- Limit sweets. Having too many sweet foods or drinks can lead to tooth decay. Instead of sweets, drink water and choose healthy foods such as fruits, vegetables and low-fat or non-fat dairy products.

### Q. Should I see a dentist during my pregnancy?

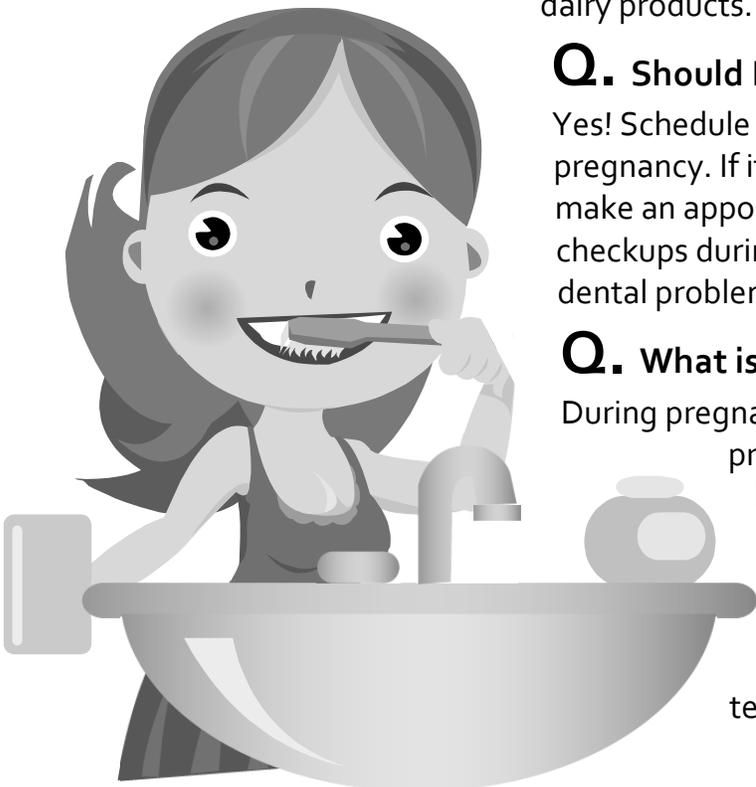
Yes! Schedule regular dental checkups before and during pregnancy. If it has been awhile since you have seen the dentist, make an appointment early in your pregnancy. Dental checkups during pregnancy are important to find and treat dental problems.

### Q. What is pregnancy gingivitis?

During pregnancy, many women experience a condition called pregnancy gingivitis. It is caused by an increase in hormone levels that increases plaque in the mouth. The extra plaque may cause swelling, bleeding, redness or tenderness in the gums. To control the amount of plaque in your mouth and to prevent gingivitis, brush and floss your teeth regularly.

### Inside this issue:

Wilma WIC	2
Whole Grains and WIC News	3
Breastfeeding During the Holidays	4
WIC Eligibility	5
Healthy Holiday Baking	6



***Pregnancy Facts: Dental Health, continued:***

**Q. What are the most important nutrients for healthy teeth?**

Following a diet rich in calcium and vitamin D will help keep your teeth strong and healthy and help you meet the nutritional needs of your growing baby. Good sources of calcium-rich foods are milk, yogurt, cheese and calcium-fortified foods.

**Q. At what age should I start taking my child to the dentist?**

It depends on your child's dentist. Some dentists will take children at age 1 and others wait until the child is 2 or 3 years old. Decide which dentist you would like to have for your child and then call and find out the age they will want your child to start dental care.

If you do not have a dentist, ask a WIC professional for more information about local dental offices. We can help you find a dentist that is right for you and your children.

## **Dear Wilma WIC,**

I just found out I am expecting my first baby and have so many questions! I would like to know more about staying healthy and eating the right foods but need some advice.

