

NEWSLETTER

FEBRUARY 2024

February is Children's Dental Health Month!

"Healthy Habits for Healthy Smiles"



Help Your Child Have A Healthy Smile:

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Try to avoid giving your child food as a reward.
- Take your child to the dentist for a check up by their first birthday and keep taking them.
- If your child has not gone to the dentist, schedule an appointment.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/oral-health-family-tips.pdf>

Did You Know?

- Breastfed babies get fewer cavities.
- Breastfeeding facilitates proper dental and jaw development.



WIC



For More Info About WIC

Call: (207)992-4571

1-800-470-3769

Maine Relay 711 (TTY)

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic



IMPORTANT DATES

This month WIC will observe the following Holidays:

Monday February 19th-
CLOSED

for Presidents' Day

This institution is an equal opportunity provider.

Lentil Soup

Ingredients

- 1 Tbsp vegetable oil
- 2 cups dry lentils, rinsed
- 1 cup carrots, sliced
- 1 can (14-15 oz.) diced tomatoes, drained
OR 2 cups fresh tomatoes, diced
- 8 cups broth **OR** prepared bouillon
- 1 bay leaf
- Salt and pepper to taste



Instructions

Heat oil in a large pot on medium heat. Add onion and cook 3-4 minutes until tender.

Add lentils, carrots, tomatoes, broth, bay leaf, salt and pepper. Heat until boiling.

Reduce heat to medium-low. Cover and cook just below boiling 30-45 minutes until lentils are soft.

Remove bay leaf and serve.

<https://www.health.state.mn.us/people/wic/recipes/beans.html#lentil>

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Bangor Public Health &
Community Services

Breastfeeding Peer Counselors: What's the Story?

The Breastfeeding Peer Counselor Program, or BFPC, was created to form a deeper connection with WIC families who may benefit from extra and ongoing lactation support. Pulled directly from the USDA website; "Your local clinic recruits, hires, and trains WIC peer counselors from the community. Training prepares the peer counselors to provide mom-to-mom support in group settings. It also gets them ready to give one-to-one counseling on the phone or in home, clinic, or hospital." In a nutshell, our BFPC's are local moms just like you!

Here at WIC, we are thrilled to officially announce that we now have TWO Breastfeeding Peer Counselors to better serve our growing communities! Kristi and Jacy are excited to be working together to provide ongoing breastfeeding support, advice, and education. Kristi joined the team in December of 2021 and has loved connecting with families in different stages of their breastfeeding journeys. Jacy is our newest member, having joined the team in June of 2023 and has already made countless meaningful connections with the families she has worked with. Together, they look forward to bringing even more breastfeeding content, support, and resources to the community than ever before!

As we often like to say around here, babies don't follow a typical 9 to 5 schedule, and neither will we. As your peer counselors our goal is to be available to you 24 hours a day, 7 days a week.

<https://wicbreastfeeding.fns.usda.gov/>
<https://www.maine.gov/dhhs/mecdc/population-health/wic/>

WIC FAQ:

How long can my child stay
on the WIC program?

Children are eligible for
WIC until their 5th
birthday.



February Recognitions

Black History Month
American Heart Health Month
National Snack Food Month
February 2- Groundhog Day
February 9- National Pizza Day
February 14- Valentine's Day
February 29- LEAP DAY

