



## 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 164 total number of moms, 109 of their accompanying supporters and 49 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 January the Hidalgo County WIC Baby Café hosted a cooking demo in partnership with Hidalgo County WIC, Texas AgriLife Extension-Farmers

Market, and South Texas Institute of Health.



A breastfeeding bingo activity was also presented to reinforce the benefits of breastfeeding.



The Hidalgo County WIC Baby Café hosted a free Wellness Fair on March 7, 2012 for the community in partnership with Superior Health Plan that had 30 ex-

hibitors participating. The focus of the Wellness Fair was to provide information to pregnant and breastfeeding mothers as well as to highlight the availability of the Baby Café.



Five months later, mothers are happy to drop in to the Baby Café and chat with the experts and the rest of the moms. One mother stated, "it is wonderful to know that I can visit this place and breastfeed my baby without worrying about feeling embarrassed."

### 2012 Upcoming Events Hidalgo County WIC Baby Café

|                            |      |
|----------------------------|------|
| Baby Shower                | 4/25 |
| Watch Me Grow Presentation | 5/16 |
| Cooking Demo               | 6/2  |
| Next Issue June            | 2012 |

### Baby Café Spotlight Jayleen R. Orellana



Six months and still breastfeeding!

### Myth Buster #2

"People say I shouldn't pick up my baby every time the baby cries because it will spoil the baby." Many mothers wonder if they will spoil their babies if they pick them up every time they cry. The truth is that crying is your baby's form of communication, whether they cry for a physical or emotional need. (LLL *The Womanly Art of Breastfeeding*, 2010). The following excerpt from La



Leche League The Womanly Art of Breastfeeding explains it best, "He's like a visitor on a strange planet-he doesn't speak the language, the gravity is too strong for him to be able to move around on his own, and he's disoriented from the trip. He needs you to respond quickly and reliably when he tells you he needs help. This builds trust in you, confidence in the world, and lifetime resili-

ency, and it wires his brain to cope with stress positively. Ultimately, this makes him able to be secure and independent sooner than if he had to manage all on his own." The answer to this common question is: NO!! You cannot spoil your baby by responding to his needs. It's not possible at this age. You can however make him more secure and resilient for the rest of his life. (LLL, *The Womanly Art of Breastfeeding*, 2010)



**Address:**  
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### 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

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