

# Growing Healthy Families

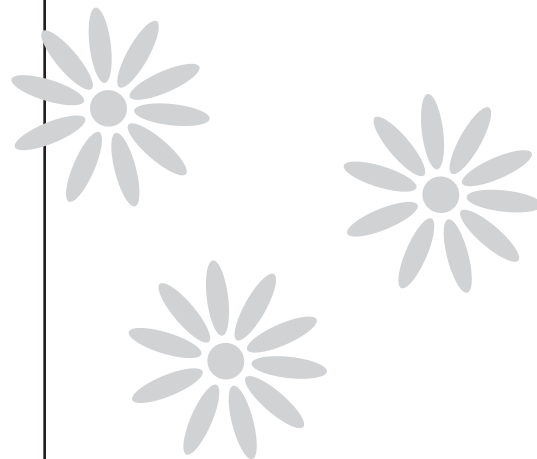
BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

## Secrets of baby behavior

Wednesdays, March 1, May 3; Noon–1:00 p.m.  
Vermont Department of Health, WIC office  
324 Main Street, Bennington

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk! Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads and grandparents welcome! Check out [secretsofbabybehavior.com](http://secretsofbabybehavior.com) for more baby behavior tips.

For more information or to preregister, call 447-6411.



## Breastfeeding basics

1st Wednesday of each month  
March 1, April 5, May 3  
1:00–2:00 p.m.  
Vermont Department of Health  
WIC office  
324 Main Street  
Bennington

Breastfeeding is the natural way to feed your baby. Learn how to get started with breastfeeding in the hospital and early weeks, what to expect as you nurse your growing baby, and when to ask for help! Dads and grandparents welcome! Light refreshments provided.

Call 447-6411 for more information.

## Back to work or school & breastfeeding

Tuesday, April 25  
1:00–2:00 p.m.  
Vermont Department of Health  
WIC office  
324 Main Street  
Bennington

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk; maintaining a good milk supply; working with your childcare provider; and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class!

Call 447-6411 for more information and to preregister.

## Come fly with us!

Friday, May 12\*  
1:00–2:00 p.m.  
Willow Park Upper Pavilion  
Bennington

Spring is the perfect time for flying kites! Kite flying is a great way to be more physically active, reduce stress, and enjoy the outdoors. Kites will be provided. Join us for some healthy family fun.

Call 447-6408 for more information.

*\*Rain date: Friday, May 19*

All activities are FREE  
of charge!