Signed,  
Mommy-to-be Marissa

Dear Mommy-to-be Marissa,

Congratulations! When you first find out that you are pregnant there are so many things to think about! Here are a few tidbits of advice for a healthy pregnancy:

- If you are smoking or drinking alcohol stop immediately. If you need assistance with this, your WIC nutritionist can make a referral for you.
- Check with your doctor before taking any drugs or medications.
- Drink at least six 8-ounce glasses of water daily. Try some lemon slices for a refreshing taste.
- Try to eat at least 2 servings of fruit and 2 servings of vegetables each day. Also, choose whole grains like whole wheat bread in place of white bread to increase the amount of fiber in your diet.
- Get enough sleep. Take rests when needed and listen to your body.
- Ask your doctor about exercising during pregnancy.
- Keep all of your doctor and WIC appointments as these are very important to you.

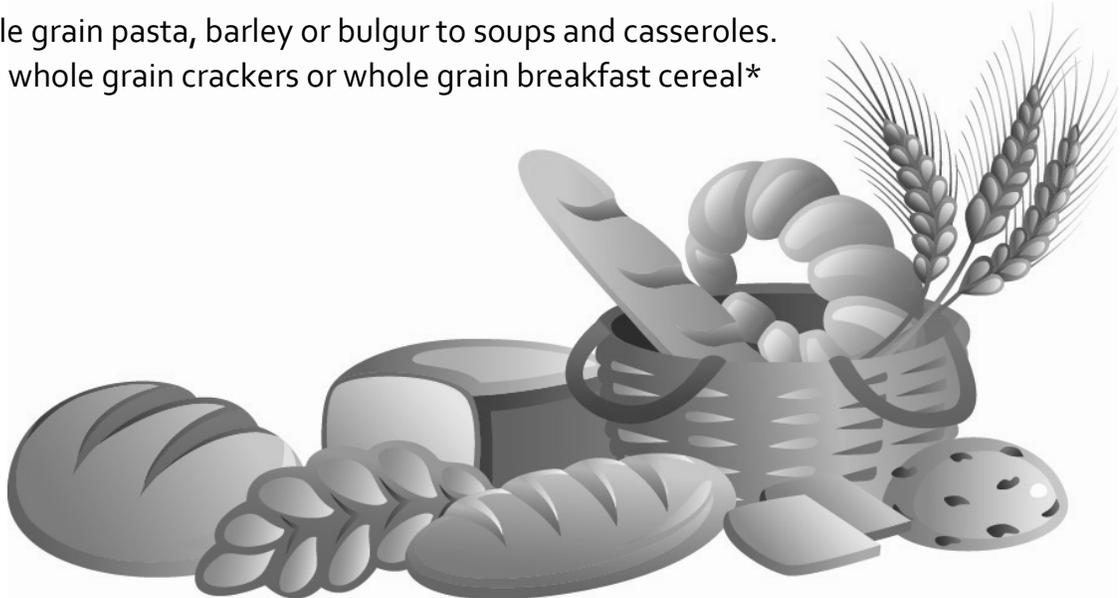
Signed,  
Wilma WIC

## Five Ways to Eat Whole Grains

Are ½ of the grain foods in your cupboard whole grain?

1. Make sandwiches with whole wheat bread\* or buns.
2. Use whole grain tortillas\* when you make tacos, enchiladas and quesadillas.
3. Serve brown rice\* instead of white rice.
4. Add whole grain pasta, barley or bulgur to soups and casseroles.
5. Snack on whole grain crackers or whole grain breakfast cereal\*

\*WIC Foods



## WIC News

- The WIC office will be closed on Monday, November 11<sup>th</sup> for Veteran's Day, Thursday, November 28<sup>th</sup> and Friday, November 29<sup>th</sup> for the Thanksgiving holiday and Wednesday, December 25<sup>th</sup> for Christmas.
- Please make sure that you use all of your six Farmer's Market checks by November 30<sup>th</sup>. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables. If you have a difficult time getting to the farmer's market, try to use all of your checks during one visit to the farmer's market or send a friend or relative to the market to cash the checks for your family.
- 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.
- 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.
- Please call the WIC office if you cannot make your WIC appointment so that this time can be offered to another WIC family.

## Tips for Breastfeeding During the Holidays

While cooler fall nights bring lots of joy and snuggling, the holidays may bring some special challenges for a breastfeeding mother. This may be especially true if this is your first holiday season with your new baby. Below are some tips that may help!

