

Your next WIC appointment is \_\_\_\_\_

Please bring to this appointment:

- Your child(ren)
- Proof of household income
- Attached questionnaire
- Your child's immunization records
- Proof of residency (gas bill, phone bill)
- Identification
- Proof of Medicaid, Food Stamps or TANF
- WIC Envelope



Dates to Remember...

WIC is closed

October 27

November 24, 25

December 9 Closed at 10:30

December 23, 26

## PHYSICAL ACTIVITY

### Why Is Physical Activity Important?

- Activities (running, jumping) help your child to learn movement skills.
- Physical activity helps your child develop strong muscles and bones.
- Active play lowers the chance that your child will be overweight or develop diseases such as diabetes.
- Active kids are happy kids.



### Tips For Parents:

- Focus on fun: let your child decide what activity he/she would like to do.
- Limit TV and computer time to less than 2 hours/day.
- Be a good role model.



### What Can My Child Do?

- By age 2: run, walk, gallop, jump, and swim with adult help
- By age 3: hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, catch a ball, throw a ball, bounce or kick a ball
- By age 4: skip, swim, and complete an obstacle course

### How Can My Family Be Active Indoors?

- Act out a story
- Dance to music
- Play duck-duck-goose, Simon says, or follow the leader



#### Jefferson County WIC Clinics

Lakewood  
Arvada  
Edgewater

260 S. Kipling St., Lakewood, CO 80226  
6303 Wadsworth Bypass, Arvada, CO 80003  
1711A Sheridan Blvd Edgewater, CO 80214

303.239.7143  
303.275.7510  
303.271.5780



## PLAYFUL GRANOLA BARS

- 1 ½ cups rice krispies
- 1 ½ cups quick-cooking oats
- ½ cup brown sugar, packed
- ½ cup honey
- ½ cup peanut butter
- 1 tsp vanilla
- ½ cup of raisins or nuts (for ages 3 and older)



Lightly grease 11x7-inch baking dish. In a large bowl combine rice krispies, oats, and raisins. In a saucepan stir honey and brown sugar until just at a boil. Immediately remove from heat and stir in peanut butter and vanilla. Pour over dry ingredients and mix. Put into baking dish. Push down into pan with slightly wet hands. Slice into desired size bars. Chill until firm.

## BREASTFEEDING CORNER



### How Do You Know When Your Breastfed Baby Is Hungry?

- Baby will suck on his/her hands
- Opens mouth wide and searches for mom's breast
- Baby gets fussy or cries

### How Do You Know When Your Breastfed Baby Has Had Enough?

- Baby is content, relaxed and maybe a little sleepy
- Mom's breasts become soft because they are emptied

## Jefferson County Head Start invites you to roll in and see us!

Now enrolling 3-5 year old children.

Head Start is a **NO COST** preschool program.

Children must be at least 3, but not yet 5 years old by Oct 1st.

Who is automatically eligible?

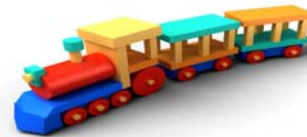
Families receiving TANF or SSI

Homeless families

Foster children

Call 303-271-4083 for an application today or visit us at

<http://jeffco.us/head/>



If you live in Lakewood, you will need to apply with Lakewood Head Start at (303)987-2490

## Resource Corner

Children's Museum Free Play 1st Tuesday of the Month 4 pm-8 pm  
[www.mychildsmuseum](http://www.mychildsmuseum)

Denver Art Museum Free Days-1st Sat. of the Month  
100 W 14th Ave Pkwy 720-865-5000 [www.denverartmuseum.org](http://www.denverartmuseum.org)

Denver Zoo Free Days Oct. 12, 20, Nov. 7, Nov. 6, 12  
2300 Steele Street 303 376-4800 [www.denverzoo.org](http://www.denverzoo.org)

Denver Museum of Nature & Science Free Days Oct. 31, Nov. 13, Dec. 5  
2001 Colo. Blvd. 303 322-7009 [www.dmns.org](http://www.dmns.org)

Immunization Clinics available at these locations:

ARVADA • LAKEWOOD

For more information please call: 303 239-7033

Don't forget to ask about a dental screening and fluoride application for your child at your next WIC appointment. It's FREE and takes 10 minutes.



Car Seat Safety

Hotline Info:

303 436-6910