

Standing Rock WIC Newsletter – February 2026



Fort Yates WIC Office: 701-854-7263

(McLaughlin WIC Office: 605-823-4260)

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Open Tuesdays & Wednesdays

THE STANDING ROCK WIC PROGRAM (MCLAUGHLIN SITE) HAS MOVED TO:
514A –MAIN STREET, MCLAUGHLIN
-BEHIND THE STANDING ROCK VOCATIONAL REHABILITATION OFFICE (BY SITTING BULL COLLEGE)

NOTE: The McLaughlin WIC phone number (605-823-4260) is now hooked up! You can call the McLaughlin WIC office or the Fort Yates WIC office to schedule appointments for McLaughlin office OR you can stop in at the McLaughlin office – to schedule appointments, submit paperwork, etc. [See back of calendar for full clinic schedule.](#)

ALL PARTICIPANTS WILL RECEIVE A NATIONS EWIC CARD AT INITIAL CERTIFICATION PERIOD. WHEN FIRST CARD IS LOST, THE 2ND CARD WILL BE MAILED TO PARTICIPANT'S CURRENT ADDRESS WE HAVE ON FILE. ALL CARDS WILL BE MAILED OUT EVERY THURSDAY. IF THE 2ND CARD NEEDS TO BE REPLACED, PARTICIPANT WILL HAVE TO DO A NUTRITION EDUCATION, ALONG WITH A QUIZ IN ORDER TO RECEIVE A 3RD CARD. AFTER THIS IS DONE YOUR CARD WILL BE MAILED, AGAIN ON THURSDAY. A \$5.00 FEE MUST BE PAID FOR REPLACEMENT OF 4TH CARD (AND BEYOND) - SEE BELOW.

1ST CARD

EX: CERTIFICATION, TRANSFER, PLACEMENT

2ND CARD

LOST, DAMAGED, STOLEN

*WILL BE MAILED OUT **ONLY ON THURSDAYS**

3RD CARD

LOST, DAMAGED, STOLEN

*NUTRITION ED. APPT, QUIZ, WILL BE MAILED OUT **ONLY ON THURSDAYS**

4TH CARD

LOST, DAMAGED, STOLEN

PARTICIPANT OR PARENT/GUARDIAN MUST PAY \$5.00 FOR 4TH CARD & EVERY CARD REPLACED THEREAFTER; NUTRITION ED. APPT/QUIZ, WILL BE MAILED OUT **ONLY ON THURSDAYS*

*ALL CARDS WILL BE MAILED OUT EVERY THURSDAY OF THE MONTH, NO EXCEPTIONS.

*PARTICIPANTS ARE RESPONSIBLE FOR UPDATING THEIR ADDRESS.

Oral Health for Women, Infants & Children – (WIC) Participants

Oral health/dental care is very important for a lifetime of healthy teeth & gums!

Women:

Dental Care During Pregnancy - Is It Safe to See the Dentist During Pregnancy? Yes!

It is important to take care of your teeth/mouth when you are pregnant – for you and your baby's health. Poor dental habits during pregnancy have been associated with premature delivery, intrauterine growth restriction, gestational diabetes and preeclampsia. Brush 2 times a day for 2 minutes, clean between your teeth (floss) once a day, and talk to your dentist about other steps you can take to keep your gums and teeth healthy. Your dentist may recommend additional cleanings during your second trimester and early third trimester to help control gingivitis. Schedule a dental appointment if your most current visit to the dentist was more than 6 months ago or if you have any oral health problems or concerns. Make sure that you let the dental staff know that you are pregnant – and give them your due date – so they can provide the best dental care for you.

Dental Care for Breastfeeding & Postpartum Women – Of course good oral/dental care is important for every stage of our lives. Continue with routine dental/oral care after you have your baby.

Infants:

Don't wait until your baby's first tooth comes in to start oral health care. Wipe your baby's gums daily with a clean damp soft washcloth or gauze pad-starting within the first few days after birth. After the baby teeth come in you can use a baby sized toothbrush with soft bristles. Brush 2 times/day with a smear of toothpaste –the size of a grain of rice. The American Dental Association recommends that an infant have their first dental visit **no later than their ONE YEAR-OLD Birthday!**

Children:

Brush 2 times a day for 2 minutes! Use a SMEAR of toothpaste – the size of a grain of rice for children younger than 3 years of age. Start using a PEA-SIZED amount of toothpaste when your child is old enough to understand **NOT TO EAT** the toothpaste (around 3 years of age). Start flossing your child's teeth daily – when he/she has 2 teeth that touch. Parents should brush their child's teeth until they are comfortable that the child can brush on his/her own. Always supervise young children when they are brushing their own teeth.

