

Standing Rock WIC Newsletter – October 2026



Fort Yates WIC Office: 701-854-7263

McLaughlin WIC Office: 605-823-4260

Inside This Issue

- 1 October is SIDS Awareness Month
- 1 Protect your Family from Lead with Healthy Foods
- 2 Picky Eaters-What to Do?, Tips for Feeding Picky Eaters
- 3 Tips for Pleasant Mealtimes, Submit Documents with Explanation, Non-Discrimination Statement
- 4 WIC Clinic Days/Times (3 months); Remote/Phone Services Continue; Holidays/Observances; Reminder-proof of Income, ID & Residency

October is Sudden Infant Death Syndrome (SIDS)

Awareness Month. Place baby on his/her back for all sleep times (including naps). Use a crib, bassinet or portable play yard with a firm, flat mattress with a fitted sheet. Keep the sleep area clear of blankets, pillows, bumper pads, and soft toys, as these are suffocation hazards. Share your room with baby-keep baby close to your bed for at least the 1st 6 months. Do not cover baby's head- add layers of clothing if needed to keep baby warm. Do not smoke near baby. Also, did you know that **any amount of breastfeeding or breast milk feeding helps protect your baby against SIDS!** Exclusive breastfeeding (no formula) offers the greatest protection but partial breastfeeding still provides protection. The longer baby breastfeeds (gets breast milk) –the lower the SIDS risk!

PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS

Lead is a metal that our bodies do not need. Research shows that lead can cause learning, behavior, growth & development problems. Infants and children are at greater risk because they absorb the lead more quickly and because they have increased contact with dust, dirt and potentially lead contaminated surfaces (playing outside, playing with toys, etc.) Young children are also more likely to put their fingers or other objects, which may be contaminated with lead dust – into their mouth. Children exposed to too much lead may not act or look sick-meaning you may not “see” it.

Good nutrition is one way to protect your family from LEAD. From birth, breast milk provides the best nutrition and many health benefits for babies. For children and adults - one way to protect your family from lead is to eat a variety of healthy foods and have regular meals & snacks. This may help decrease lead absorption. A well-balanced diet (variety from all food groups) is always recommended but especially foods high in **IRON, CALCIUM, and VITAMIN C** - help protect the body from harmful effects of lead. **These 3 nutrients help the body absorb LESS lead.**

Good sources of **IRON** include: lean red meats/fish/chicken/turkey, WIC cereals, peanut butter, dried beans/dried peas/lentils, dark leafy green vegetables, dried fruits, etc.

Good sources of **CALCIUM** include: milk, yogurt, cheese, cottage cheese, dark leafy green vegetables (such as: spinach/kale/collard greens), sardines & salmon, calcium-fortified orange juice, pudding, etc.

Good sources of **Vitamin C** foods include: fruits & vegetables such as – oranges/orange juice, grapefruit, melons, tomatoes/tomato juice, strawberries, kiwi, Bell peppers, broccoli, potatoes, etc.

The National WIC Association recommends that your child's health care provider conduct a blood lead test as part of your child's well-child health visit. If your child(ren) has/have not had their lead level tested – talk to your health care provider!

The Centers for Medicare and Medicaid Services (CMS) requires that all children enrolled in Medicaid or the Children's Health Insurance Program (CHIP) receive blood lead tests at ages 12 and 24 months. Also, any child between 24 and 72 months with no record of a previous blood lead screening test must receive one.

Source: <https://media.nwica.org/the-role-of-wic-in-lead-screening.pdf>

<https://www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment>

<https://www.cdc.gov/lead-prevention/testing/index.html>

PICKY EATERS – WHAT TO DO?

“Picky eating” is common for many toddlers and preschoolers. Infants grow very rapidly in their first year of life—usually tripling their weight (approximately) by age one year. This growth, however, significantly slows down in the second year of life. A toddler’s growth rate slows down which means their appetite often decreases also.

Toddlers begin to develop their own food preferences. This increasing “independence” in eating (and other areas) may become a challenge for parents/caregivers. In most cases, the parent/caregiver should not worry about the child’s picky eating habits. Picky eating is especially common for 2 to 5 year olds. As long as your child has plenty of energy, is growing normally, and is healthy – he/she is most likely getting enough calories and nutrients that he/she needs. Usually a child’s picky eating habits is temporary. Try not to make a big deal out of it. It usually ends before school age.

When trying new foods – offer small portions. Give your child a “taste” of the food and BE PATIENT. It may be best to offer only one new food at a time. Offer at least one food at the meal that you know your child likes. Try offering the NEW FOOD first. Your child will be most hungry at the beginning of the meal and may be more likely to try the new food.

Remember that parents/caregivers are responsible for providing a variety of healthy foods for their children – for snacks and meals. Children are responsible for “what” and “how much” they eat. This teaches your child what it feels like to be hungry and then full. Encourage your child to eat – but DO NOT FORCE your child to eat. Also, DO NOT BRIBE your child to eat.

