

Livingston County Department of Public Health

# WIC NEWS

## Women, Infants, and Children Supplemental Food Program

### Amber Teething Necklaces: Caution for Parents

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When parents see their baby suffering, they just want a solution. Amber teething necklaces and bracelets have become an increasingly popular alternative treatment to ease teething pain, but are they effective and safe? The answer is no.

The use of these necklaces is not supported by modern science and the risk of using them is two-fold: strangulation and choking. This can occur when the necklaces are worn around a child's

neck, especially when unsupervised (such as while sleeping), or if the



child were to break the necklace and swallow the beads. The American Academy of Pediatrics does not recommend that infants wear any jewelry, as suffocation

is the leading cause of death for children under a year old and among the top five causes of death for children between the ages of one and four years.

Parents who choose to use these necklaces are advised to always supervise your child when they are wearing the device, remove it when your child is unattended, and consider using alternate forms of teething pain relief.

### Safer Ways to Soothe Teething

Safer ways to soothe a teething baby include:

- Teething toys—plastic and rubber toys are great.
- Cold things—damp washcloths that have been twisted and frozen work

well, a frozen banana or berries if you've introduced solids, chilled teething rings (not liquid-filled), or a frozen bagel.

- Massage—wash your hands then rub the sore

spots in his/her mouth.

- Cool water—Offer a slow-flow sippy cup of cool water if your baby is older than 6-9 months.

Remember to clean all items between uses!

## Brush Up on Oral Health: Baby Teeth Matter!

Many parents believe that baby teeth are less important than permanent teeth because baby teeth will “fall out anyway.” However, baby teeth are key to a child’s growth and development! Baby teeth help a child:

- Maintain good nutrition with proper chewing.
- With “th” and “la”

sounds for speech development.

- Hold space for permanent teeth as they develop underneath the baby teeth.
- Promote self-esteem and confidence by preventing the child from being embarrassed by their decayed, discolored, or chipped teeth.

Brushing baby teeth with fluoride toothpaste every day promotes good oral health. Use a rice-sized amount of toothpaste twice a day as soon as the first tooth appears in the mouth. Be sure your child has a dental visit by age one to promote good oral health. Remember, tooth decay in baby teeth matters, so prevention is key!

## Pasta Salad with Veggies

### Ingredients

- 2 cups cooked pasta
- 2 cups chopped, cooked vegetables (broccoli, carrots, etc.)
- 1 cup garbanzo beans, cooked and drained
- 1/2 cup cubed or shredded cheddar cheese
- 1 tomato, diced

- 1 clove garlic, minced, or 1/8 tsp. garlic powder
- 1/2 cup low-fat Italian salad dressing



### Directions

In a large bowl, mix all of the ingredients together, except for the cheese.

Cool in the refrigerator until ready to serve.

When you are ready to eat, top the pasta salad with the cheddar cheese and enjoy!

Makes 4 servings, (1-1/2 cups each).

## Immunization Waiver Education Requirement

Are you choosing not to immunize? There are new rules you need to know. We strongly encourage you to fully immunize your child, but ultimately the decision is yours. Effective January 1, 2015, changes to the school rules now require parents/guardians to

education from the local health department prior to obtaining a certified waiver. During your appointment, a nurse or health educator will provide immunization education and answer your questions. Waivers will not

be accepted by the child care center, preschool, or school unless signed and stamped by a local health department. To make an appointment for waiver education, call (517) 546-9850. **Appointments are limited! Call today!**