



WIC NEWS

Women Infants and Children Supplemental Food Program

The Period of Purple Crying

A new way to understand your baby

The Livingston County WIC program is partnering with the Child Abuse Prevention Council (CAP) of Livingston County to present an important educational program of the National Center on Shaken Baby Syndrome. CAP is providing parents of newborns a copy of the DVD and booklet to take home and share with anyone who takes care of the infant. We welcome you to ask the WIC staff questions or call the health department and ask to talk to a nurse after you have reviewed the DVD again. We hope this information will help you better understand your baby's crying patterns and give you some ideas of ways to safely care for your baby when crying occurs.

What is "The Period of Purple Crying"?

All babies can cry a lot in their first 5 months of life. The Period of Purple Crying is a new way to understand this crying. The word "Purple" stands for Peak of Crying, Unexpected, Resists Soothing, Pain-like Face, Long Lasting and Evening. It explains what is normal, what you can expect when your baby cries and how to keep your baby safe.

Some babies cry a lot, some don't seem to cry so much. Generally, the peak of crying is the highest at 2 months, and tends to lessen at 3-5 months. The crying can come and go and sometimes you don't know why. And sometimes, no matter what you do, your baby won't stop crying.

What matters is what you do when your baby cries. Sometimes a parent gets so angry or frustrated because of the crying, they lose control and without thinking, they shake their baby. It is never ok to shake your baby. This can cause brain damage and even death.

Babies can still be healthy and normal even if they cry 5 hours a day. Your baby may cry more than you expected and you may feel that being a parent is harder than you thought. It does not mean that you are a 'bad' parent, that you have a 'bad' baby or that you are doing something wrong. It is ok to feel angry or upset.

If you have tried to comfort your baby (see "Ways to Comfort" in box to left) and the crying won't stop and you are feeling angry or upset, take a break. Place the baby in a safe place (bassinet or crib) and take a few minutes to relax and calm down. It's ok to take a break from the crying and take care of yourself too.

The word "Period" means that the crying has a beginning and an end. So remember, that while it may be frustrating for a while, the period of purple crying will come to an end.



Ways to Comfort Your Crying Baby

- * Check to see if your baby is hungry, tired or needs changing
- * Walk and sing with your baby
- * Give your baby a warm bath
- * Take your baby for a walk or a ride in the car
- * Hold your baby close to you with skin to skin contact
- * Check with your doctor to see if there is something wrong that is causing the crying

Keep in mind:

- * These ideas won't work every time
- * You may be able to reduce your baby's crying by about 50%, but soothing won't work all of the time

OLHSA Heating Fuel Assistance & Weatherization Program

Heating Fuel Assistance

The Oakland Livingston Human Service Agency (OHLSA) 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 OHLSA for more information at 517-546-8500.

Weatherization Assistance Program

This free program may help you save money and lower your utility bills. To see if you qualify, contact the OLHSA Housing & Energy Department at 517-546-8500 or visit www.olhsa.org

Head Start Works!

Head Start is a preschool program offered at no cost to qualified families with children that are 3 or 4 years old by December 1, 2010. Classes are located throughout Livingston County. Call Head Start for more information at 517-548-2100.

Head Start provides:

Individual Learning, Volunteer Opportunities, Dental and Medical Resources, Field Trips, Snacks and Hot Lunches, Transportation, Parent Involvement, Family Resources and Referrals.

It's Not Too Late To Get a Flu Shot

Influenza season typically ranges from November through March, lasting past March in some years. Getting vaccinated in January or later can still offer protection against influenza. Vaccination is the single best way to protect yourself and your loved ones against influenza.

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 walk-in immunization 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.

Cheese Quesadillas

serves 6

Ingredients:

12 tortillas
6 cups shredded cheese

Directions:

1. Lay one tortilla on flat surface.
2. Spread ½ cup of cheese on the tortilla.
3. Place another tortilla on top to form a sandwich.
4. Heat a large skillet over medium heat (spray with vegetable oil spray to prevent sticking.)
5. Place quesadilla in skillet and cook for 2 minutes.
6. Flip it over and cook for another 2-3 minutes until cheese is melted.
7. Cut into triangles.

You can add all kinds of other ingredients to your quesadilla:

- * Raw vegetables such as chopped tomatoes, spinach, avocados or mushrooms.
- * Cooked diced onions, broccoli, green beans, red and green peppers.
- * Herbs such as dill, cilantro or basil.
- * Meat such as cooked ground beef, chicken or turkey.
- * Salsa
- * Beans or refried beans
- * Rice

Adapted from allrecipes.com

Livingston County Department of Public Health

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