

WIC

Children are as healthy
as the food they eat.



Women, Infants
& Children

The Women, Infants & Children Program

Provides free food and nutrition education to:

- pregnant women
- new mothers
- infants and children under age 5
- working families (family of 4 with \$3,446 or less gross monthly income)

Must meet income
guidelines.

1-800-642-6330

Call to see if your family qualifies
New Opportunities, Incorporated
WIC Program



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WIC Program

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Carroll Health Center, 2241 N. West St., Carroll
(across from the Municipal Golf Course club house.)

(712) 792-9284

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she said.

Wyatt continued smoking after high school and into adulthood, stopping only during the pregnancies of her two children. Information linking tobacco use during pregnancy to increased fetal health risks was just coming out at that time.

"I didn't smoke when I was pregnant, mostly because I was so sick when I was pregnant and smoking made it worse, but the minute those kids were born I was right back at it," she said.

When Wyatt's first child, a girl, was born in 1982, smoking was still allowed in the maternity ward. When her son came along in 1986, people wanting to smoke had to do it in the hospital's designated "smoking room."

Four hours after her son was born through a cesarean section, Wyatt held a pillow against her stomach, left her room in the maternity wing and walked to the smoking room for a cigarette.

Wyatt admitted that she and her husband, who was also a heavy smoker at that time, did smoke cigarettes around their daughter during her first few years.

"I thought I was a being a good mom because I didn't smoke when I was pregnant, but I did smoke around my daughter when she was little. Secondhand smoke was a whole new thing then," Wyatt said. In hindsight, she realizes that her daughter's frequent ear infections were probably a result of being exposed to secondhand smoke.

"I remember dressing my daughter up in the most beautiful little dresses with perfect hair. She looked like a princess — and smelled like an ashtray," she said.

Around the time her son was born, Wyatt, along with the general public, was becoming more aware of the dangers of exposing a child to secondhand smoke. And since her house "probably dripped of tar and nicotine," she and her husband decided they would try not to smoke around the kids. They both continued to smoke at work and at night on the porch after the kids had went to sleep.

By her early 30s, Wyatt was smoking three packs of cigarettes "and then some" every day. Sometimes she had two cigarettes going at the same time. She believes now she was as addicted to the ritual of smoking as she was to the nicotine and other chemicals.

"I loved smoking cigarettes. I loved the ritual. It was much more than a physical addiction," said Wyatt. "I loved taking the cellophane off and packing it down. I lined up cigarette butts in the ashtray — the ashes stayed on one side, and the butts stayed in neat little rows on the other side, and they were always the same length. I loved the deep breathing that is involved, which was a very calming activity for me. It was the

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