



Parents as Teachers™ is a component of the Delta Healthy Sprouts project of the USDA Agricultural Research Service Delta Human Nutrition Research Program in affiliation with Delta Health Alliance.

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Parents as Teachers™ Newsletter



Parents are their children's first and most influential teachers.

PARENTS AS TEACHERS™

WIC Has Made Some Changes

Are you aware of the WIC changes?

- When you are certified or recertified for WIC, you will receive one to three **WIC Checks** for each month you have been approved to receive a WIC food package.
- Each **WIC Check** will include the start and end date for using that check.
- You will receive a **WIC ID card** and **ID folder**.

- The dates you are allowed to pick up your WIC food package will change.

These are important changes that affect you. Ask your WIC provider for a copy of the flyer outlining these changes in more detail.

If you are not enrolled in WIC, visit your local health department to see if you are eligible.

Delta Regional Medical Center Prepared Childbirth Classes

The **Maternal Child Center** at Delta Regional Medical Center offers Prepared Childbirth Classes every other month. Classes are being offered **November 11th and November 14th** from 6 pm – 9 pm in 1 East Conference Room, Delta Regional Medical Center. This is a 2 day class. It is free to expecting parents. Please call 334-2229 to register.

The next class will be offered in January. **Watch for the dates. Plan to take the class closest to your delivery date.**

Expecting parents are provided with “detailed information concerning the stages of labor, role of the coach, relaxation and breathing techniques, birth options, cesarean births, postpartum issues and newborn care.” DRMC Maternal Child Center

November Group Connections

Safe Sleep

Join us for our November *Group Connections* meeting. We will focus on Safe Sleep. Melanie Williams will be our guest speaker.

Date: Thursday, November 14, 2013

Time: 3 p.m. – 4 p.m.

Place: Meeting Room at the Percy Library at 341 Main Street in Greenville.

Washington County, Bolivar County and Humphreys County Delta Healthy Sprouts participants are invited to attend.

Family members and significant others are welcome to attend with you.

Enter the drawing for a \$30 gift card. Must be a Delta Healthy Sprouts participant and present to win.



Happy Thanksgiving

Bolivar Medical Center Child Birth Classes

The Center for Women & Babies at Bolivar Medical Center offers Child Birth Classes. Classes are \$60 if having the baby at Bolivar Medical Center and \$90 if having the baby at another hospital. This includes a new car seat, a steak dinner for two and use of the birthing suite. Contact the Center for Women & Babies for additional information at 662-846-0061.



Delta Healthy Sprouts

P.O. Box 277

Stoneville, MS 38776



Do you know someone who is going to have a baby?

Tell her about Delta Healthy Sprouts and refer her to your Parent Educator or give her the information below and she can contact a Parent Educator directly.

Parent Educators:

Debra Johnson

662-390-7672

djohnson@deltahalthalliance.org

Donna Ransome

662-820-8939

dransome@deltahalthalliance.org

Shakari Moore

662-390-7678

smoore@deltahalthalliance.org

At the time of enrollment in Delta Healthy Sprouts, a woman must be:

- At least 18 years of age
- Pregnant with first, second, or third child
- No more than 18 weeks pregnant

FLU: Protect Yourself & Protect Your Family

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.

It's especially important that young children get vaccinated.

- Caregivers of children younger than 6 months of age should get vaccinated. (Babies younger than 6 months of age are too young to be vaccinated.)

- Another way to protect babies is to vaccinate

pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born. CDC

Ask your health care provider about the flu vaccination.



Lactation Specialists Serve WIC Participants in Mississippi Counties

Maggie Allen, WIC Lactation Specialist, gave a very informative talk and demonstration on breastfeeding to Delta Healthy Sprouts participants at the September Group Connections in Greenville.

The Mississippi WIC Program provides trained breastfeeding staff to provide education and support to WIC participants.

WIC Lactation Specialists

provide specialized breastfeeding support and assistance to WIC participants including home visits, telephone follow-up, and issuing breastfeeding devices as needed. Lactation Specialists also make hospital visits when an arrangement has been made with the hospital administration, or referral from the client's physician.

Maggie Allen is the

Lactation Specialist for Washington County. If you live in Washington County, you may contact her at 662-394-0010.

Jacqueline Lambert is the Lactation Specialist for Bolivar County and for Humphreys County. If you live in either Bolivar County or Humphreys County, you may contact her at 662-402-6611.