



WIC Works HEADLINES

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To contribute to WIC Works Headlines contact:
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On the other side:

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What's New at WIC Works

The WIC Works Resource System is an on-line center striving to meet all your information needs. New links and items are added everyday. Check back often to see what's new. <http://www.nal.usda.gov/wicworks>

Three new publications are available from the Food and Nutrition Information Center.

✓ **Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators**

✓ **WIC Materials in the Collection of the National Agriculture Library 1995-2001**

✓ **Infant Nutrition and Feeding**

To get a copy of these resources online visit

http://www.nal.usda.gov/fnic/pubs_and_db.html

OR get a copy the old fashioned way by contacting:

Food & Nutrition
Information Center
10301 Baltimore Ave.
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Beltsville, MD 20705
fnic@nal.usda.gov
301-504-5414

Upcoming Meetings

**ADA's Food and Nutrition Conference and Exhibition
October 20-23, 2001**

Register at <http://www.eatright.org>

Some workshop/session highlights include:

Childhood Obesity: A Family Approach

The Consumers' Shopping List: Tapping the Power of Nutrition...

Breastfeeding Challenges: In the Hospital, Clinic, and Community

**APHA's 129th Annual Meeting & Exposition
Oct 21-25, 2001**

Register at <http://www.apha.org>

Some workshop/session highlights include:

Development and evaluation of a multimedia tailored nutrition education program for low income women

Measuring the impact of WIC participation on the initiation and duration of breastfeeding

Promoting retention of WIC nutrition personnel by using distance training on community-based nutrition education

**NAWD Program Integrity and Technology Conference
"Full Steam Ahead"
December 2-5, 2001**

Register at <http://www.nwica.org/home.htm#>

For a list of other meetings of interest to WIC professionals, see

<http://www.nal.usda.gov/fnic/etext/000101.html>



Whether your little one is six months old, one year old, or three years old, it's important to read to your child. It is never too early to start. Language, reading, and writing skills begin to develop in the first three years of life and early development of these skills is closely linked to a child's academic success.

At just a few months of age, an infant begins to look at pictures and colors, listen to your voice, and point to different objects on the pages of a book. By spending time reading to your

child early on, you will teach the importance of this skill.

A few facts:

- ✓ Children learn to love the sound of language even before they are able to recognize printed words on a page.
- ✓ Reading books aloud to children stimulates & expands their imagination, and is the single most important activity for developing their literacy skills.

- ✓ The President of the American Academy of Pediatrics strongly recommends reading daily to children beginning at the age of six months.
- ✓ Reading provides a quiet time to spend with your child and can be a bonding experience.
- ✓ Early exposure to reading can lead to success in kindergarten and lays the groundwork for future success in life.

Try these Resources...

For Young Infants

Dr. Seuss's ABC and Green Eggs and Ham by Dr. Seuss

Goodnight Moon by Margaret Wise Brown

Baby Faces Series by Scholastic

For Older Infants

My First Board Books by Dorling Kindersley

Jamberry by Bruce Degan

The Cake that Mack Ate by Rose Robart

For Young Children

Blueberries for Sal by Robert McCloskey

The Complete Adventures of Curious George by Margret Rey H. A. Rey

Chewy Louie by Howie Schneider

I Will Never Not Ever Eat a Tomato by Lauren Child

Web Resources

Visit **Zero to Three** (<http://www.zerotothree.org/>) for both parents and early childhood professionals on the healthy development of infants and toddlers.

Pre-K Smarties (<http://www.preksmarties.com>) is a preschool education resource for parents teaching preschoolers with tips for early reading, using phonics, parenting articles, family freebies, and deals on the best educational toys.

The Reading Center (<http://www.encarta.msn.com/parents/features/LoveofReading.asp>) provides tips for how to inspire a child's love for reading, as well as a book list for young readers.

Special thanks to Sarah Tichar, our Dietetic Intern, for researching and writing this page of the newsletter.