

Standing Rock WIC Newsletter – October 2024



Fort Yates WIC Office: 701-854-7263

McLaughlin WIC Office: 605-823-4260

Inside This Issue

- 1 Family Meals – Together at the Table
- 1 Picky Eaters – What to Do?
- 2 October is National Breast Cancer Awareness Month AND Domestic Violence Awareness Month
- 3 Breastfeeding News
- 3 Little Eagle WIC clinic -change
- 3 Non-Discrimination Statement
- 5 WIC Clinic Days/Times (3 months)
- 4 Remote/Phone Services Continue
- 4 Holidays/Observances
- 4 Reminder-proof of income, ID & residency

FAMILY MEALS – TOGETHER AT THE TABLE MAKE MEALTIME “FAMILY TIME”

The most important thing about family meals is to make them **FREQUENT**, **FUN**, and **FAMILY-CENTERED**!

Sharing family meals – together at the table – provides an experience that touches all of our senses: sight, smell, touch, taste, and listening to conversation or laughter! Research has shown that shared family meals “**Together at the Table**” offer many benefits for children, parents, and all family members! Family meals (together at the table) is a great time to communicate about family activities/happenings, school, etc. It offers a time for family members to connect, communicate, spend time together, share ideas and problem solve. Family meals allow the opportunity for families to pass on values from one generation to the next. Children can learn from their parents, grandparents, and other family members about what values are important to the family. Turn off all PHONES & TVs when having FAMILY MEALTIME!!

PICKY EATERS – WHAT TO DO?

“Picky eating” is common for many toddlers and preschoolers. Infants grow very rapidly in their first year of life—usually tripling their weight (approximately) by age one year. This growth, however, significantly slows down in the second year of life. A toddler’s growth rate slows down which means their appetite often decreases also.

Toddlers begin to develop their own food preferences. This increasing “independence” in eating (and other areas) may become a challenge for parents/caregivers. In most cases, the parent/caregiver should not worry about the child’s picky eating habits. Picky eating is especially common for 2 to 5 year olds. As long as your child has plenty of energy, is growing normally, and is healthy – he/she is most likely getting enough calories and nutrients that he/she needs. Usually a child’s picky eating habits is temporary. Try not to make a big deal out of it. It usually ends before school age.

When trying new foods – offer small portions. Give your child a “taste” of the food and BE PATIENT. It may be best to offer only one new food at a time. Offer at least one food at the meal that you know your child likes. Try offering the NEW FOOD first. Your child will be most hungry at the beginning of the meal and may be more likely to try the new food.

Remember that parents/caregivers are responsible for providing a variety of healthy foods for their children – for snacks and meals. Children are responsible for “what” and “how much” they eat. This teaches your child what it feels like to be hungry and then full. Encourage your child to eat – but DO NOT FORCE your child to eat. Also, DO NOT BRIBE your child to eat.

October is “National Breast Cancer Awareness Month”

Breast cancer is the 2nd most common cancer in women in the United States (some kinds of skin cancer are more common). **Any woman can get breast cancer. 1 in 8 women in the U.S. will get breast cancer during her lifetime! Your risk is higher if you:**

- Are 50 years old or older
- Already had breast cancer
- Have an immediate relative (such as a mother, sister, or daughter) who had or has breast cancer
- Had early onset of menstruation (before age 12) or late menopause (after age 55)
- Have inherited changes (mutations) to certain genes such as BRCA1 and BRCA2
- Have dense breasts
- Had previous treatment using radiation therapy (to the chest or breasts) before age 30

The risk of getting breast cancer increases as we get older.
Men can get breast cancer too (although it is not as common).

Symptoms of Breast Cancer

Below are some symptoms of breast cancer. But also keep in mind that some people do not have any symptoms at all:

- Any change in size or shape of the breast –including swelling, dimpling or puckering
- Pain in any area of the breast
- Discharge from nipple(s) –other than breastmilk – including blood
- A lump or thickening in or near breast or underarm area

Early detection is your best protection. Ask your doctor when you should start getting mammograms.

What else can you do to lower your chances of getting breast cancer?

- BREASTFEED

- Maintain a healthy weight – and exercise regularly.
- Do not drink alcohol (if you do drink-do so in moderation).
- Talk to your doctor if you are taking birth control pills or hormone replacement therapy.

