

Your family is healthier because you choose **WIC!**

A quarterly newsletter brought to you by your WIC Clinic

Fall- Oct. - Nov. - Dec. - 2019



WIC News



Breastfeeding



**WIC
Recommended**



Gretchen's Breastfeeding Blog

By Gretchen Dunham WIC Peer Counselor

Baby Steps

Breastfeeding is natural for both the mother and her newborn baby. However, breastfeeding is not always easy and free of struggles. There are times when help and support are needed to make breastfeeding as successful as possible. Just like every birth story is different, every breastfeeding story is also different, and sometimes unpredictable. Most of the time a newborn will latch on to their mothers' breast with a perfect, pain-free latch. Sometimes different things come into play that may interrupt a perfect latch, and that's when it is important for mom to focus on the immediate step (that first feeding) right in front of them, instead of the entire mountain of steps in front of them. One feeding at a time... one step at a time: Baby Steps.

It can seem overwhelming: giving birth, having very little sleep, and the worry that has been bestowed upon both parents. It is normal to want to give up on breastfeeding. Just remember what you wanted your story to be. You will be able to snuggle with your baby as he/she latches on to your breast and feels the warmth of your skin and your heart-beat. You will also be able to give your baby the best nutrition possible; what was made specifically for them.

It is important to take help and advice from Lactation Consultants, WIC Peer Breastfeeding Counselors, and other mom's that have had success with breastfeeding. Just remember that this is your story, not your mom's, your sister's, or your best friend's stories. If there is a person in your life that had struggles with breastfeeding, it does not mean that you will have struggles. There are so many moms that have had struggles and did not have the support that they needed to get through those struggles. Create your own breastfeeding story. If you are determined to have success, make sure to use all the community support available to you. Take a prenatal breastfeeding class well before your due date (WIC offers free breastfeeding classes). Read about breastfeeding. Call the WIC Peer Counselors and talk about your concerns. Ask them questions. Ask them for credible online breastfeeding education sites. The more you know before having your baby, the more confident you will be if there is a hurdle to get through. Remember, if you had breastfeeding struggles with one of your previous children, this does not mean you will have the same struggles with your next. Talk to you WIC Peer Counselor about your concerns and work through those worries together.

There are so many tools and tips that can help make breastfeeding successful. You just need to reach out. Please call us at WIC and we can help you make your breastfeeding story exactly what you want it to be.

Please call WIC Peer Breastfeeding Counselors for any support needed: 208-415-5130

WIC Recommended Recipe - Banana Pumpkin Muffins From a WIC Team Member

Ingredients:

2 ripe bananas
15 to 16 ounces fresh or canned pumpkin
1 tsp vanilla
1 tsp cinnamon
1/2 tsp cloves
1/2 tsp allspice
2 cups flour
1 tsp baking soda
1/2 cup brown sugar (optional)



Directions:

Mix all ingredients together in a bowl, line cupcake/muffin pan with cupcake liners or spray with a non-stick spray. Fill pan with batter 1/2 full - Bake for 20 to 25 minutes - Let cool then enjoy!

EVENTS

UPCOMING EVENTS:

- **1st and 3rd Saturday of every month and every Tuesday:** Walk With a Doc – Join the group and go for a **FREE** walk! Walkers meet at the Bear Statue at the start of Sand Creek Trail in Sandpoint at 8:00 am on Saturdays and at 5:30 pm on Tuesdays.
- **“Change for Change”** Healthy Recipe Contest, submission deadlines are 10/9/19 & 12/18/19 at www.bcch.us. Recipes must be original and tried by participant (pictures welcome). Please include a variety of fresh produce, whole grains, low-fat dairy or dried beans, peas or lentils. For complete rules, visit www.bcch.us
- **November 14th is Diabetes Day @** Kootenai Health Resource Center, Ponderosa Classroom – **FREE** event with information booths, food demos, health information, risk assessments & blood sugar checks. Sign up at DiabetesDay2019.eventbrite.com. You could win a Fitbit for attending!
- **Upcoming Breastfeeding classes:** Oct. 15th @ 10:30 am, Oct. 23rd @ 4:00 pm, Nov. 13th @ 1:30 pm, Dec. 10th @ 11:00 am. Please call 208-415-5130 to sign up, as these classes do fill up.
- **Cooking Matters - FREE Cooking Classes at Panhandle Health District in Hayden & Sandpoint - Learn to make a recipe & take home FREE Groceries to make the recipe for your family. Plus get a FREE grocery tote and a kitchen gadget at each class you attend. Call 208-415-5144 to sign up for 1 or all the classes. Space is limited. Hayden Classes are 10/16 @ 10am - No Mealtimes Madness, 10/23 @ 10am - Fruits & Veggies, 10/30 @ 10am - Hack Your Snack and 11/6 @ 10 am - Your Family, Your Choice. Sandpoint classes are 11/5 @ 11am - No Mealtimes Madness, 11/12 @ 11am - Fruits & Veggies and 11/19 @ 11am - Hack Your Snack**

WIC NEWS

eWIC is finally here!!! Yes, that's right. Starting October 10th participants will be transitioned to the new electronic WIC benefits, known as the eWIC card, at their scheduled appointment.

- No more paper checks! All food for your family will be one card.
- You get to decide which of your WIC foods to buy at each shopping trip!
- Shop as many times in a month as you want.
- Swipe your Idaho eWIC card at the register, just like a debit card.

WICShopper app is a great way to stay connected! Download it today. It's FREE and once you are transitioned to the eWIC card, you can check your balance right from the app! Did you also know that if an item doesn't scan in the store and it should be WIC approved, you can use the app to let WIC know so it can be added? In addition, there are fun tips and great recipes!

Are you pregnant and been diagnosed with Gestational Diabetes? With a referral from your health care provider, you can see our Certified Diabetes Educator/Registered Dietitian Nutritionist to help manage your blood sugars for a healthy pregnancy. Call Kim @ 208-415-5141 for more info.

Don't forget to like and share our Facebook page! This will be a great resource for families.
You can find us at - <https://www.facebook.com/NorthIdahoWIC/> or search **North Idaho WIC Program**



BUS STOP - Citilink Bus stop located in front of Panhandle Health District (PHD) in Hayden on Atlas Rd. For more information on the route and timetable, visit: <http://www.kcgov.us/departments/transit/transitpdfs/CRoute.pdf>

***WIC's Mission:** Improve the health of North Idaho women, infants, and children by providing the most advanced nutrition information, resources and breastfeeding support within a safe, compassionate and respectful environment that will lead to a lifetime of healthy choices.*

Contact your local WIC office today to set up an appointment.

Kootenai County
Hayden & Post Falls
(208) 415-5130

Benewah County
St. Maries
(208) 245-4556

Boundary County
Bonners Ferry
(208) 267-5558

Bonner County
Sandpoint
(208) 263-5159

Shoshone County
Kellogg
(208) 786-7474

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WIC is an equal opportunity provider.



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