

Folic Acid: Important vitamin before, during, and after pregnancy

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid, but for women who can get pregnant, it is really important. If a woman has enough folic acid in her body before she is pregnant, it can help stop major birth defects of a baby's brain and spine (neural tube defects). These birth defects of the brain and spine happen in the first few weeks of pregnancy, even before some woman find out they are pregnant.



All women should start taking folic acid every day whether they are planning on becoming pregnant or not. It is recommended that every woman who could become pregnant get 400 micrograms (400 mcg) of folic acid every day.

One easy way that women can be sure to get enough folic acid is to take a vitamin that has folic acid in it every day.

You can also get folic acid in a healthy diet, but it is hard to get enough every day through food alone. That is why it is important to take a vitamin with folic acid every day.

Folic acid is found in these foods:

- Fortified breakfast cereals
- Lentils
- Asparagus
- Spinach
- Black beans
- Orange juice
- Peanuts
- Enriched breads and pasta
- Romaine lettuce
- Broccoli



Make Your Child's Shots Less Stressful

Vaccines help protect babies and young children against 14 serious diseases. Even though you are keeping your child safe from diseases, it's hard to see your child cry when getting shots. There are some steps before, during and after a vaccine visit to ease the pain and stress of getting shots.

- Read about the shots your child will get in advance and ask the doctor about any questions you may have. Pack a favorite toy, book, blanket or other comfort item.
- Distract your child with a toy, a story, a song, or something interesting in the room. Make eye contact with your child and smile, talk softly or sing.
- After the shot, hug, cuddle and praise your child. For babies, swaddling, breastfeeding or a bottle may offer quick relief.

Farm Fresh Mobile Market at WIC!

June 5 – September 25!
Every Wednesday from
2:00 pm – 5:00 pm

375 West Onondaga Street
Syracuse

For more information
call 435-3280

Use your WIC farmers
market coupons today!

Raffle prizes, recipe cards,
and information
at each market

Use your WIC
farmers market
coupons, EBT,
debit card,
or cash
to buy fresh
vegetables and
fruits!

Bringing you fresh vegetables and fruits where
you live, work, and play!

Healthy Recipe

Fruit Smoothie

Ingredients:

4 ounces fat free or 1% milk
4-6 ounces fruit
8 ice cubes
1 teaspoon vanilla

Directions:

Blend all ingredients in a blender until smooth and serve!

OR

You can use this mixture to make fruit pops! Pour the mixture into ice cube trays, small plastic cups or popsicle molds. Insert a stick and freeze.

Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby's first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit www.text4baby.org.

Pregnant?
Have a new baby
or young kids?

Call 435-2000
www.onhealthyfamilies.com
facebook.com/healthyfamiliesonondaga

Onondaga County Health Department
Syracuse Healthy Start
501 East Fayette Street
Syracuse, NY 13202

Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 7, Issue 3 ■ Summer 2013

Prevent Heat Stroke in Children

Babies and children should never be left alone in a vehicle - even for a minute. Heat is much more dangerous to them than it is to adults. When left in a hot vehicle, a young child's body temperature may increase three to five times faster than an adult's, causing permanent injury or even death. Learn how to protect your child and keep her safe in and around vehicles.



Safety Tips

- If you see an unattended baby or child in a car, dial 911 immediately.
- Never leave a baby or child alone in a vehicle, even with the window slightly open.
- Place something that you will need at your next stop – for example, a purse, lunch, gym bag or briefcase – on the floor of the backseat where the child is sitting. This simple act could help prevent you from accidentally forgetting your baby or child if he or she is sleeping in a car seat.
- Be especially careful if you change your routine for dropping off your baby or child at child care. Have a plan that, if your baby or child is late for child care, you will be called within a few minutes.
- Teach children not to play in any vehicle.
- Always lock a vehicle's doors and trunk – especially at home.
- Watch children closely around vehicles, particularly when loading and unloading. Check to ensure all children leave the vehicle when you reach your destination. Do not overlook sleeping babies and children!

Safe Kids Worldwide

Summer 2013

Inside this issue:

- Folic Acid
Page 2
- World Breastfeeding Week
Page 2
- Make Your Child's Shots
Less Stressful
Page 3
- WIC Farmer's Market
Page 3
- Healthy Recipe
Page 3
- Resources
Page 4

Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health
www.ongov.net

Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration.