



Why is active play important?

Active play helps your child learn healthy habits.

There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike

Indoor play

Act out a story
Turn up the music and dance
Walk inside a shopping mall
Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Outdoor play

Family walks after dinner
Play catch
Take a nature hike
Games in the yard or park
Build a snowman

Happens Every Month

Please complete your activity by the end of _____ for your food benefits to continue.
Household ID # _____

- Head Start:** Many classroom and home-visit activities have been WIC approved. Talk to your child’s classroom teacher or home visitor for more details. 
- Nurse Family Partnership (NFP):** This program provides education and support for new families. The goals are to help you have a healthy baby, learn how to promote your baby’s health and development, and to help you achieve your own goals. For more information about the program call Rhonda @ 393-6775. If you already receive NFP visits, talk with your home visitor about how to receive WIC credit. 
- Breastfeeding Moms Group:** Make a craft while talking with other breastfeeding moms. Open to anyone interested in learning more about breastfeeding. Group meets the 1st Wed. of every month from 10:30am- 12 at Northwestern Counseling and Support Services. (130 Fisher Pond Rd, St. Albans) 
- Latch On:** Learn more about breastfeeding and share stories in a relaxed and caring environment. This group is for babies and pregnant moms. Group meets every 3rd Saturday from 10am – Noon at Northwestern Medical Center in their Wellness Room on the Family Birth Unit. 
- Baby Massage & Breastfeeding Group:** These groups are a great way to learn about breastfeeding, the benefits of baby massage and parenting. Group meets every 2nd Wed. from 9:30am – 11:15am @ the Alburgh library. 
- The Secrets of Baby Behavior:** Join other pregnant women like you to learn about newborn behavior, so you know what to expect after your baby is born. We’ll talk about hunger cues, infant sleep patterns and reasons for crying, and we’ll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. Open to Northwestern OB/GYN patients in their 3rd trimester of pregnancy. Class meets 2nd & 4th Tuesdays @ 3:45PM. Location: Northwestern Medical Center in their Wellness Room on the Family Birth Unit. 
- Understanding Your Baby’s Cues:** Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry and what they need can help you feel more relaxed and confident. Congratulations, and let WIC help you enjoy the wonders of being a new parent! Group meets every 2nd Tuesday of the month from 10:00 – 11:00 AM at the WIC Office/3rd floor Education Room. 
- WIChealth.org:** Complete your WIC nutrition education online with wichealth.org. You're just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ www.wichealth.org 
- Story Time:** Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome – Some story hours include a healthy snack!
 - Franklin Haston Public Library on Thursday mornings starting at 10:30 AM.
 - Fairfax Community Library on Tuesday mornings at 9:30 AM
 - Enosburgh Public Library every Saturday 10-11AM. Enosburgh Public Library also offers a Mommy and Me Story Hour Every Friday 9-10 AM
 - Highgate Public Library every Tuesday at 11am & Wednesday at 10am.
 - Fairfield (BNML) Library every Wednesday from 10-11:30am.
- RiseVT / Rise TV:** Good health is the key to a happy life. RiseVT is a movement towards better health for people of all ages in Franklin and Grand Isle Counties. Watch one of these great videos at home and call the office with the WIC Approved Activity code mentioned during the video and discuss the video with a WIC staff member. Visit the RiseVT YouTube page for all of the great video options. <https://www.youtube.com/channel/UCV2sVgwo9J86ZrRI4-n19sA> 

One Time Event

- Prenatal Breastfeeding Class: Preparing for Birth and the First 10 Days:** For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too! Call to register at 524-7970

- Monday, January 16th 6:00-7:30pm – Family Birth Center NMC Conference Room
- Friday, February 17th 12:00-1:30pm – WIC office 3rd floor Education Room
- Thursday, March 16th 6:00-7:30pm – Family Birth Center NMC Conference Room
- Tuesday April 18th 12:00-1:30pm – WIC office 3rd floor Education Room

Make your own Baby Food: Making your own baby food is easy! You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures. Join us for this food demonstration and taste testing. Participants will take home a free Baby Food Mill.

- Tuesday, January 24th 11:00am-Noon – WIC office 3rd floor Education Room
- Tuesday, April 25th 11:00am-Noon – WIC office 3rd floor Education Room

Recipe of the Month

Breakfast Burrito

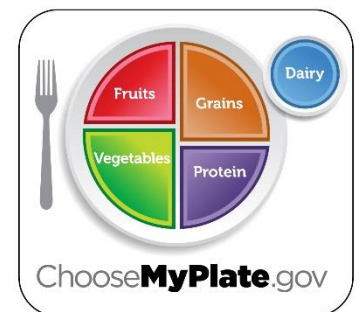
Ingredients

- 1 1/3 cups black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4 tortillas, corn
- 2 tablespoons red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low-sodium
- 4 tablespoons yogurt, non-fat plain
- 2 tablespoons chopped cilantro, optional

Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Notes: This breakfast burrito is packed with protein and fiber for a great way to start your day! You can give it your own touch by adding scrambled eggs or adding veggies like green pepper, spinach, or any of your favorites!



Visit ChooseMyPlate.gov or www.whatscooking.fns.usda.gov for other healthy, budget friendly recipes!



Stay in Touch With WIC

- Facebook: www.facebook.com/vdhstalbans
- Email: AHS.VDHOLHStAlbans@vermont.gov
- Phone: 802-524-7970

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Sign-in: 

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Other: 

WIC Card: 