

Livingston County Department of Public Health

WIC NEWS

Women, Infants, and Children Supplemental Food Program

The Dangers of Winter Coats & Car Seats

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We all want to keep our children warm while traveling in the car, but there are ways to safely transport children in the cold weather while still keeping them warm.

As a general rule, winter coats should not be worn underneath the harness of a car seat. A bulky coat under a child seat harness can result in the harness being too loose to be effective in a crash. Here is a simple way to check if your child's coat is too big and bulky to wear under their harness: Put the coat on your child, sit them in the child seat and fasten the harness. Tighten the harness until you can no longer pinch any of the harness webbing with your thumb and forefinger.

Without loosening the harness, remove your child from the child seat. Take the coat off, and put

your child back in the child seat and buckle the harness straps, which are still adjusted as they were when he was wearing the coat.

If you can now pinch the webbing between your thumb and forefinger, then the coat is too bulky to be worn under the harness.

If you find that the coat can not be safely worn under the harness, here are a couple things you can do to keep your child safe and warm in his/her child seat:

After securing your child in his/her child seat, turn the coat around and put it on backward with their arms through the arm holes and the back of the coat acting like a blanket, or lay a blanket over your child to keep him/her warm.

One of the most common misuse conditions seen in child seats is that the harness is too loose and wearing a big winter coat under the harness is just one of the potential causes.

It is very important that the harness is tight enough that you can't pinch the webbing between your thumb and forefinger. Extra slack in the harness can be very dangerous; it can lead to too much excursion or even ejection during a crash.

These tips should help keep your precious little ones safe and warm this winter.

For car seat check locations and dates in Livingston County, call Safe Kids Huron Valley at (734) 763-2251.

Breastfeeding in Michigan: Whenever, Wherever!

In Michigan, you can breastfeed your child wherever you are. No one can require you to cover up, leave, or use another room, such as the bathroom, to feed your child.

Michigan law says that “public nudity laws do not apply to a woman breastfeeding a child.”

Have you had a bad

experience and want support? Call the Nursing in Public Incident Reporting Hotline at 1-855-NIP-FREE. A volunteer from Bestforbabes.com will listen to your story and help you respond.

Additionally, Section 7 of the Affordable Care Act was amended to require employers to provide “reasonable break time for an employee to

express breast milk for her nursing child for one year after the child’s birth each time such employee has need to express the milk.” Employers are also required to provide a place to be used by an employee to express milk. Ask the WIC office for our Breastfeeding Rights wallet card if you have more questions about your rights.

Apple-Sage Wild Rice Stuffing

Ingredients

4 ounces chopped pecans
1 tbsp. and 1 tsp. canola oil, divided
1½ cups diced celery
1½ cups diced onions
1 medium red apple, such as Jonathan or Gala, halved, cored, and diced (about 1½ cups total)
2 cups hot cooked brown rice
1 cup hot cooked wild rice
½ cup dried cranberries
1 medium jalapeno pepper,

seeded (if desired) and finely chopped OR ¼ tsp. dried pepper flakes
1½ tbsp. chopped fresh sage or 1½ tsp. dried rubbed sage
¾ teaspoon salt

Directions

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 teaspoon of the oil

over medium heat. Cook the celery and onions 8 minutes or until beginning to lightly brown on edges, stirring occasionally.

3. Add the apples and cook for 4 minutes or until tender crisp.

4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

5. Serve right away.

It’s Flu Season: Is Your Family Protected?

Influenza, or ‘flu,’ is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Everyone six months of age and older should get a flu vaccine every year. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, including children younger than five

years and pregnant women.

The Livingston County Department of Public Health immunization clinic is a walk-in clinic open on Wednesdays from 8:30 a.m. until 4:30 p.m. The cost for the flu shot is \$38; nasal or FluMist is \$41.