



Starting Your Breastfed Baby on Solid Foods

Solid foods help meet babies' increased need for iron and protein as they grow.

Breastfed babies have a richer range of taste experiences than formula-fed babies. Mother's milk varies in composition during the course of a day. Its taste also varies, depending on the foods the mother eats, preparing her baby for the foods he will someday eat at the family table. This may be why feeding problems are rare in breastfed babies.

Signs that your baby is ready to eat include:

- Sitting up
- Fading of the tongue-thrusting reflex, when the baby doesn't automatically push solids out of his mouth
- Readiness to chew
- Ability to pick up food and put it in his mouth
- Increased demand to nurse that's unrelated to illness, teething pain, or a change in routine

Human milk is nature's complete food for at least the first six months and there is no reason to add other foods before this time. The American Academy of Pediatrics' Committee on Nutrition advocates only human milk for the first six months. There are many advantages to waiting until the baby is ready for solids:

- Decreased risk of food allergies
- Increased ability to digest solid foods
- Decreased risk of obesity
- Natural child spacer

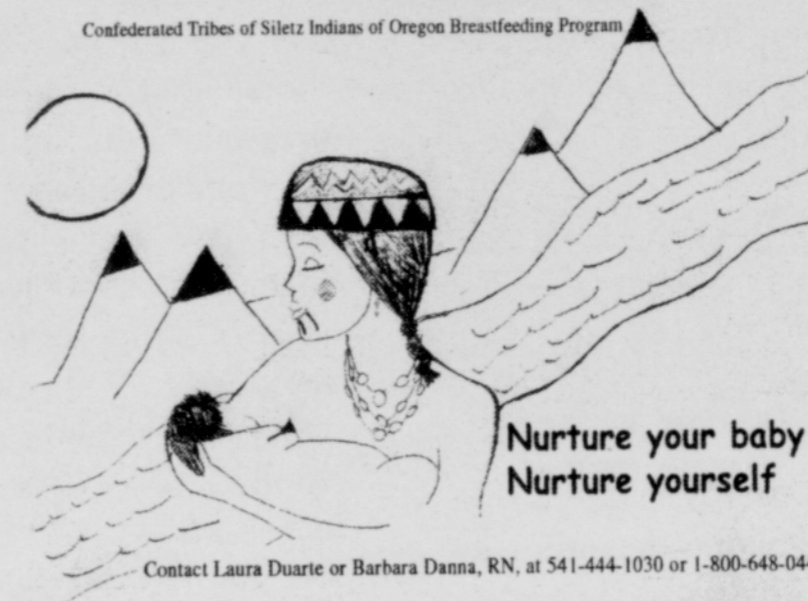
Some babies aren't ready to begin solid food until nine months of age. These babies continue to do well on breast milk alone.

Anemia is uncommon in the breastfed baby because:

- The healthy, full-term baby has ample iron stores at birth, enough to last at least for the first six months of life.

Moms and Babies Breastfeeding Circle

Confederated Tribes of Siletz Indians of Oregon Breastfeeding Program



**2nd Tuesday of each month
6 - 7:30 p.m.**

Housing Department Conference Room

**You're invited to come eat, visit, and learn about
the many benefits of breastfeeding.**

Sponsored by Siletz Tribal Diabetes Grant

- Although the amount of iron in human milk is small, it can be absorbed well because of the high lactose and vitamin C levels in human milk.
- Breastfed babies don't lose iron from their bowels as do formula-fed babies, whose intestines develop fissures (breaks) from damage caused by cow's milk.

Disabled Persons Added to Medicare Part B Reimbursement Group

by Judy Muschamp

Thanks to increased gaming revenue returns, the Siletz Tribal Council has continued to set aside gaming revenue funds to reimburse tribal elders, **age 65 and older**, for Medicare Part B premiums.

And beginning July 1, 2003, **disabled persons under age 65** became eligible to participate. This benefit is available to you regardless of where you live. It's an excellent program for anyone who qualifies and if you live within the 11-county service area, helps Contract Health Services by shifting the majority of the cost of physician services to Medicare.

Here are answers to some common questions:

Question: What paperwork do you need so I can receive reimbursement?

Answer: I need a copy of your Medicare card. This shows that you're covered by Part B medical. I also need

a copy of your benefit statement from Social Security that shows how much per month is withheld from your check. Mail these copies to Judy Muschamp, CTSI, P.O. Box 549, Siletz, OR 97380.

Question: I want to add Part B to my Medicare. When can I do that?

Answer: You can sign up for Medicare Part B:

- 1) When you first enroll in Medicare (your initial enrollment period). The initial enrollment period starts three months before you turn 65 and for seven months after.
- 2) Jan. 1 - March 31 of each year (your general enrollment period). If you enroll in Part B during a general enrollment period, it'll be effective July 1 of the year in which you apply. Your Medicare Part B premium will go up 10 percent for each 12-month period that you

could have had Medicare Part B, but didn't take it.

- 3) If you didn't take Medicare B when you were first eligible because you or your spouse were working and had group health plan coverage through your or your spouse's employer or union, you can sign up for Medicare Part B during a special enrollment period. You can sign up anytime you're still covered by the employer or union group health plan through your or your spouse's current or active employment, or during eight months following the month the employer or union group health plan coverage ends, or when the employment ends (whichever is first).

Contact the Social Security Administration at 1-800-772-1213 if you wish to add Medicare Part B.

Question: When will I receive my reimbursement from the tribe?

Answer: After your initial check is processed, you should receive your regular monthly check the first week of each month.

Question: Is the reimbursement taxable?

Answer: Yes, in some cases the reimbursement is considered taxable income. You'll receive a form 1099 from the tribe.

People who are disabled and currently are covered by Medicare Part B should send us your paperwork as soon as possible. Since I was late in discovering this additional benefit, we will reimburse retroactive to July 1, 2003, until the end of December 2003.

If you have any other questions, please call either Amie Williams or me at 1-800-648-0449 or 541-444-1030.