

## Folic Acid

If you or anyone you know is thinking about getting pregnant, we have good news for you!



You can lower your chance of having a baby with birth defects of the brain or spine by having enough folic acid in your body. **The folic acid needs to be in your body before you get pregnant and in the first month of your pregnancy.**

It's easy and inexpensive. Just take a folic acid supplement of 400 µg every day. It costs about one penny a day.

You can also find folic acid in foods. WIC cereals, liver, dried beans and peas, dark green leafy vegetables, orange juice, and fortified grain products all have folic acid.



## Be Wise Immunize

Show your love to your child by making sure he or she gets all the needed shots. Immunization prevents dangerous diseases like polio, measles, meningitis, mumps, and hepatitis B.

Immunizations for children are given free at the Palm Beach County Health Department. Ask the staff how you can get these immunizations for your child.



Which immunizations do children need?

<u>Age</u>	<u>Immunizations</u>
2 months	DTaP, Polio, Hepatitis B, Hib, Pneumococcal conjugate
4 months	DTaP, Polio, Hepatitis B, Hib, Pneumococcal conjugate
6 months	DTaP, Hepatitis B, Hib, Pneumococcal conjugate
12-18 months	MMR, Varicella, DtaP, Hib booster, Pneumococcal conjugate, Polio
4-6 years	DTaP, Polio, MMR booster, Hepatitis B
11-12 years	Td, Hepatitis B, MMR boosters may be required

## Breastfeeding is Best Feeding

Why do we recommend breastfeeding?

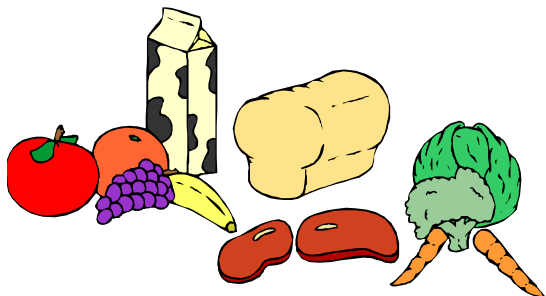
mother's milk gives babies immunity from diseases  
it's free  
it's always at the right temperature  
it's always ready without preparation  
babies have less ear infections  
mothers and babies bond better  
breastfed babies have less diarrhea and allergies



Research shows that formula feeding increases your baby's risk of developing illnesses and diseases such as diabetes, obesity, asthma, childhood leukemia, and breast cancer (in girls). **NOT** breastfeeding increases your own risk of developing breast cancer.

## Choose a Healthy Diet Every Day

It's important to eat a wide variety of foods after giving birth. It takes a woman's body several months to recover after being pregnant. No one food gives you all the nutrients you need to stay healthy.



Here are the foods you may get on your WIC checks and the nutrients they provide:

<b>WIC Food</b>	<b>Nutrients</b>
Milk, cheese	Calcium, protein, B vitamins
Beans	Iron, protein
Peanut butter, eggs, tuna	Protein
Juice	Vitamin C
Cereal	Iron, folic acid
Carrots	Vitamin A

If you want to know more about nutrition or new ways to use your WIC foods, ask your nutritionist.

## Drugs Can Hurt your Baby

If you use drugs, smoke, or drink alcohol while you're pregnant, your baby may:

- be born too early
- be born too small
- be born too sick to live
- be slow or mentally retarded
- have heart or breathing problems



After birth, your baby needs your love and attention. A mother who uses drugs or abuses alcohol may not care for her baby properly. And smoke in the home makes it hard for babies to breathe.

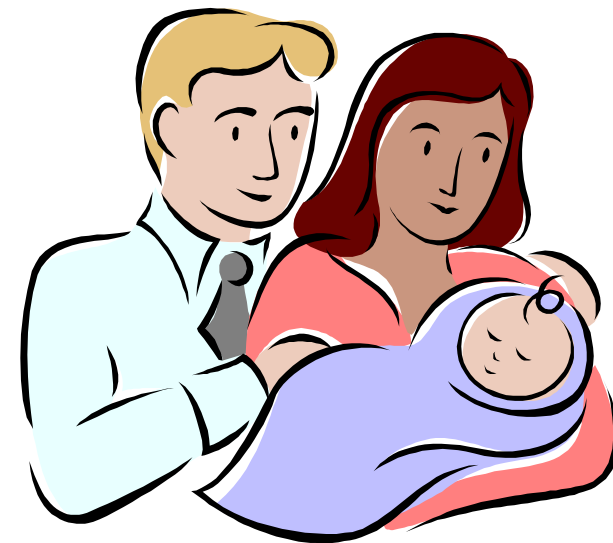
If you need help to quit using drugs or drinking, please ask. We will refer you to someone who can help. If you want to stop smoking, Smoke Free Families Project can help for free. Call 659-7644 and ask for Judy. Or you can call 1-877-U CAN NOW or 1-866-66-START to help quit smoking.



**Babies should not be given any alcohol.** Even a few sips of beer are harmful to their small bodies.

WIC is an equal opportunity provider.  
DH Palm Beach Co. Department Nutrition Services Division 2/02

# WIC Builds Healthy Families



**Things to remember as you graduate from WIC**