



Livingston County Health Department **WIC NEWS**



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Winter 2017

COATS & CAR SEATS DO NOT MIX!

As it gets cold outside, we want to keep our children warm. But in a car seat, a coat is not safe! Wearing a coat in a car seat could make the straps much looser than they need to be to keep a child safe in a crash.

Try it out

Put your child in their car seat with a coat on, and tighten the straps until they are snug. Then, without adjusting the straps, take your child out. Take off their coat, and buckle them back into the car seat. If you can pinch the strap between your fingers, it is too loose.



Instead of a bulky coat, dress your child in a light fleece jacket and cover them up with a blanket to keep warm in the car. Put their bulky coat on when you arrive.

❄️ ❄️ Women can **CHANGE ONE THING...** ❄️ ❄️

Women who are child-bearing age should take folic acid.

Folic acid prevents severe birth defects of the brain and spine. If you take folic acid even when you are not pregnant, your baby will be protected as soon as you become pregnant.

Women who are not pregnant should take 400 mcg of folic acid every day, the amount in a regular multi-vitamin.

Women who are pregnant need a little extra, and should take 600 mcg every day, the amount in a **prenatal vitamin.**

VITAMIN D IN THE WINTER

Why do we need it?

Vitamin D helps absorb calcium & helps bones grow. It also might help fight disease & those winter blues (depression).

How do we get it?

- The sun
- A vitamin D supplement
- A multi-vitamin with it
- Eat foods that have vitamin D

WIC foods have vitamin D:

Added

- milk
- cereal
- yogurt
- orange juice

Naturally

- eggs
- salmon
- tuna

Don't forget your FLU SHOT!
or the 2nd dose for babies 6 months - 1 year

Immunization Clinic Hours

Wednesdays from 8:30 a.m. - 4:30 p.m. (with late hours until 7 p.m. on the 2nd and 4th Wednesday of the month). No appointment necessary!

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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