

Thank you Mom for your WIC participation!

As you graduate from the WIC Program, we hope that WIC has helped you throughout your pregnancy and after giving birth. As you leave the program, we would like to share these tips on how to keep you and your baby healthy and prepares you with your growing family.

Reminder: Even though mom is graduating from WIC, children can be on the program until they turn five years old.

Breastfeeding



- Continue breastfeeding in addition to feeding solid foods for as long as you and your baby choose to. It's healthy for both of you!
- Breastmilk changes as your baby grows to meet their needs.
- If you did not breastfeed, think about it if you have another baby. WIC staff can help you with your breastfeeding questions . Call Breastfeeding Hotline @ (671) 488-5171.

Healthy Eating

- Try to eat a rainbow of fruits and vegetables everyday.
- Choose water over soda and other sweetened beverages.
- Include whole grains like brown rice, 100% whole wheat bread, and oatmeal at meals.
- Visit Choose MyPlate for recipes and healthy eating tips.
- For help with food, apply at SNAP (formerly Food Stamp) . Visit <https://dphss.guam.gov/division-of-public-welfare/>



PLANNING TO GET PREGNANT SOON?

Get 400mcg of *folic acid* every day.



Folic Acid

- A healthy diet and a multivitamin with folic acid gets mom ready for pregnancy.
- Folic acid helps you have a healthy baby.
- Folic acid is important before, during, and after pregnancy to prevent birth defects.

Mental Health



Have you been worried about the way you have been feeling? Taking care of yourself helps you take care of your family.

- It's okay to ask for help. Spend time with your loved ones and talk about how you are feeling.
- Relax. Getting enough sleep helps your body recover. Take a few minutes to sit, listen to soothing music, or read a book.
- Tell your doctor or nurse about your concerns.
- For more help, call the Maternal Mental Health Hotline at 1-833-9-HELP4MOMS (1-833-943-5746)
- Call Guam Behavioral Health and Wellness Center @ (671) 647-5440
24-Hour Crisis Helpline: 988

Vaccines

- Vaccines keep your family healthy.
- Get your child's shots on time. Keep the shot record in a safe place.
- Yearly flu shots for all family members are important.
- For more information on when your child needs vaccines, ask your child's doctor or visit:

<http://dphss.guam.gov/immunization-program/>

- Call the BFHNS Immunization Walk-In Clinic at (671) 634-7408.



Other Concerns

- Avoid alcohol, tobacco, and drug use as these can be harmful to you and your family.
- For Drug & Alcohol Treatment Services:
 - Call Guam Behavioral Health and Wellness Center New Beginnings at (671) 475-5440
 - SAMHSA Helpline | 1-800-662-4357
- Talk to friends and family about not smoking around your children.
- Quitting smoking?
 - Call Department of Public Health and Social Services Tobacco-Free Guam Quitline @ 1-800-QUIT-NOW (1-800-784-8669)
 - Guam Behavioral Health and Wellness Center 24-Hour Crisis Helpline: 988
- Are you interested in free parent education and family resources? Ask WIC staff on how to get these services or visit www.PacificRegionResources.org.

For more information about WIC eligibility , call WIC clinics at:

Tiyan: (671) 475-0295/96 8 AM– 5 PM (Mon- Saturday)

Dededo: (671) 635-7471/72 8 AM– 5 PM (Mon– Saturday)

Sta Rita: (671) 565-3537 8:30 AM– 4:30 PM (Mon-Wed-Friday)

Inarajan: (671) 828-7550 8:30 AM– 4:30 PM (Tuesday& Thursday)

Email: guamwic@dphss.guam.gov



@ Guam WIC Program



Adapted from WIC Arizona brochure, "Mom, You're Graduating from WIC, Now What", July 2022