



Healthy Choices for Healthy Families



WIC



# Wellness Nutrition Fun Facts

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## Sleep is an Important Part of a Healthy Lifestyle!



Sleep plays a role in healthy living and is all too often forgotten. Sleep helps with many things : reducing stress, keeping your heart healthy, helping you and your child focus better throughout the day, and even help control body weight! Bedtime routines are very important to assure your children are getting enough sleep. Here are some tips to help establish a bedtime routine for your child:

- **Make sleep a family priority**—Figure how much sleep each family member needs, and make sure they get it!
- **Consistency**—Be consistent and follow through *each* night with the routine.
- **Set a Regular Bedtime and Wake Time**— Help keep your children on schedule so you both know what to expect.
  - **Dress and Room Temperature**— Remember, young kids tend to kick off the covers and aren't able to cover themselves again!



*Plan your meals ahead of time and before grocery shopping. It can help you save money and have healthier meals for your family!*

## Start now to prevent early childhood cavities!

1. Keep your own teeth and gums clean.
2. Go to the dentist before your baby is born.
3. Clean your baby's teeth and gums everyday!



Info from "Something to Smile About" by the Wisconsin Division of Public Health.

## Breastfeeding Babies & "Normal" Sleep

OK—the good news is that moms who breastfeed do not get less sleep than moms who use artificial milk. Even if it means waking up more often, the convenience of breastfeeding pays off by allowing mothers to get back to sleep more quickly compared to moms who have to prepare bottles.

However, this doesn't mean you should be expecting an uninterrupted night of sleep anytime soon! The truth is, that is an unrealistic expectation for *any* infant.

Babies were designed to wake up often at night to feed and even just to cuddle—this is **NORMAL** and **HEALTHY!**



Your newborn's tummy is tiny and breast milk is digested easily and quickly, so it's natural for your baby to wake often. But night-time nursing is more than just nourishing; it is also nurturing. Your baby might be hungry and he might just want YOU. When you comfort your baby at night, you are NOT teaching him a bad habit—you are teaching him that you are there for him and offering security!

And remember—night waking is temporary. Each baby is different, and some will sleep for longer stretches earlier, but *all* children grow out of night waking! This period of time will be a very tiny part of your child's years with you.

## COOK'S CORNER:

### Toad in a Hole

2 Frozen Waffles or Bread Slices      2 Tsp Butter or Oleo  
Shredded low fat cheese                      2 eggs

1. Cut out the centers of the bread or waffles (2-3 inches in diameter) Use an inverted glass, or any cookie cutters your kids would like!
2. Heat up skillet with butter or oleo and place bread or waffles in the pan.
3. Break and slip eggs into the open area.
4. Reduce heat to low. Cook until bottoms of waffles are light brown, about 3 minutes.
5. Turn over. Top with cheese, if desired.
6. Cook until egg whites are set and yolk begins to thicken, but not hard, about 3-5 minutes.