



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

August 2015

Learn More About Breastfeeding

How you choose to feed your baby is up to you. We encourage all pregnant women (and their support person/family) to learn more about breastfeeding.

So why should I breastfeed?

Breast milk is easier to digest, especially for premature babies

Breast milk fights disease – antibodies in breast milk protect babies from illness.

You do not have to buy, measure, and mix formula. And there are no bottles to warm in the middle of the night!

Breastfeeding can save money – Formula and feeding supplies can cost well over \$1,500 each year. Breastfed babies are also sick less often, which can lower health care costs.

Breastfeeding mothers miss fewer days from work because their infants are sick less often.

Breastfeeding is better for the environment. Formula cans and bottle supplies create more trash and plastic waste.

Some family members worry that if a woman breastfeeds, they will not be able to take care of the baby. Family members can still hold, bathe, change and cuddle the baby. Breastfeeding mothers can use a breast pump so that family members can feed bottles of breast milk to the baby.

What you can do before having your baby

Talk to your health care provider about your health. Discuss any breast surgery or injury you may have had. If you have [depression](#) or are taking medications, discuss treatment options that can work with breastfeeding.

Tell your health care provider that you would like to breastfeed your newborn baby as soon as possible after delivery. Ask hospital staff to NOT give your baby formula.

Talk to friends who have breastfed or consider joining a breastfeeding support group.

See the website below, which has more information

Source: <http://www.womenshealth.gov/breastfeeding/>



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Would You Like to Save Hundreds of Dollars?

Learn the facts about a great program that helps children grow and learn.

The National School Lunch and Breakfast Programs offer all school children healthy and nutritious meals.

Some families qualify for free school meals for their children; others qualify for school meals at a reduced price.

For families qualifying for reduced price meals, the cost is only 30¢ for breakfast and 40¢ for lunch.

Over the school year, savings can add up to hundreds of dollars for families. That savings can be used to stretch the family budget.

Children who qualify for free or reduced price meals are not singled out or publicly identified in any way.

Families need only one application per household, not one for every child. Families may apply anytime during the school year. If you are not eligible now, but have a change, then you can choose to complete an application at that time.

Applications forms (English and Spanish) are available from the school office.

Your school district can qualify for certain government grants for all students based on the results of applications submitted. Your application helps all students!

Contact the UW-Extension's Nutrition Education Program at 723-2125 or visit <http://fyi.uwex.edu/foodsense/> for more information on keeping your family healthy.



UW
EXTENSION

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Sep 3rd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 8th—Boscobel United Methodist Church from 9:30am to 3:30pm

Sep 9th—Fennimore United Methodist Church from 9:00am to 3:30pm

Sep 15th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Sep 17th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 23rd—Late Lancaster Youth & Ag Building from 3:00pm to 6:30pm

Sep 24th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 29th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:
September 7, 2015

BRING IT TO THE BALLOT

Smile Please – Photo ID now required.

Most Wisconsin voters will need to show an acceptable photo ID to vote. **It's the law.** The next scheduled primary if needed, will be February 16, 2016. There will be the Presidential Preference Primary and the Spring Election on April 5, 2016.

There is no special "Voter ID" card.

There are many forms of Photo ID, which you already have, that can be used to vote.

If you are a registered voter you will need to show one of the following to receive a ballot:

- A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended
- A Wisconsin DOT-issued identification card
- Military ID card issued by the U.S. Uniformed Services
- A U.S. passport book or card



The following photo IDs are also acceptable for voting purposes:

- A certification or naturalization (that has been issued no earlier than two years before the date of the election)
- An identification card issued by a federally recognized Indian tribe in Wisconsin
- A driver license receipt issued by Wisconsin DOT (valid for 45 days from the date issued)
- An identification card receipt issued by Wisconsin DOT (valid for 45 days from the date issued)
- A photo identification card issued by a Wisconsin accredited university, college, or technical college that contains the following: date the card was issued, signature of student and expiration date no later than two years after date of issuance. The university or college ID must be accompanied by a separate document that proves enrollment, such as a tuition fee receipt, enrollment verification letter, or class schedule.

An acceptable Photo ID for voting does not have to include a current address.

If you are eligible to vote but do not have Wisconsin driver license or ID card, you may obtain a free ID for purposes of voting from the DMV. I recommend you apply for the ID as soon as possible. You do not receive the ID immediately; it will be sent to you in the mail. Contact the Department of Motor Vehicles service center for more information on obtaining a free ID for voting. **Phone** (608) 264-7447 or on-line at <http://wisconsindot.gov>

Linda K. Gebhard, Grant County Clerk 608-723-2675

Why take the stairs?

Counts towards the goal of at least 30 minutes of activity per day

Good for your heart

Increases muscle strength and power
It's faster to take the stairs. (maybe not if you need to go to the 20th floor)

Good for the environment because it uses your energy, not electricity



Vaccine Info for parents

For parents there's no greater joy than watching your child grow up happy and healthy. That's why most parents choose the safe, proven protection of vaccines. Immunization gives you the power to protect your baby from 14 serious childhood diseases by age 2.

For more information about vaccines, visit

<http://www.cdc.gov/vaccines/parents>(<http://www.cdc.gov/vaccines/parents/>).

Learn what vaccines your child needs, when they are needed, and why it is so important to follow the CDC's recommended immunization schedule as you watch this video baby book (4:04 mins) on CDC-TV

<http://www.cdc.gov/cdctv/lifestagesandpopulations/baby-book-immunization.html>

Track your child's immunizations at

<https://www.dhswir.org>



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