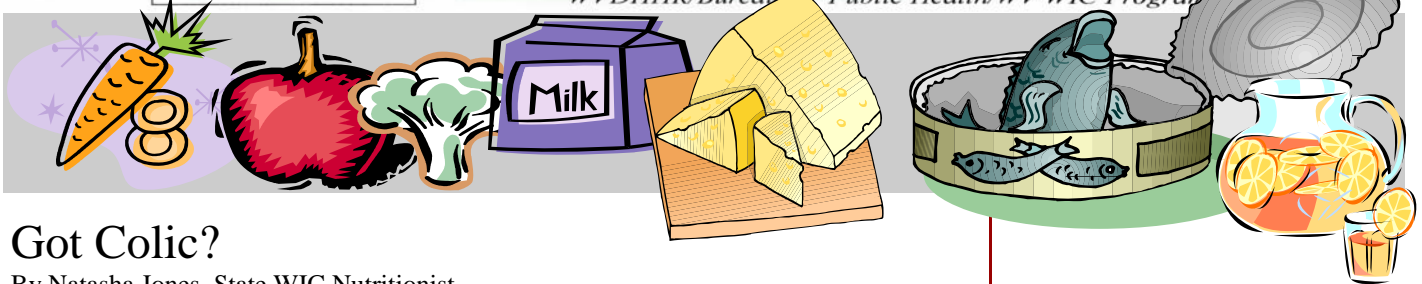




The WV WIC Program Promotes Breastfeeding

# WIC NOTES

WVDHHR/Bureau of Public Health/WV WIC Program



## Got Colic?

By Natasha Jones, State WIC Nutritionist

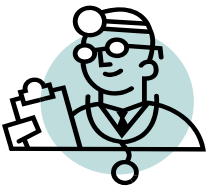


All babies cry- it's one of the main ways they communicate. But some babies cry more than others do. If your baby cries about the same time each day and nothing you do seems to comfort him or her, your baby may have colic. Babies with colic might have a red face and clenched fists. They might pull their legs up against their stomachs. It might look like they are in pain.

Colic episodes may last anywhere from a few minutes to three hours or more on any given day. Babies with colic are likely to cry as long as two to three hours several days a week. The crying usually begins suddenly and for no clear reason. Even though colic is common, doctors are not sure what causes it.

Any baby can get colic. If your baby has colic, that doesn't mean that there is anything wrong with your baby. Fussing and crying are normal parts of development during the first three months of life.

You can try to soothe your baby when he or she cries. Holding or rocking the baby and offering a pacifier might help. It is usually best to keep feeding your baby the same way you always have. If you are breastfeeding, keep doing it. Changing formulas usually does not help with colic. Do not feed your baby too fast. Always burp your baby after each feeding.



Parents who think their infant cries excessively may seek a doctor's help.

Colic can be hard for parents to handle. It is upsetting when your baby won't stop crying. Anytime you feel tired and upset, get someone else to watch your baby while you get some rest. If you can't find anyone to help you, try going into another room for awhile. As long as your baby is in a safe place, it is okay to let the baby cry for a while. Remember that colic will go away when your baby gets a little older.

## Introducing News about the Food Share Program

SHARE is a non-profit program established to help stretch your food dollars and promote community service. SHARE is open to all who wish to participate. Most counties have at least one location in which SHARE operates.

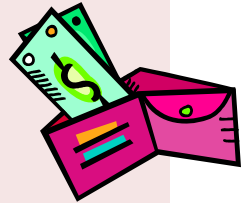
There are no dues, no forms and no income guidelines.

Each month you have the opportunity to purchase high quality, nutritious food packages at about half the retail cost.

Participants pay \$17 as cash, check, food stamps or EBT, and pledge to do two hours of volunteer work of their choice. In return, they receive a package of groceries worth about \$30 and recipes that use the foods received.

The food packages consist of a variety of meats, fresh fruits and vegetables, and usually a dessert item.

For participating locations, contact your local WIC office.



