

Healthy kids, strong parents,  
WIC works wonders!




## The Power of Connection

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they give and receive without judgment; and when they derive sustenance and strength from the relationship.”

Dr. Brene Brown

Working in WIC can be hard sometimes. We know that much of the resilience we need to work in WIC comes from the connections mentioned by Dr. Brown. One skill we practice in WIC that supports us making connections is active listening. But in a busy clinic, sometimes it is hard to listen.


An article in *Linkedin Daily Rundown* asked “Why are we [lonely at work?](#)” Multitasking, [says author and leadership expert Dave Crenshaw](#). “While dozens of technology tools should help us communicate in more personal ways, they do not. Instead, they often isolate people,” he explains. Workers are in the habit of “switchtasking” (the reality of multitasking), moving from activity to activity – and we carry that over into communication. But you can unlearn the habit: Try to consciously slow your brain down while speaking with someone and focus on the conversation. “When you do this, jumping in and out of email whilst having a conversation with a coworker, you are conditioning your mind to view human beings as nothing more than vending machines.” 

**What can you do to make stronger connections at work?**



## Spread the Word

When was the last time you checked out the [Oregon WIC Facebook](#) page? When you follow our page, or like something we post, or share a link we posted, WIC gets just a little attention from everyone in your network. That makes our program just a little more important in the world of social media. Look for new posts 2-3 times per week. If your agency has a Facebook page, you can share our content on your page, and spread the word even further. Or let us know if you have content you’d like us to share.

Encourage participants to follow our Facebook page as well. Many times the items we post are things that might be really useful for them. People can even send a private message to the state if they have questions. 





## This month's Shopping Tip



We see a lot of complaints that something WIC shoppers “buy all the time” didn’t go through. If some foods aren’t covered by WIC, shoppers can ask the cashier to re-ring those foods in a second transaction. This will determine if there was a glitch in the system, if the food actually isn’t WIC-eligible, or if the participant doesn’t have enough benefits to buy it. 🕸

## A fall harvest of helpful links

### Is your water fluoridated?

Check out the [CDC list of every water system in Oregon](#). Each water district is listed and it tells if it is fluoridated. Unfortunately, in Oregon, very few are.

### Talking with children about tragedies in the news

We can support our families’ resilience by helping them talk with their children about what they hear in the news.

- [Helping children cope: Tips for talking about tragedy](#) (featured on our Facebook page)
- [How to talk to your children about tragedies in the news](#) (JAMA)
- [Talking to children about tragedies and other news events](#) (AAP)



### How are Hubs and WIC similar?

No, not hub caps - Early Learning Hubs!

- Both are focused on children from birth to kindergarten
- Both want to connect families to the support they need
- Both want kids to be healthy and live in stable families
- Both are administered out of an organization in the local community

As much as we have in common, maybe we should be working together. Do you know who works at the Early Learning Hub in your community? Do you know what services they support? 🕸


[Find out more about your local hub.](#)





### Child Care Search

 **Dial** 211

 **Text** keyword **children** to 898211

 **Email** children@211info.org

to connect with a 211 representative

**Mon - Fri** 7am-11pm **Sat - Sun** 8am-8pm

## Child care stories from 211info

A parent in Multnomah County texted our Child Care program in February. They could not call out on their phone and only had access to text messages. The family was homeless and living in their car. Both parents were working on call shifts and needed Child Care as soon as possible. Nicole was able to refer them through our text messaging service to Providers who provide drop in care. She also connected them with a Housing Specialist who could help them get into a more stable living situation.

A mother in a rural area called desperately seeking a new Child Care Provider for her 4 year old son with Autism. Her last two providers had let her know that they would not be able to provide care to her son due to his behavioral needs. As a result she has missed a lot of work and was behind on her bills. Alejandro was able to provide her with a referral to the Inclusive Child Care Program which could provide training and support to the Providers caring for her son. He was able to provide multiple referrals to providers who had training in behavioral supports for children with Autism and other Special Needs and also gave her information about rent and utility assistance available in her area. Alejandro problem solved about how to utilize friends or family for care until she could find a provider with adequate training. He followed up at a later date to make sure that she was connected with the Early Intervention program in her area and gave her referrals to statewide resources for parents of children with Autism. ✨

[Online Child Care Search](#)



## You rocked Farmers' Market distribution in 2017!

As the end of the 2017 Farm Direct Nutrition Program (FDNP) draws near, please accept our gratitude for your contribution, tenacity, and quality service to more than 43,000 WIC participants! We would need more than a page to truly express our appreciation for the work you've done, and continue to do, to provide nutrition education and access to our 85 farmers markets, and almost 700 local farmers throughout the state. ✨

*From Maria and Justin at the state office, and our colleagues at the Oregon Department of Agriculture:*

**Thank you!**