



WIC August 2011

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“ A Program of the Noble County Health Department-An Equal Opportunity Employer/Provider”

Ways to get ready for National Literacy Month in September

Tips for parents to encourage reading:

- Be a role model-read often with your children and on your own.
- Use the library for a variety of books to choose from or purchase new or used books for your children to enjoy.
- Tell your children reading has a purpose and we read to learn about things we don't understand or about things we enjoy.
- Read aloud, family reading nights are great!

Activities for birth to preschool

Babies love to listen to the human voice. What better way than through reading.

What to do:

- Start by singing lullabies and folk songs to your baby. When your baby is about six months old, choose books with brightly colored, simple pictures and lots of rhythm in the text. Hold your baby in your lap so he/she can see the colorful pages of the book. Include books that show pictures and names of familiar objects.
- As you read with your baby, point out objects in the pictures and make sure your baby sees all the things that are fun to do with books.
- Vary the tone of your voice with different characters in the stories, sing nursery rhymes, make funny faces, do whatever special effects you can to stimulate your baby's interest.
- Allow your child to touch and hold cloth and sturdy cardboard books.
- When reading to a baby, keep the sessions brief but read daily and often.

As you read to your baby, your child is forming an association between books and what is most loved-your voice, closeness, and attention. Allowing babies to handle books deepens their attachment even more.

Tot talk

What to do:

- As you get dinner ready, talk to your child about things that are happening. When your 2-3 year old "helps" by taking out pots and pans, talk about them. "Which one is biggest?" "Can you find a lid for that one?" "What color is this one?"
- Ask more than "yes" or "no" questions, Try "what if" questions. "What would happen if we didn't mow the yard?"
- Answer your child's endless "why" questions patiently. When you say, "I don't know, let's look it up." you show how important books are as a resource for answering questions.
- After your child tells you a story, ask questions so you can understand better. That way children learn how to tell complete stories and know you are interested in what they have to say.
- Expose your child to varied experiences-trips to the library, museum, or zoo; or visit with friends and relatives. Surround these events with lots of comments, questions, and answers.

Talking enables children to expand their vocabulary and understanding of the world. The ability to carry on a conversation is important for reading development. Remember, it's better to talk too much rather than too little with a small child.

Repetition and rhyme

What to do:

Repetition makes books predictable, and young readers love knowing what comes next.

- Pick a story with repeated phrases or a poem you and your child like.
- Read slowly, and with a smile or a nod, let your child know you appreciate his or her participation.
- As the child grows more familiar with the story, pause and give him or her a chance to fill in the blanks and phrases.
- Encourage your child to pretend to read, especially books that contain repetition and rhyme. Most children who enjoy reading will eventually memorize all or parts of a book and imitate your reading. This is a normal part of reading development.



When children anticipate what's coming next in a story or poem, they have a sense of mastery over books. When children feel power, they have the courage to try. Pretending to read is an important step in the process of learning to read.



Story talk

What to do:

Talking about what you read is another way to help children develop language and thinking skills.

- Read slowly and pause occasionally to think aloud about a story. You can say; "I wonder what will happen next?"
- Answer your child's questions don't worry about stopping the flow of the story to make something clear.



"What children want is for you to talk with them and to listen to them. They want your undivided attention. They want you to recognize that their story-the one they bring to your story-is important, too."
-Mister Rogers

National literacy month ideas

- Pledge to read a book to your child once a day through out the month of September
- Trade a child's book for a different one with a friend or family member
- Color a picture about the book you just read with your child
- Help your child decorate bookmarks for their book
- Listen to a story on-line at www.storylineonline.net
- Make a sight word bag book and homemade flashcards
- Cut up colorful cereal boxes to make simple puzzles
- Read a book. Give a book at www.wegivebooks.org



Ohio WIC Program Income Guidelines

Gross income (before taxes) cannot exceed the following amounts:

Note: A pregnant woman counts as more than one family member. A person who currently receives Medicaid, Food Stamps, or Ohio Works First (OWF) automatically meets the income guideline criteria for WIC.

Family Size	Annual	Monthly	Weekly
1	\$20,147	\$1,679	\$388
2	\$27,214	\$2,268	\$524
3	\$34,281	\$2857	\$660
4	\$41,348	\$3,446	\$796
5	\$48,415	\$4,035	\$932
6	\$55,482	\$4,624	\$1,067
7	\$62,549	\$5,213	\$1,203
8	\$69,616	\$5,802	\$1,339

A finger food your baby will eat

Babies and toddlers love beans. Beans are a good source of protein and can be pureed or mashed for infants older than 6 months of age. Try the following recipe:

Lentils for Little Ones

- 3 cups of water
- 1/2 cup lentils, washed and sorted
- 1 cup chopped ham, beef or other meat
- 3 small carrots, peeled and chopped
- 1 small onion, peeled and chopped



Put all ingredients into a soup pot, bring to boil, turn down heat, cover and simmer for 1 1/2 hours. Put through strainer, reserving liquid. Put lentil mixture into a blender and puree, adding as much soup liquid as you like until you get the consistency you want.

When baby starts to pick up finger foods-beans are a fun addition!

Try this idea:

Cold bean cup

Fill a plastic cup half full of cooked beans (kidney, lima, navy, black etc.) and let baby pick and choose.



Program Description

*WIC is the Special Supplemental Nutrition Program for Women, Infant, and Children. WIC helps income eligible pregnant and breastfeeding women, who recently had a baby, infants and children up to five years of age who are at nutritional risk. WIC coupons are to help families with food and formula. However, please note WIC is a supplemental program and **is not intended** to provide enough formula for your child for the whole month.*