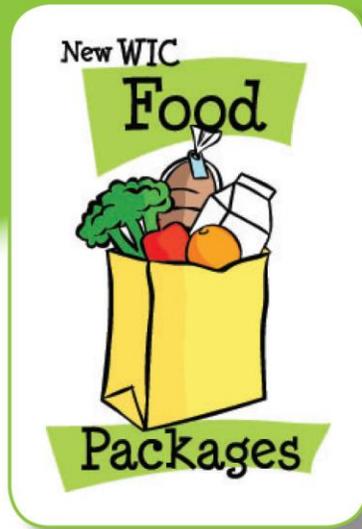


Feeding Your Infant with the New Food Packages



HOW DO I LEARN MORE?

Each month between now and October 2009, WIC will keep you up-to-date with all the changes through this monthly newsletter.

If you would like to post a question about these changes, please visit our website at www.healthysarkansas.com/wic or call 1-800-235-0002.



Nothing is more important to parents or caregivers than the health and safety of their baby. Those things are important to WIC, too. The new WIC Food Packages are designed to follow the feeding guidelines of the American Academy of Pediatrics. These guidelines help WIC ensure they are helping to meet the needs of all WIC infants.

BREASTFEEDING

Your milk is the very best food for your baby! WIC supports breastfeeding and will provide the support and education you need to establish and maintain a good milk production. WIC will also provide supplies to support your breastfeeding experience, such as bra pads or a breast pump for some needed situations.

Exclusively breastfeeding moms and infants receive an enhanced food package containing larger quantities of food. The enhanced food packages support mom's milk production and babies changing growth needs.

FORMULA FEEDING

Infants receiving formula from WIC will see a change in the amount of formula they receive each month based on the infant's age. Basically, the amount of formula gradually increases through the first 5 months of life and at six months, the amount of formula drops a little when infant foods are introduced to their food package. This is because as infants begin to eat other foods, they don't need as much formula in their diets.

PARTIALLY BREASTFEEDING

If a mom chooses to feed both breast milk and formula to her baby, the food packages she and her baby will receive will be different from the exclusively breastfeeding or formula feeding moms and babies.

A partially breastfeeding woman will receive a food package with more variety and a larger quantity of food to help meet her needs while breastfeeding as compared to the food package of the non-breastfeeding mom.

Besides mom's priceless gift of breastmilk, partially breastfeeding babies receive supplemental formula and foods from WIC. The amount of formula will vary each month just like a fully formula fed baby, but the amounts are less since baby is also getting mom's breastmilk. To allow mom and baby the opportunity to establish breastfeeding patterns and to support milk production, a breastfeeding infant will not receive formula from WIC for the first month of life.

No matter a mom's choice in feeding her baby, WIC is here to help and support baby's growth and development, and so do the new WIC Food Packages.