



Healthy kids, strong parents,
WIC works wonders!

For best results - Teach-Back!

Josephine County recently completed a continuous quality improvement project looking at FDNP coupon redemption. Glenda Taylor, WIC Lead, says one of the big take aways from the participants interviewed was that sometimes they didn't use the Farm Direct checks because they didn't understand or remember how to shop with them. Even though WIC staff cover this information, it didn't sink in. This season, JoCo WIC staff plan to use the **teach-back method** to make sure Farm Direct recipients can explain back to them how to go about shopping with the checks.

What is a Teach-back?

A teach-back is a way to make sure you explained information clearly. **It is not a test or quiz of participants.** It allows you to check for understanding and re-explain if necessary.

5 things to do when using teach-back method

1. Use a caring voice and simple language
2. Take responsibility - emphasize that you are checking to make sure you explained it well
3. Use non-shaming, open-ended questions
4. Ask the participant to explain back, using their own words (maybe ask them how they would tell others in their family how to use the checks or eWIC card)
5. If the participant is not able to teach-back correctly, apologize for the confusion and explain it again, then re-check

Watch a short video to learn more about Teach-Back!

[Short video](#) [Shorter video](#)



Unlock your
child's potential
by opening
your phone.

vroom
joinvroom.org

Vroom by Text

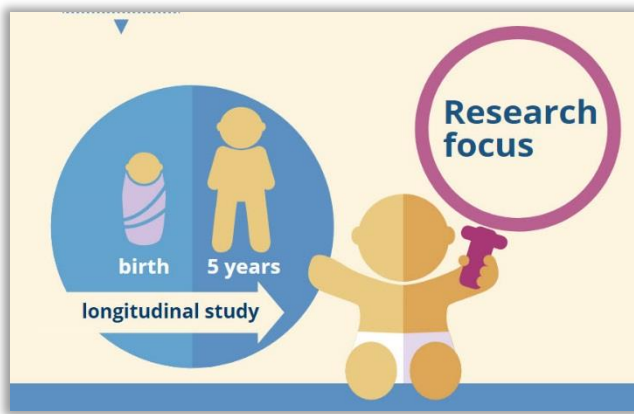
Vroom brain building tips are now available via text message! Each week, Vroom will send a tip to make any moment with a child a brain building one. Participants can learn more by texting CHILD to 48258 or fill out the [online form](#).



Vroom Aha Moments

Definition: a moment of sudden insight or discovery, or awareness related to Vroom and its resources.

Check out the Vroom ideas and graphics to share on this website from [ChildCare Aware of America](#).



WIC Feeding Practices Study Info graphic

Earlier this year, USDA's Food and Nutrition Service published a [report on the WIC Infant and Toddler Feeding Practices Study 2 results](#) on breastfeeding intention, initiation and duration, and the introduction of complementary foods. The report is now joined by an [interactive infographic](#), which provides a fun, easy to understand method of communicating the research findings on the positive impact that WIC participation has on breastfeeding.



Take a look at this video on [responsive feeding](#). What do you think?

Codeine and BF warning from FDA

You may have seen a recent warning to avoid the use of codeine and another pain reliever called tramadol when breastfeeding. The concern is that babies who get these medications through mom's milk can have serious reactions such as excess sleepiness or problems breathing.

Remember:

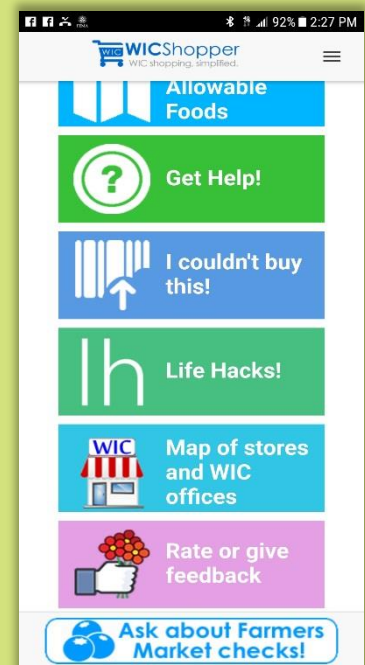
- Encourage mom's to talk with their health care provider about using alternative medications that are safe while breastfeeding.
- Use the [Lactmed website](#) to check on medications and give the link to participants if they have questions or want to share the info with their providers.

This month's shopping tips

1. The only stores with WIC authorized self-checkout terminals are Fred Meyer, QFC, and Winco.
2. The easiest way to figure out what foods don't go through is to keep the WIC transaction separate from other foods when paying. It may be worth it for those shoppers having problems with certain foods or stores.

New Feature in WICShopper App - I couldn't buy this!

Using this function on the App lets participants report problems at the store immediately. The app sends the info to the WIC.Shopping@state.or.us email and includes the date and time. iPhone users can even send a picture.



↑ Check out the reminder for Farmers Market checks!

WIC Staff News



There's something familiar about the new Nutrition and Local Services Manager

After 16 years at Washington County WIC, Tiare Sanna, MS, RDN, decided to leave the local agency world and join the State WIC program. She misses the close ties she had with her work family there, but is excited to take on new challenges supporting every local agency across the state.

Tiare brings some great experience to her new position. Not only is she fresh from the trenches of a local agency, she has also served as a local WIC agency representative to the National WIC Association Board of Directors. In that role, she connected with local agency staff from around the country which gave her a broad sense of what is possible and made her appreciate how great Oregon's WIC program is.

In her new position, Tiare hopes to decrease barriers to service and make it easier for every local agency to provide consistently great services statewide. She wants to help agencies make the most of their limited resources so that WIC impacts the health of the communities they serve.

Tiare says she really doesn't have much time outside of work, but she talks about how much she loves spending time with her 3 kids (ages 14, 11, and 9) and all their activities. I'm guessing that takes a lot of time!

It is much quieter at the state office than at a busy WIC clinic, so Tiare wants you to know that she wants to hear from you. She wants to hear your concerns, answer your questions, and maintain those important connections with local agency staff across the state.

Welcome to the State, Tiare!



Welcome to Oregon WIC Jameela Norton, MPH

What brings you to Oregon WIC?

I recently moved to Oregon from Tucson, AZ—it's been an exciting adventure! I'm happy to join the team as a Health Educator.

Why are you passionate about WIC?

Because it has the ability to transform lives. I grew up on the Navajo (Dine) and White Mountain Apache Reservations in Arizona and New Mexico. I've seen the impact programs like WIC can have on families and communities—it's powerful. In my role, I'm committed to learning from others (LIKE YOU!) in order to develop educational tools that serve staff and participants.

What do you do for fun?

Adventures with my pups! A perfect day involves outside hiking adventures with dogs or curled up and reading my kindle.