



## Hidalgo County WIC Baby Café Newsletter

### Quarterly Recap

Hidalgo County WIC Baby Café continues to operate as the 1st Baby Café in the Rio Grande Valley. The Baby Café has seen 214 total number of moms, 144 of their accompanying supporters and 68 visitors since October 3, 2011. We continue to welcome new mothers who are pregnant or breastfeeding to our friendly drop-in. We provide them with breastfeeding support along with various activities catered to assist them with healthy messages for their families overall well-being.



In April the Hidalgo County WIC Baby Café hosted a "Baby Shower".

The attendees enjoyed an afternoon full of fun, education, and prizes. They also learned how to elaborate an infant sling.

The infant sling project has been very successful, and will be available at Baby Café all the time. That's right if you want to know how to design a baby sling just stop at our Baby Café and we will be glad to provide instructions on how to do it.



### 2012 Upcoming Events Hidalgo County WIC Baby Café

Breastfeeding Law	7/18
RGV Breastfeeding Coalition Health Fair	8/4
Infant Car Seat Tips	9/19
Next Issue	September 2012

### Baby Café Spotlight

**Kara Suarez**



18 months and still breastfeeding!

### Myth Buster #3

*"People say: "I have to change my eating habits while I'm breastfeeding".*

The truth is that a mother with healthy eating habits does not usually need to change her diet while she is breastfeeding. She doesn't have to drink cow's milk or eat any other specific foods, and no specific foods should be avoided. Although exceptions exist, most breastfeeding mothers can eat anything



they like in moderation- including chocolate and spicy foods- without any effect on their baby. When mothers make a particular food a regular part of their diet during pregnancy and breastfeeding, their babies are more likely to accept it later as a solid food.

(Breastfeeding Answers Made Simple: A guide for Helping Mothers, 2010)

**Address:  
509 East Earling  
(Nolana) Road  
San Juan, Tx 78589  
956.907.4943**



### Hours of Operation

Mondays & Wednesdays  
2:00 pm—4:00 pm  
1st & 3rd Saturday  
9:00 am—12:00 pm

### Services:

- Friendly, relaxed, non-clinical, café-style environment
- Up-to-date breastfeeding information & support
- Information on Farmer's Market Schedule
- Information on Master's Gardeners' Class Schedule
- Free resources & gifts
- A Sharing Closet

Newsletter Editor:

Diana Cardona, Nutritionist, IBCLC, RLC