

What's Happening

@Hardin County WIC

The **W**omen, **I**nfants and **C**hildren program is a supplemental nutrition program that serves pregnant and breastfeeding women, infants, and children to the age 5 years.

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For more information or to apply, visit www.texaswic.org or call 409-246-8383

A healthy baby starts
with a healthy mother.



The Difference a Thousand Days Made: Sarah's Story-Part 2

Sarah sat perched on the examination table in the tiny room waiting for the doctor to make his appearance. She'd been having trouble keeping food down because of the nausea. The only things she could stomach were sodas and chips. "Junk food isn't that bad," she thought to herself, "At least the baby is getting some nourishment."

What Sarah doesn't know yet is that junk food is not good for her or her baby. It does not supply the proper nutrients to help ensure her baby grows strong and healthy. A mother's eating habits during pregnancy are very important. It is during this time that the food Mom eats can have either a positive or a negative influence on her baby's immune system, metabolism, physical development, and organ function. For a child, the possibility of developing obesity, heart disease, type 2 diabetes, high blood pressure, and stroke can take root and is shaped by the nutrition he or she receives (or doesn't receive) before birth.



vitamins, and minerals during pregnancy are more likely to give birth to full-term babies and babies born at a healthy birth weight. Also, it is during this time that babies develop food preferences based on what Mom eats.

Health and Lifestyle: There are several factors that can lead to low birth weight, premature delivery, and can increase the risk of obesity later in life. Smoking during pregnancy can hinder the baby's growth and can cause the baby to be born prematurely. Domestic violence, depression, and severe stress can also have detrimental effects on the unborn child. So can drug and alcohol use.

Weight Gain: Gaining too much or too little weight during pregnancy can have a powerful effect on an infant's future health. High weight gain can increase the risk of the child developing obesity later in life. Obesity during pregnancy can increase the risk of Mom developing gestational diabetes which can, in turn, increase the risk of the development of type 2 diabetes in the future for both the her and her baby.

Always remember...good nutrition and a healthy lifestyle can make the world of difference during pregnancy.

Join us next time as we continue to follow Sarah during pregnancy and childbirth.

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There are three main factors that can influence a child's health. They are the quality of a mother's diet, her health and lifestyle habits, and the rate at which she gains weight ([The First 1,000 Days: Nourishing America's Future](#)).

Diet Quality: Women who eat a well-balanced diet that includes an adequate amount of protein, healthy fats,



Holiday Giveaway for Hardin County WIC Clients

♦ Christmas Trivia

Call the office at 409-246-8383 or 409-673-0508 to request a link to play or check our Facebook page.

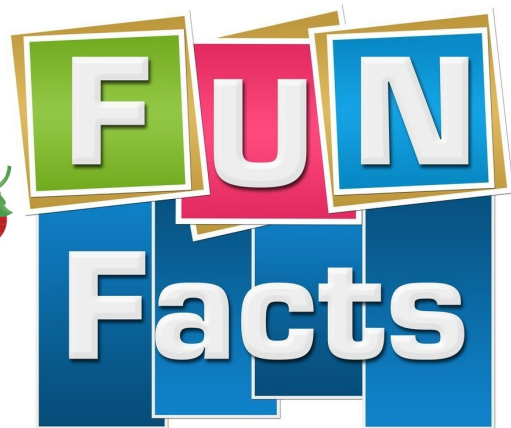
All who play will be entered for a chance to win a **Holiday gift**.
Entrants **must** be a current Hardin County WIC client.

(**One submission per family)

****One** basket will be given away**

Strawberries

- ♦ They are flowering plants that belong to the rose family.
- ♦ They are not berries at all! They are enlarged flower stems.
- ♦ Its seeds are on the outside. But they aren't actually seeds. They are tiny fruits that contain seeds.
- ♦ They were first cultivated in France almost 300 years ago



Website of the Month

<https://americanpregnancy.org/>

What you'll find at American Pregnancy:

- ♦ How to have a healthy pregnancy
- ♦ Resources such as healthy recipes, baby name directory, and The Bumpy Truth blog
- ♦ Information on how your baby develops and how your body changes
- ♦ Weekly newsletters

Holiday Calendar of Events

December

- ♦ **12/16: Christmas Trivia**
- ♦ 12/23: Office closed for Christmas
- ♦ 12/27: Resume normal business hours