TIPS for Feeding PICKY EATERS

- **Involve your children in meal planning.** Allow your children to help pick out foods at the grocery store - especially fruits & vegetables. Read kid friendly cookbooks together and let them help pick out recipes.
- **Let your child help prepare meals.** Children get excited about eating foods when they have helped prepare it. Children can: add or count ingredients, help stir, scrub vegetables, pick vegetables from the garden, “paint” on cooking oil with a pastry brush – to name a few examples.
- **Make mealtime - family time.** Share meals together. Limit distractions at the table. Turn off the TV, NO CELL PHONES/TEXTING, NO TABLETS. Talk about fun and happy topics. Do not have arguments at the family table. Keep mealtimes pleasant - have a pleasant atmosphere at/around the table.
- **Offer the same foods for the whole family.** Do not be a short order cook – which means “do not” make different foods for your child. Let your children observe you “enjoying” your foods.
- **Be a good role model.** Try new foods yourself. Avoid showing disgust or no interest when trying new foods. Do not make a “negative” facial expression or say negative words about trying a NEW food. Remember - children learn from their parents/caregivers. They tend to imitate what we do!!
- **TRY, TRY AGAIN.** Just because a child refuses a food once—this does not mean that they will dislike the food forever! It may take 10 to 15 times before a child’s taste buds decide that – this is GOOD! Try the food in different ways, recipes, etc. Also try different food textures, and shapes. Some children may also be sensitive to the smell of foods.
- **Offer CHOICES.** Instead of saying – “Do you want some carrots?” – ask “Which would you like for dinner, carrots or broccoli?”
- **Toddler-Size their eating environment.** Use child-size cups, plates, utensils, and food servings.
- **Think Bright Colors & Fun Shapes.** Children “eat with their eyes” first—just like adults do. Use cookie cutters or fun containers to make foods into appealing shapes (such as heart shaped pancakes). Offer a variety of colorful foods.

TIPS for Pleasant Mealtimes

- ◆ **Make the eating area quiet and peaceful:** Limit distractions by turning off all TV's, phones, tablets, etc.
- ◆ **Discipline children at other times (instead of at mealtime):** Try to keep the mealtime atmosphere pleasant. Mealtime is not a time for "strict" discipline.
- ◆ **Don't argue with a child who won't eat:** The parent(s) or caretaker(s) job is to make good healthy food available for the child(ren). The parent/caretaker is responsible for providing: **WHAT** to eat, **WHEN** to eat, and **WHERE** to eat. The child's job is to eat. Encourage your child to eat but don't force him/her. Offer small portions first because large servings may seem overwhelming. The picky child is more likely to eat if his/her plate isn't loaded up with food.
- ◆ **Be a good role model:** Choose and eat nutritious foods at mealtime and for snacks and set a good example. Children learn more from your **actions** than your words.
- ◆ **Expect spills from young children:** Don't yell if something gets spilled. Keep a towel close.
- ◆ **Offer only one new food at a time:** Small children may need to be offered a new food several times (even 10-15 times) before they will try it. This is normal. Don't force him/her to eat it but encourage a "bite or two-to try it." When offering new foods-offer the new food along with at least one food that your child likes.
- ◆ **Make mealtimes a pleasant experience:** Remember that mealtime is not just a time to eat. Mealtime is an important time when family relationships grow, family traditions develop and memories are formed.

Enjoy each other's company while enjoying family meals. Keep meal time relaxed to nourish the body and help your family make stronger connections. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.

WIC Participants: When submitting documents to WIC staff at wic@standingrock.org – please state why the document is being submitted – such as: for certification/recertification—NEED APPOINTMENT, weight & height follow-up, hemoglobin (hgb) follow-up from doctor/clinic, was missing proof of ID or income at certification/recertification, etc. This will assist WIC staff with processing the documents/data received in a timely manner. We also ask that you call our office after you have sent the proof of ID/INCOME & RESIDENCY (if needed) – if you need to schedule appointment for certification or recertification. 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, audiotape, 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. You may 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, Mail Stop 9410, 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-2pm

McLaughlin: 8am-4:30pm

Wakpala: 10am-2pm

Bullhead: 10am-2pm

Cannonball: 10am-2pm

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

- October United Tribes clinic: October 2nd & 9th
- November United Tribes clinic: November 6th & 13th
- December United Tribes clinic: December 4th & 11th

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

Halloween	October 31 st
Veterans Day	November 11 th – NO WORK
Thanksgiving	November 26 th – NO WORK
Chief Sitting Bull Day	December 15 th – NO WORK
Christmas	December 25 th – NO WORK
Wounded Knee Massacre	December 29 th – NO WORK

Current Month OCTOBER 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

NOVEMBER 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					

DECEMBER 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		

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: wic@standingrock.org

Mobile: call WIC office for mobile number if needed

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.