

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

A quarterly newsletter brought to you by your WIC Clinic

Spring - April., May, June. - 2020



WIC News

Breastfeeding

WIC
Recommended



For information on the statistics or the Stay at Home Order call:

The Idaho COVID-19 Hotline
1-888-330-3010

www.coronavirus.idaho.gov

If you are having symptoms or have questions about being tested call:

Panhandle Health District
Call Center

1-877-415-5225

<http://panhandlehealthdistrict.org/covid-19/>

For further guidance and how to protect yourself and others:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

What you should do during the COVID-19 outbreak

The best way to prevent illness is to avoid being exposed to the virus.

- Stay home during the Stay at Home Order if possible.
- Wash your hands frequently.
- Practice social distancing. (minimum 6 feet between you and others)
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a cloth face cover when around others.

If you develop **emergency warning signs** for COVID-19 get medical attention immediately. **Emergency warning signs include***

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Gretchen's Breastfeeding Blog

By Gretchen Dunham WIC Peer Counselor

Relactation

Breastfeeding has numerous health benefits, both for baby and mother. There are many reasons a mom may stop breastfeeding earlier than they want to. In some cases, a mother may be separated from their baby, or be ill. Another reason is a mom may have had a hard time latching baby in the beginning and chooses to stop, then wants to try again. A mother who adopts a child may also choose to induce lactation, in order to breastfeed their adopted child. For situations where mothers may wish to relactate, or lactate for the first time, we can offer several tips.

Breast stimulation sends hormonal signals to your body to begin to make milk. The more milk that mom is able to express from the breast, the more the body will try to replace. Breast stimulation and the expression of milk are key factors in establishing and keeping a large milk supply. Keeping baby close to the breasts and practicing skin-to-skin is essential in promoting breastfeeding. If baby will latch onto the breasts with a pain-free latch and correct latch, this breast stimulation will help give signals to the mother's body to make milk. The longer baby latches, and the more consistently throughout the day (every 2-3 hours), the better. Baby should have a deep latch, taking in plenty of breast tissue/areola, in order to effectively stimulate milk supply. If baby has a shallow latch, only on the nipple, milk supply will not be stimulated in the same way.

When baby won't latch: Pumping and Hand Expressing

Use a pump, or hand express for 10-15 minutes on each breast, every 2-3 hours daily (at least 8 times daily).

Using a double-electric machine pump is a great way to do this.

Express during the night at least once. This is when levels of milk-making hormones are at the highest.

Even if you are not able to get much milk, or any at all, do not worry! The stimulation of the breast will tell your body to start producing milk for the future.

Each person is different. Some will start to see milk production in a few days, and others will pump for a few weeks before seeing milk.

Keep on a consistent schedule and do not give up.

When baby will latch:

Keep latching consistently throughout the day!

Power pump between feedings, pumping for 10 minutes, then a break for 5, then pump another 10 minutes. This will stimulate body to make more milk in the future.

Spend time with baby tummy-down on semi-reclined body to trigger instinctive feeding behavior. This may encourage them to suckle on the breast.

Get the support of a lactation consultant or a breastfeeding counselor in the use of a nursing supplemental system (SNS). This delivers milk through a very tiny plastic tube that enters your baby's mouth along with your nipple. This encourages baby to suck, thus stimulating the breast, and sending messages to make more milk. A lactation consultant or a breastfeeding counselor can also help introduce a nipple shield, which is a tool that can help with a baby who is used to the bottle and refuses the breast.

Continue to supplement with donor milk, or formula, until milk supply can support baby. Baby should be producing 6-8 wet diapers a day, and baby's doctor should be happy with baby's weight.

Remember that you want your baby to enjoy being at the breast! Never force baby to the breast. If baby seems frustrated, feed with a bottle, and try again, when they are not over-hungry. Be patient and relax.

For any guidance on relactation, please call the Breastfeeding Peer Counselors at WIC - 208-415-5130

WIC Recommended Recipe - Orange Cow Drink

From: fns.usda.gov/core-nutrition/especially-moms

Ingredients:

- 1 6oz can frozen orange juice
- 1 cup low-fat (1%) milk
- 1 cup cold water
- 1 teaspoon vanilla
- 1 cup ice



Instructions: Place all ingredients in a blender or food processor, blend until smooth and serve immediately.

UPCOMING EVENTS:



- **Walk With a Doc** – Join the group and go for a **FREE** walk! Walkers meet on Mondays and Thursdays at 12:15 at the back of the Clark Fork High School track. During COVID-19 please wear your masks and use proper social distancing.
- **“Change for Change”** Healthy Recipe Contest, next submission deadline is 5/6/20 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 -
- **Breastfeeding classes:** *If you are a WIC client and would like a private breastfeeding class or would like to talk with your peer counselor, please call 208-415-5130 to set up an appointment.* (all appointments currently are being done over the phone due to COVID-19)
- **Cooking Matters - Dates TBD due to COVID-19 - 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 get your name on the list for 1 or all the classes. Space is limited.**

WIC NEWS

Diabetes Prevention Program - For more information in Kootenai County, Shoshone County or Benewah County, call Tarah at 208-415-5175. For Boundary County and Bonner County call Nanci at 208-263-5159.

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!

PLAY PROGRAM - PLAY (Parents Leading Active Youth) is a childhood obesity prevention program which is 12-weeks and includes one nutrition class and one physical activity class per week. Classes are led by nutrition and physical activity experts. At least one parent or caregiver must participate with their child(ren), and children must be ages 6-11 please see the PLAY website at www.NorthIdahoPlay.org for more information. For more information, please contact Tarah, our PLAY coordinator and dietitian at 208-415-5175 or tboerner@phd1.idaho.gov. (currently on hold because of COVID19)

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**



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

Find us online!

<http://panhandlehealthdistrict.org/wic>



<https://www.facebook.com/NorthIdahoWIC/>



<http://www.pinterest.com/panhandleh/wic-recipes/>

WIC is an equal opportunity provider.



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Panhandle Health District