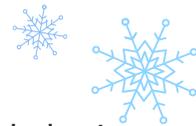


Is your baby sleeping safely?

Do you know how to keep your baby safe while they sleep? Test your safe sleep knowledge below!



True or False?



- 1 The safest place for baby to sleep is alone, on their back, in a crib.**
True. Babies should always be put to sleep on their backs on a firm mattress. The sleep area, including underneath the mattress, should be free of blankets, pillows, and toys.
- 2 It is NEVER safe to sleep in the same bed with your baby, even if you use pillows to separate you and your baby.**
True. Newborns are unable to lift or turn their heads. Their airway can easily be blocked by a blanket, bumper, pillow, or toy.
- 3 Secondhand smoke leads to unsafe sleep conditions and can increase a baby's risk of death.**
True. Each year babies in our community die from unsafe sleep events. Secondhand smoke exposure affects an infant's ability to wake from sleep.
- 4 Car seats, carriers, and other sitting devices are NOT recommended for routine sleep.**
True. Babies' heads can fall forward and their airways can become blocked while in seats and carriers.
- 5 Babies should NEVER be covered with a blanket, even on cold nights.**
True. Blankets increase a baby's risk of dying due to overheating or suffocation. Instead, you can use a sleep sack to keep baby warm.

JUST ASK WIC Are you getting enough Vitamin D?

Vitamin D helps absorb calcium & helps bones grow. It also might help fight disease & those winter blues (depression). People can get vitamin D from the sun, a vitamin D supplement, or certain vitamin D containing foods.

Buy these foods that contain vitamin D with your WIC benefits:

- ✓ Eggs
- ✓ Yogurt
- ✓ Cereal
- ✓ Salmon*
- ✓ Milk
- ✓ Soy Milk
- ✓ Orange Juice
- ✓ Tuna*

* Available for breastfeeding moms only.

Upcoming Events

COMMUNITY CONNECT

Saturday, February 2

9:00 am - 2:00 pm

Parker Middle School
400 Wright Rd, Howell

WE HOPE TO SEE YOU AT
THIS FREE EVENT!

Change One Thing

BE A HEALTHIER MOM!

Life with kids can be hectic, but moms still need to find time to take care of themselves. This month, make a small change that can have a big impact on your health.

DO SOMETHING ACTIVE EVERY DAY

Women should get 150 minutes of moderate physical activity each week (that is any kind of activity that gets your heart pumping). If that number sounds too high, don't be discouraged. Exercising for even 5 minutes a day has real health benefits! Best of all, you will be setting a good example for your kids. Get started with these ideas:

- Jog in place for 5-10 minutes
- Jump rope with your kids
- Have a family dance party
- Do 10 minutes of jumping jacks

** Always consult your doctor before beginning a new exercise routine.*

VACCINES FOR CHILDREN, TEENS, AND ADULTS

Health Department Immunization Clinic Hours

Wednesdays: 8:30 am - 4:30 pm

(8:30 am - 7 pm the 2nd & 4th Wednesday of each month)

Radon

January is National Radon Action Month. Radon is a radioactive gas. Radon enters buildings through cracks in the foundation floor or walls. Radon can become trapped in buildings and lead to elevated and harmful radon levels. Exposure to long-term, elevated radon levels can increase your risk of lung cancer. Radon is the second leading cause of lung cancer in the United States.

40%
of Livingston
County homes
have elevated
radon levels.



Radon is tasteless, odorless, and colorless. Testing for radon is the only way to know if you and your family are at risk for radon. A radon problem can be fixed.

Testing for radon is simple! The Livingston County Health Department has radon test kits available year round and offers FREE test kits during the month of January. For more information, please call 517-546-9858.

WIC Breastfeeding Peer Counselor



Jennifer Kaiser

Email: jkaiser@livgov.com

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support

Help and
support when
you need it!