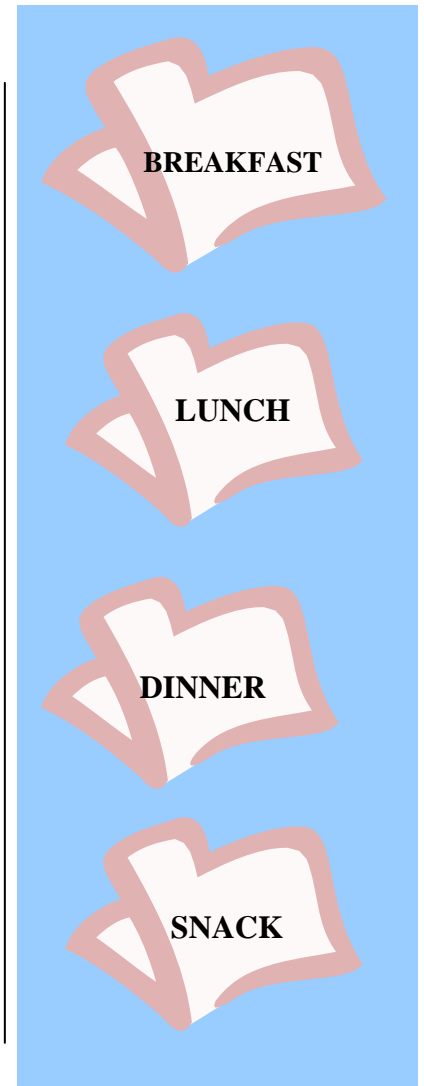
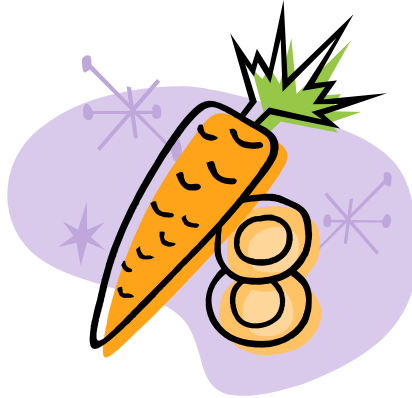
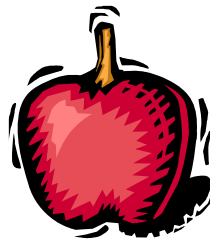
## Meal Planning with Pictures

If you have some old magazines with lots of food pictures in them, your child might enjoy making a meal-planning book. You will also need scissors, paste, and heavy paper. Depending upon the child's age, your child may not be able to use the scissors or paste alone. Colored construction paper is good for this activity.

Have your child cut out several pictures of all kinds of food. Sort the food pictures into categories of "breakfast," "lunch," "dinner," and "snack." Put those words on separate sheets of paper and let him paste the pictures on the appropriate page. You can help him clip or tie the pages together to make a book, or put the pictures into folders.



(If your child thinks broccoli is for breakfast, don't make your child feel he's made a mistake. Maybe it would be good for breakfast. You could have some interesting talks about why we eat what we do when we do).



Adapted from The Family Connections Parent Notebook, AEL



April, May, June 2005  
WIC Notes Edition

Bureau for Public Health,  
Office of Nutrition Services,  
350 Capitol Street, Room  
519, Charleston, WV 25301

This institution is an equal  
opportunity provider and  
employer.

### Chicken Salad Sandwiches

2 cups leftover lean chicken  
1/4 small or medium onion  
2 large stalks of celery, with a few leaves  
1/4 medium red bell pepper  
1 small carrot, finely shredded  
1 clove finely minced garlic (optional)  
3 tablespoons sweet pickle relish  
3/4 cups reduced-fat mayonnaise  
lettuce  
tomato  
bread

Finely chop onion, celery, red pepper and carrot. Add chicken and mix again. Scrape into a bowl. Add mayonnaise, garlic and pickle relish. Stir to combine.

Spread a slice of bread with a thin coat of mayonnaise on one side. Spread another slice thickly with chicken salad. Top with lettuce, thinly sliced tomato and the mayonnaised bread. Enjoy!

**Don't** pack in lunches or take to a picnic unless it can be kept well chilled! This filling would spoil rapidly if kept in a warm place.