October is Domestic Violence Awareness Month

Below are Some Warning Signs of Abuse from your Partner:

- ◆ Being told that you never do anything right.
- ◆ Showing extreme jealousy of your friends or time spent away from them.
- ◆ Not being allowed to spend time with others, particularly friends, family members, or peers.
- ◆ Insulting, demeaning, or shaming you - especially in front of other people.
- ◆ Preventing you from making your own decisions – including going to work, school, etc.
- ◆ Controlling money/finances in the household without discussion, such as taking your money or refusing to provide/give you money for necessary expenses.
- ◆ Pressuring you to have sex or perform sexual acts you’re not comfortable with.
- ◆ Being pressured to use drugs and/or alcohol.
- ◆ Intimidation tactics such as threatening looks or actions.
- ◆ Insulting your parenting practices or threatening to harm or take away your children or pets.
- ◆ Intimidating you with weapons like guns, knives, bats, or mace- in a threatening manner.
- ◆ Destroying your belongings or property (clothes, furniture, care, home, etc.)

SUDDEN INFANT DEATH SYNDROME "SIDS" AWARENESS

PRACTICE SAFE SLEEPING

What is the main cause of SIDS?

While the cause of SIDS is *unknown* (there is currently research being done), many doctors and pediatricians believe that SIDS is related to problems in the ability of the baby to awaken from sleep, the detection of low levels of oxygen, or a buildup of carbon dioxide in the blood. When babies sleep face down, they may re-inhale exhaled carbon dioxide. SIDS is not the same as suffocation nor is it caused by suffocation. SIDS is not caused by vaccines, immunizations or shots. Although there is no guaranteed way to prevent SIDS you can help your baby sleep more safely.

Do's

Don'ts

Always place baby on his/her back	Do NOT place any objects around sleeping baby
Use a firm and flat mattress in safe approved crib	Do NOT place baby on couch, pillow or blanket
Maintain a healthy environment around baby (NO SMOKING CIGARETTES OR USING DRUGS/ALCOHOL)	Do NOT let baby get too warm when sleeping
Breastfeed baby	Don't use sleep positioners (boppy pillows etc.)
Remove hats and head bands when baby is sleeping	Don't hang the pacifier around baby's neck

ATTENTION: NOTE THAT LITTLE EAGLE WIC CLINIC FOR OCTOBER HAS BEEN MOVED TO TUESDAY OCTOBER 8TH

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

WIC Clinic Days and Times

Fort Yates: Our main office is open every day from 8am-4:30pm for services (except holidays).

Little Eagle: 10am-2pm

McLaughlin: 8am-4:30pm

Wakpala: 10am-2pm

Bullhead: 8-am-2pm

United Tribes - Bismarck: 8:30am-3:30pm

- October United Tribes clinic: October 4th & 11th
- November United Tribes clinic: November 1st & 8th
- December United Tribes clinic: December 6th & 13th

Many Remote (Over-the-Phone) WIC Services Continue

Many of our participant services continue "OVER-THE-PHONE". If you need an appointment for NEW APPLICANT Certification or Recertification – please call our Fort Yates office at 701-854-7263 or McLaughlin office at 605-823-4260 to schedule appointment.

If you HAVE an appointment for Certification, Recertification, Nutrition Education or Midcertification – call the WIC office at your scheduled appointment time to complete the contact "over the phone" - or come into WIC office if WIC staff have informed you to do so. WIC staff will inform applicants/participants when a weight, height/length, and/or hemoglobin is needed. If you NEED an appointment for nutrition education or midcertification for October or November please call to schedule appointment(s).

HOLIDAYS/OBSERVANCES

Indigenous Peoples' Day October 14
 Halloween October 31
 Veterans Day November 11 – NO WORK
 Thanksgiving November 28 – NO WORK
 Chief's Day December 15 – NO WORK on 16th
 Christmas December 25 – NO WORK
 New Year's Eve December 31

Current Month						
OCTOBER 2024						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Appointments will be made for certifications and recertifications after the WIC office obtains all documentation required – documentation may be Faxed, Emailed, sent by picture message, or dropped off at the WIC Office. PLEASE CALL to ensure all documents have been received-if sent via fax, email or picture message.

Fort Yates office: Fax: 701-854-7122

McLaughlin office: Fax: 605-823-4184

Email: rpudwill@standingrock.org Issuance Clerk

Mobile: call WIC office for mobile number

Note that required proofs of income, identification, & residency MUST still be provided for certifications and recertifications. All income verifications must be CURRENT. Must bring a month's worth (28-31 consecutive days' worth) of most recent available paystubs. For participants living off the Standing Rock Reservation - please bring in a Utility, Rent, or Mortgage Bill, or Medicaid/ SNAP letter with address on it for the proof of residency.