

## NSHC WIC PROGRAM

### Welcome to the Women, Infant & Children Program

WIC provides nutrition information and counseling, free healthy foods, health screening and referrals

Thank you for applying for WIC for your **infant!** As a program participant we ask you to choose and work on a health goal for your infant related to nutrition or any other lifestyle choices that affect your baby's overall health. Below is a table with a list of possible health risks your baby may face. Please choose all that apply to your baby. If you are not sure what to choose your Health Aide may be able to help or you can call us. In the "Goals" box please select 1-2 goals that you would like to work on that are related to your baby's risks.

Your baby's health risk:	Goals to improve your baby's health:
<input type="checkbox"/> Premature (<37 weeks) <input type="checkbox"/> Low birth weight (<5 pounds, 8 ounces) <input type="checkbox"/> Large at birth (>9 pounds) <input type="checkbox"/> Inadequate growth <input type="checkbox"/> Breastfeeding concerns or problems <input type="checkbox"/> Incorrect formula mixing, preparation <input type="checkbox"/> Fed solids too early (before 6 months) <input type="checkbox"/> Born to a mom on WIC <input type="checkbox"/> Breastfed and mom chews/smokes <input type="checkbox"/> Mom who drank alcohol during pregnancy. <input type="checkbox"/> Medical Condition <input type="checkbox"/> Given cow's milk before first birthday <input type="checkbox"/> Other:	<input type="checkbox"/> Breastfeed more often <input type="checkbox"/> Consider a breast pump if returning to work <input type="checkbox"/> Give less formula <input type="checkbox"/> Mix formula correctly <input type="checkbox"/> Wait to start solids after 6 months old <input type="checkbox"/> Give vitamin D, if fully breastfed <input type="checkbox"/> Only feed when hungry. Babies like to suck and be held when they cry. <input type="checkbox"/> Have baby immunized on time <input type="checkbox"/> Mom consider giving up smoking/chewing <input type="checkbox"/> Other:

Your job is to work on this goal throughout your baby's certification period and our job is to help support you in achieving this goal. You should expect to receive education and encouragement from us every 3 months, but feel free to contact us at any point along the way if you have questions or need extra encouragement!

#### **Reminders:**

WIC is a supplemental food program and can only provide a maximum of 9 cans of formula each month for formula fed infants. This is not enough as your baby gets older. If your infant is partially breastfed then 4 cans of formula is the maximum each month. We encourage you to breastfeed so you do not have to buy formula or worry about getting formula. Infants are on WIC until they turn one year old.

**WE WANT TO HEAR FROM YOU!** Let us know if you have any concerns about breastfeeding or your baby's eating habits. Contact us at 907-443-3299 M-F 8:00AM-5:00PM

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