### **Tip #1: Don't forget to nurse the baby**

With all of the excitement and extra activity it may be easy to get distracted and miss an occasional nursing. Try not to let this happen. Your young baby will need to nurse often to help build your supply. And once your supply is established it remains important not to miss feedings because you do not want to risk development of other issues such as engorgement or a plugged duct. Amidst hustle and bustle, your baby will enjoy the quiet escape that nursing provides.

### **Tip #2: Eat well**

You need good food for energy. This does not mean you should stay away from holiday treats completely, but practice moderation when it comes to holiday goodies. Try to choose healthy meals and snacks as much as possible. Do not forget to drink plenty of water!

### **Tip #3: Rest**

Make sure you are getting enough sleep. You may be tempted to stay up late wrapping gifts but with a new baby this may not be the best choice. Try to nap when your baby naps. Ask someone to help entertain your baby for you while you bake or wrap.

### **Tip #4: Plan your trips**

Whether a short trip to the mall or a long trip to grandma's house, nursing babies usually travel very well. But try to plan in advance as much as possible. Plan short trips around baby's naptime and think about places you can nurse comfortably while you are out and about. For tips for nursing in public ask your Peer Counselor or WIC Nutritionist. For longer trips allow yourself plenty of time to get there and take plenty of nursing breaks.

### **Tip #5: Enjoy the season**

Enjoy this time with your baby and family, and enjoy yourself. Try not to stress out. If some things do not get done it is OK. No one expects you to have the perfect house and no one expects you to visit all day. Relax and enjoy the holiday!

If you have questions about breastfeeding you can talk to your WIC Nutritionist or ask for a Peer Counselor. You can also get information at [www.breastfeedingpartners.org](http://www.breastfeedingpartners.org).

***Babies were born to breastfeed. Always have been. Always will be.***

## WIC Eligibility

In order to receive WIC benefits you or your child must meet 4 criteria:

1. **Residency** – you must be a resident of New York State.
2. **Categorical** – you must be a pregnant, breast feeding or post partum woman, an infant under the age of 1 year, or a child age 1-5 years.
3. **Be at nutritional or medical risk** – your risk is determined at each certification appointment by the nutrition staff.
4. **Income eligible** – this is determined by assessing all household income. Household income includes all sources of income from “everyone who shares housing, income and the consumption of good and services.”

If you are certifying for WIC and you receive Medicaid, Food Stamps (SNAP), or TANF (Temporary Assistance for Needy Families), the same documentation can be used as income verification to determine WIC eligibility if you provide WIC with the necessary documentation. This is called Adjunctive Eligibility. However, the certification period for WIC is only as long as the certification of the adjunctive program.

It may be determined by the WIC staff that an Income Reassessment needs to be completed between WIC certification periods. It is extremely important that WIC participants be prepared at each WIC appointment. WIC participants need to bring current proof of household income for all household members to all WIC appointments. This is very important so that there is not any interruption of your WIC benefits. If you have any questions, please speak with a WIC staff member. Thank you!

*Happy,  
Healthy  
Holidays!*



# Here's What's Cooking

## Healthy Holiday Baking

Many families have traditional sweets that they love to bake and eat. Make healthy choices when baking for the holidays:

- Bake less. Make smaller batches of your favorite sweets. Avoid the temptation to double or triple recipes.
- Bake less variety. If you usually bake six different types of cookies and candy, choose your family's favorite three or four. We tend to eat more when there is a large variety because we "want to taste them all."
- Make smaller cookies. Cut candy into smaller pieces. Your sweets will go further and you will eat less.
- Freeze sweets before the holidays. They will go further and you will eat less.
- Choose recipes that have ingredients with nutrition:
  - Peanut butter
  - Dried Fruits
  - Breakfast Cereals
  - Oatmeal



**Onondaga County Health Department WIC Program**  
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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

**Onondaga County Health Department**

Joanne M. Mahoney, County Executive  
Cynthia B. Morrow, MD, MPH, Commissioner of Health



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