



Livingston County Department of Public Health **WIC NEWS**

Volume 3 Issue 5

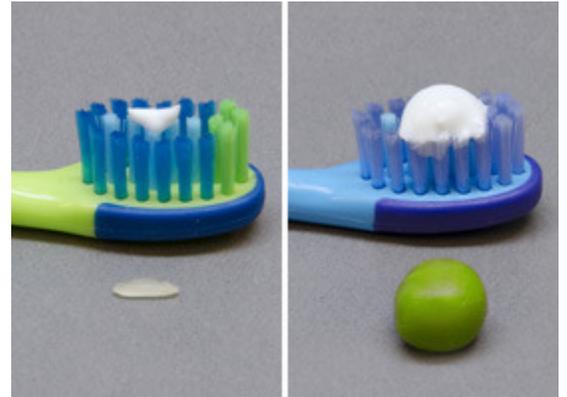
Fall 2016

ESTABLISH GOOD DENTAL HABITS EARLY

From birth to the first tooth coming in, clean your baby's mouth by wiping the gums with a clean, damp washcloth twice a day.

As soon as teeth appear, decay can happen. When your baby gets their first tooth, it is time to start brushing. For children under 3, brush a child's teeth with a fluoride toothpaste no more than a smear (or the size of a grain of rice). Brush teeth two times a day, watch and help your child brush to make sure it is done right. After teeth appear, it is also time to visit the dentist. Schedule an appointment as soon as the first tooth appears, but no later than the child's first birthday.

For children 3 to 6 years old, use a pea-sized amount of fluoride toothpaste. Brush teeth twice per day, and be sure to help so it is done right and to remind them not to swallow the toothpaste. When your child has two teeth that touch, you should also floss their teeth daily. Be sure to visit the dentist twice a year to ensure your child's teeth and mouth are healthy.



Under 3 years

3-6 years



CHANGE ONE THING...

Adults can

Drink one glass of water instead of a 12 oz can of pop and see the difference!

- Pop corrodes teeth enamel and has been compared to battery acid.
- Cutting out just ONE 140 calorie pop can per day every day for a year is equivalent to skipping enough calories to **lose 14.5 pounds in a year!** And diet pop drinkers... diet pop is still linked to weight gain and obesity, so you're not off the hook.
- Swapping pop for water is cost effective (tap water is free!) – save the \$1.25 you would spend on a pop, and you'll have an extra \$450 at the end of the year.



HELP FIGHT FLU!

What is the flu? Flu is short for influenza - a very spreadable viral infection of the respiratory system causing high fever and severe aching, difficulties can cause you to be hospitalized, and have even caused death. The flu is NOT diarrhea or vomiting.

Vaccination is the first and best way to protect yourself and your family from influenza. The flu vaccine can reduce flu illnesses, doctor's visits, and missed work & school due to illness - as well as prevent hospitalizations from problems that come from the flu.

Everyone 6 months & older should be vaccinated by the end of October (but getting the vaccine later is ok).

Flu vaccine for the 2016-2017 season will be available in the Fall during regularly scheduled Wednesday immunization clinics. Walk-in hours are 8:30 a.m. - 4:30 p.m with extended hours until 7 p.m. on the 2nd and 4th Wednesdays.

For more information call 517-546-9850.

Remember!

Every three months, your WIC card needs to be reloaded with benefits. Sometimes, you will have an appointment and your benefits will be reloaded then. Other times, you will not have an appointment and you will need to complete nutrition education. You can complete nutrition education online at www.wichealth.org or in person at the WIC office Nutrition Education Room on Wednesday's.

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