

LIVINGSTON COUNTY DEPARTMENT OF PUBLIC HEALTH

WIC NEWS

Women, Infants, and Children Supplemental Food Program

WINTER INDOOR ACTIVITIES

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Winter weather can often make outdoor activity difficult. Here are a few ideas for indoor fun!

Catch with a Catch

Have each player toss a beach ball or balloon into the air and try to touch his nose or high-five the other players before the balls drop. Make the challenges harder as you go along.

Freeze Frame

Gather a few stuffed animals, crank up some tunes, and boogie until one

observer (Mom or Dad) pauses the music. Dancers must freeze, and if anyone budges before you start the music again, he must pick a stuffed "dance partner." Keep dancing (and pausing) until all the animals are in play. Then, when someone moves, he must take an animal from an opponent. Dance until one person has all the animals or you're wiped out!

Scavenger Hunt

Pick several toys or other objects and hide

them around the home. Create a list with drawings or pictures of the objects and help the child cross them off. Don't hide things in difficult spots and exercise caution when hiding beloved objects like security blankets or pacifiers. Some toddlers love this and think it's very fun to find them, while others melt down at the mere thought.



HEAD START WORKS!

Enroll in February for the 2015-2016 school year.

Livingston Educational Service Agency Early Childhood Programs are enrolling for the 2015-2016 school year. Head Start and Great Start



Readiness offer no-cost pre-school for children who are between the ages of three and five.

Families meeting eligibility guidelines have access to educational, medical, and other community resources.

Children of all abilities are encouraged to apply. Enrollment appointments will begin in February 2015.

For information, an application, and/or to schedule an appointment, call (517) 548-2100.

GET TO KNOW YOUR WIC STAFF!

Meet Nicole!

Nicole is the WIC Coordinator. She serves as the agency representative who administers, plans, trains, implements, executes, and evaluates WIC policies throughout the local agency and acts as the primary contact for all WIC communications with the Michigan Department of

Community Health WIC Division.

Nicole has been with the Livingston County Department of Public Health for 1 1/2 years. Prior to joining LCDPH, Nicole worked in the immunization department at Ingham County, in a pediatrician's office, and at a hospital. Nicole received her associate's degree in nursing from Indiana



University-Kokomo in 2004 and her bachelor's degree in nursing from the University of Michigan-Flint in 2012.

Her favorite part of her job is working to improve an already outstanding program. She enjoys being a public health nurse because even the small things she can do have a large impact on her clients.

WARM WINTER CHILI RECIPE

Ingredients

3 cups beans, cooked
1.5 pounds lean hamburger
3 8-oz. cans tomato sauce
1 onion, chopped
3-4 tbsp. chili seasoning mix

Directions

1. Sauté hamburger and chopped onion, drain.
2. Add to beans with chili mix and tomato sauce.
3. Salt & pepper to taste.
4. Simmer 1 hour or until heated and flavors blend.

Serves 10.

(Adapted from WIC bean recipe booklet.)



KINDERGARTEN ENTRY REQUIREMENTS

Kindergarten entry requirements include the child's up-to-date immunization records and proof of a vision screening.



The Livingston County Department of Public Health walk-in immunization clinics are every Wednesday from 8:30 a.m. to 4:30 p.m. with extended hours until 7:00 p.m. on the 2nd and 4th Wednesdays of the

month.

Free vision screenings can also be scheduled. Call (517) 546-9850 for more information.

