



HEALTHY FAMILIES
PAGE COUNTY

The Page Parents' Page

FEBRUARY 2012

Improve Your Child's Health with WIC

Inside This Month's Issue:

- Community Resource: WIC
- Parenting Tip: Tips for Picky Eaters
- Parent/Child Activity: Coffee Filter Butterfly

Did you know that healthy nutrition can help protect your child's body against illness and even help them learn and do better in school? WIC is a nutrition program that makes it simple for you to get the healthy foods that you and your family need. The program helps pregnant



women, mothers, infants and young children (under the age of 5) get the foods they need to stay healthy and eat right during times of important growth. Besides helping your family purchase healthy foods, WIC provides important nutrition education, help with breastfeeding, and information on community resources. For more information, visit the WIC website at: www.vahealth.org/wic

Page County WIC Clinic Hours

Mondays

8:30-3:30-WIC apts.

Last 2 Mondays of the Month:
9:30-4:30-WIC apts.

Tuesdays

8:30-11:30-WIC apts.

1:00-3:00- Check pick-up

To make a WIC appointment please call Nancy Turner at the Page County Health Department at 743-6528.

Make Food Fun: Tips for Your Picky Eater

Many parents worry about what their child is eating. Here are some tips that may help with your child's picky eating:

- Using cookie cutters, cut sandwiches into fun shapes for kids.
- Make-up fun names for healthy foods like "pirate stew" or "princess pasta."
- Let your kids help you

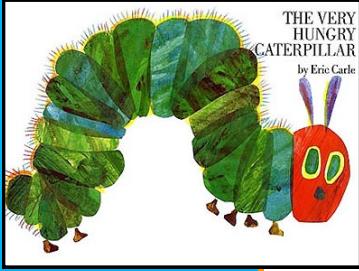
cook their meals. Do not let your child use the stove or any sharp utensils until they are old enough.

- Serve meals on fun dishes or bowls.
- Teach your kids about food and let them help you in the grocery food. Reading books like the "Very Hungry Caterpillar" teach

children about how food helps us grow.

- Make fun, healthy vegetable and fruit dips using yogurt.
- Make eating into a game. Give your child a small plate of colorful fruits or vegetables then name a color and have your child find and eat something off their plate that color.

For more information about Healthy Families or parenting support in your community please call 540-778-4061.



This Month's Children's Book:

The Very Hungry Caterpillar

By: Eric Carle

This Month's Parent & Child Activity

Coffee Filter Butterfly

Making a coffee filter butterfly is a great coloring activity for your preschooler. In order to make your butterfly you will need:

- Washable markers
- A white, round, coffee filter
- Squirt bottle filled with water
- Pipe cleaners

Instructions:

1. Flatten out your coffee filter on a plate.
2. Using markers have your child scribble all over the coffee filter.
3. Using the squirt bottle, spray the center of the coffee filter with water 2-3 times.
4. Allow the coffee filter to dry. Then scrunch the coffee filter in the middle so you can wrap the pipe cleaner around the center.
5. Finally, trim and curl the pipe cleaner to make a nice antenna.



[Healthy Families Page County](#)

"Helping New Families Right
From the Start."

540-778-4061