Parents or Caretakers of Infants & Children: **DO NOT chew food and then put it in baby's mouth! Do not share spoon/utensils with your infant/child. Do not lick their pacifier to clean it. These practices pass cavity-causing bacteria from parent/caretaker to baby/child which can result in early tooth decay.**

PREVENT Baby Bottle Tooth Decay

- NEVER put baby to bed with a bottle – this includes naptime.
- Hold your baby while you feed him/her. This is a time to bond with your baby and show him/her love. Holding your baby when feeding also reduces the risk of choking.
- Don't let your child walk around or sit with a bottle during the day.
- Don't put sweet liquids in bottle-including juice (offer juice in cup). Wait with juice until one year of age.
- Introduce a cup by 6 months of age.
- Wean baby off bottle at 12 months of age (for sure by 14 months of age)!
- Teach your baby healthier ways to fall asleep: replace the naptime /bedtime bottle with a pacifier, soft toy, or favorite blanket. Rock baby to sleep or try a mobile or music.
- Wipe or brush your baby/child's mouth and teeth every day!

Milk Increase in WIC Food Packages

You may notice more milk on your EWIC card starting February – this is because Standing Rock Sioux Tribe WIC program (as part of NATIONS) has implemented the following:

- **Children 12 -23 months: 16 quarts**
- **Children 2-4 years: 16 quarts**
- **Pregnant/partially breastfeeding: 22 quarts**
- **Fully breastfeeding: 24 quarts**

-To be in compliance with the WIC Policy Memorandum #2026-1: Implementation of the Continuing Appropriations, Agriculture, Legislative Branch, Military Construction and Veterans Affairs, and Extensions Act, 2026 (P.L. 119-4), Temporary Increase to the Maximum Monthly Allowance of Fluid Milk. Section 787 of the Act directs USDA to update the maximum monthly allowance (MMA) of fluid milk for certain food packages provided in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program. The temporary increase in milk returns to the amounts provided prior to the most recent revisions we implemented in October 2025. USDA is encouraging healthy choices, healthy outcomes, and healthy families through the timely implementation of this provision.

What does this mean? It means these higher milk amounts will be provided to WIC participants, as described above, per this Act – until September 30, 2026. Note that the amounts listed above are before adjustments are made for issuance of cheese and/or yogurt.

When submitting documents to WIC Issuance Clerk or other staff member via email– please state why the document is being submitted – such as: for scheduled certification/recertification, weight & height follow-up, was missing proof of ID or income at certification/recertification, etc. This will assist staff with processing the documents/data received in a timely manner.

All participants/guardians are reminded to adhere to their WIC appointment times as scheduled. For PHONE APPOINTMENTS - CALL US promptly at 701-854-7263 (Fort Yates office) or 605-823-4260 (McLaughlin office) at your scheduled appointment time. For IN-PERSON appointments – please arrive promptly at your scheduled appointment time. This helps us provide program services in an efficient manner. ALL APPOINTMENT TIMES ARE CENTRAL! THANK YOU!

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

WIC Clinic Days and Times

Fort Yates: Our main office is open every day from 8am-4:30pm for services (except holidays).

Little Eagle: 10am-3pm

McLaughlin: 8am-4:30pm

Wakpala: 10am-3pm – No Wakpala February clinic

Bullhead: 10am-3pm

Cannonball: 10am-2pm

United Tribes - Bismarck: 8:30am-3:30pm

- February United Tribes clinic: February 6th & 13th
- March United Tribes clinic: March 6th & 13th
- April United Tribes clinic: April 10th & 17th

Some Remote (Over-the-Phone) WIC Services Continue

Some of our participant services can be completed remotely. Many Nutrition Education appointments can be completed "Over-the-Phone". WIC staff will inform applicants/participants when a weight, height/length, and/or hemoglobin is needed.

If you need an appointment for NEW APPLICANT Certification or Recertification – please call our Fort Yates office at 701-854-7263 or McLaughlin office at 605-823-4260: appointments will be scheduled after the proof of income, ID and residency (if applicable) are received. If you HAVE an appointment for Certification, Recertification, or Midcertification - come into WIC office for scheduled appointment.

HOLIDAYS/OBSERVANCES

Valentine's Day	February 14 th
Presidents' Day	February 16 th – NO WORK
St. Patrick's Day	March 17 th
1 st Day of Spring!	March 20
Good Friday	April 3 rd
Easter	April 5 th
Easter Monday	April 6 th - (reschedule Little Clinic if NO WORK)

Current Month FEBRUARY 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Appointments will be made for certifications and recertifications after the WIC office obtains documentation required – documentation may be Faxed, Emailed, sent by picture message, or dropped off at the WIC Office. PLEASE CALL to ensure all documents have been received-if sent via fax, email or picture message.

Fort Yates office: Fax: 701-854-7122

McLaughlin office: Fax: 605-823-4184

Email: rpudwill@standingrock.org Issuance Clerk

Mobile: call WIC office for mobile number

Note that required proofs of income, identification, & residency MUST still be provided for certifications and recertifications. All income verifications must be CURRENT. Must bring a month's worth (the most recent 28-31 consecutive days' worth) of most recent available paystubs. For participants living off the Standing Rock Reservation - please bring in a Utility, Rent, or Mortgage Bill, or Medicaid/ SNAP letter with address on it for the proof of residency.