

# 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.

\*\*For more information or to apply, visit [www.texaswic.org](http://www.texaswic.org) or call 409-246-8383\*\*



### The Difference a Thousand Days Made: Sarah's Story

Sarah looks down at the test lying on the bathroom counter with excitement and disbelief. They've tried for so long and now their dream has finally come true. They're going to have a baby! She makes her way to the kitchen, pours a glass of her favorite cola and sits at the table. Her mind is a whirlwind of the unknown as her thoughts drift to her baby's future. Will it be a boy or a girl? A girl...she's always wanted a girl. Hopefully she will have big brown eyes that twinkle when she smiles just like her daddy. But a boy will be fine, too. He will probably be rough and tumble and terribly energetic. She smiles to herself and realizes that it doesn't matter if it's a boy or a girl. She just wants a healthy, happy baby.

This window of time, depending on whether a child is nourished well or poorly, can impact his or her ability to grow, learn and flourish for the better or for the worse.

their babies have a healthier future that lasts into adulthood. Sullivan and Brumfield write in their article, "[The First 1,000 Days: Nourishing America's Future](#)," "It is a period of tremendous potential and enormous vulnerability." This window of time, depending on whether a child is nourished well or poorly, can impact his or her ability to grow, learn and flourish for the better or for the worse.

The brain grows at a rapid pace during the first 1000 days. More quickly than any other time in life. It is because of this rapid growth that nutrition is so important. Poor nutrition can damage healthy brain development by depriving it of the nutrients needed for cognitive functioning and neural connections. Cognitive functioning refers to the ability to think,

reason, and problem solve. Neural connections can affect the areas of seeing, hearing, and speech.

In this series of articles, we will discover the role nutrition played in the pregnancy, infancy and early childhood of Sarah's baby. We will discuss the profound impact in those first 1000 days.

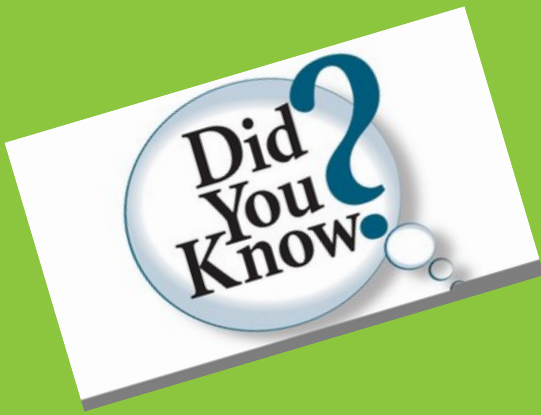
Watch for our next edition of *What's Happening @Hardin County WIC* as we follow Sarah's pregnancy and find out what she learned about how nutrition can affect her baby.

### In This Issue

- Sarah's Story: Part 1
- Did You Know?
- Fun Facts: Pineapples
- Website of the Month
- Mark Your Calendar

What Sarah doesn't know is that she holds the key to her baby's future. She can increase the likelihood that her baby will thrive and grow up healthy or she can increase the risk that her child will develop obesity, heart disease or have developmental delays. That power rests simply in the food that she eats while she's pregnant and the food she feeds her baby after he or she is born.

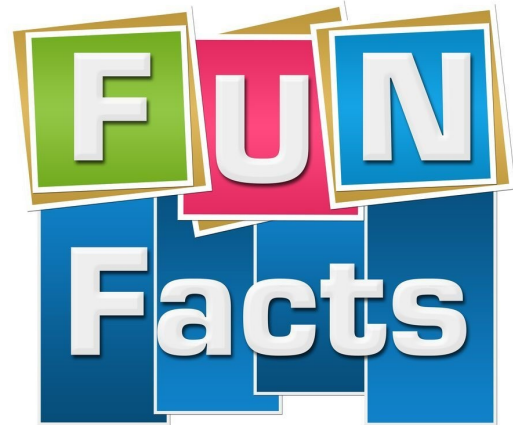
The first 1000 days from conception to age two offer a wonderful chance for moms to build a solid foundation to help



Did you know that babies start tasting foods long before their first spoonful of baby food? Your newborn tastes flavors of mom's diet during breastfeeding. Spices, herbs and natural flavors from foods can give breast milk a distinct taste. This introduces your baby to the taste of foods in your diet. The diversity of foods, even while breastfeeding, will equal less picky eating in the future.

## Pineapples

- ◆ A pineapple is not a pine and it's not an apple, either. It's actually a bunch of berries fused together!!
- ◆ It is made up of 86% water.
- ◆ It takes between 18 months and 2 years for a pineapple to grow to full size.
- ◆ Each pineapple plant only grows one pineapple per year



## Website of the Month

<https://thousanddays.org/>

### What you'll find at ThousandDays.org:

- ◆ Information for parents on how to help their babies have a healthy start and a healthy future
- ◆ Breastfeeding information
- ◆ Reports from around the globe on the importance of good nutrition world wide



**We will be closed** on Monday, September 6th in observance of Labor Day and will reopen on Tuesday, September 7th.