



WIC NEWS

Women Infants and Children Supplemental Food Program

September is Safe Sleep Month



According to statistics obtained by the Michigan Department of Community Health (MDCH) in 2007, fifty-six Michigan babies, or more than one child every week, died of accidental suffocation or strangulation in bed. Four out of five deaths due to suffocation occurred in an adult bed, waterbed, couch or recliner. In nearly three-quarters of deaths to suffocation; the baby was sleeping with an adult or another child. Soft/heavy bedding was found to be a factor in 50 percent of the sleep-related deaths.

Make sure whoever takes care of your baby has a crib or portable crib for your baby to sleep. Talk to grandparents, babysitters, child care, neighbors and anyone who cares for your baby about the safest way for your baby to sleep. Encourage them to follow the American Academy of Pediatrics guidelines for assuring a Safe Sleep environment for infants.

More information about safe sleep can be found on the MDCH website:
www.michigan.gov/safesleep.

Seven Infant Safe Sleep Steps

- 1. Baby sleeps by him or herself in a crib, portable crib or bassinet.**
Studies of bed-sharing have shown it to be dangerous including sleeping with an infant on a couch. Sleeping in a crib in the parent's room has been shown to reduce the risk of sudden infant death.
- 2. Always put baby to sleep on his or her back, even when he or she can roll over.**
Stomach and side sleeping are never recommended for healthy infants.
- 3. Nothing in the sleep area.**
Soft objects such as pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads and other soft objects should be kept out of an infant's sleeping environment. Instead of blankets, use pajamas or sleep sacks that will keep the baby warm without the risk of covering the head.
- 4. Keep baby's face uncovered during sleep for easy breathing.**
Use a sleeper or sleep sack instead of a blanket.
- 5. Do not allow anyone to smoke anything around baby.**
This has been shown to be a major risk factor in sudden infant deaths.
- 6. Don't overheat the baby.**
Dress the baby in as much or as little clothing as you are wearing.
- 7. Use a firm mattress with a tightly fitted sheet.**

Flu Shot Clinics

The Centers for Disease Control recommend **everyone 6 months of age and older** get vaccinated for flu this year. Pregnant women and young children are considered at high risk for serious complications if they get influenza disease. Household contacts and out-of-home care-givers of children less than 6 months of age should be vaccinated to protect infants too young to receive the vaccination.



Livingston County Department of Public Health will offer flu shots beginning in October during its walk-in immunization clinics. Clinics are on Wednesdays from 8:30 am - 4:30 pm with extended hours until 7:00 pm on the 2nd and 4th Wednesdays of the month. Call 517-546-9850 for more information.

OLHSA Heating Fuel Assistance

The Oakland Livingston Human Service Agency (OLHSA) may be able to help if you have a shutoff notice on your utilities (electric or heat) or are almost out of heating fuel (propane or fuel oil) and have limited income. Call for more information at 517-546-8500.

Salvation Army Holiday Assistance

The Salvation Army will be accepting applications for Holiday assistance. Anyone who has applied elsewhere for holiday assistance with food or toys will not be eligible.

Sign up sessions:

October 11th – 22nd, Mon - Fri from 10 am – 2 pm

October 18th from 6 – 8 pm

November 1st – 12th, Mon - Fri from 10 am – 2 pm

November 9th from 6 – 8 pm

When applying, bring proof of address to show Livingston County residency, picture ID, proof of income, income expenses (all current bills) and proof of custody of children in the home (birth certificate, social security card, Friend of the Court paperwork). Be sure to bring sizes of clothing and shoes of family members.

Call the Salvation Army for more details at (517) 546-4750.



Creamy Cheddar Cheese Soup

Ingredients: serves 6
 1/4 cup butter
 1 onion, chopped
 1/4 cup all-purpose flour
 3 cups chicken broth
 3 cups milk
 1 pound cheddar cheese, shredded

Directions:

1. In a 3 quart saucepan over medium-high heat, melt butter.
2. Add onion and cook until tender, about 5 minutes.
3. Stir in flour and cook until flour has blended with onion mixture.
4. Add chicken broth and cook, stirring constantly, until mixture is slightly thickened.
5. Add milk and heat just to boiling, stirring constantly.
6. In covered blender at medium speed, blend about 1/4 of soup mixture at a time until smooth.
7. Return to saucepan and heat just to boiling over medium heat.
8. Remove from heat.
9. With wire whisk or slotted spoon, stir in cheese until melted. If cheese does not melt completely, cook over very low heat about 1 minute, stirring constantly.

Adapted from allrecipes.com

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