

Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

Breastfeeding support: Preparing for birth and the first 10 days

Wednesday, April 12
1:00–1:45 p.m.
Vermont Department of Health
WIC office, 1st floor
232 Main Street, Brattleboro

Presented by Cindy Twombly,
Public Health Nurse

Whether it's your first baby or you're an experienced breastfeeding mom, the WIC Program is here to help you get off to a great start. Knowing what to expect, being prepared for some challenges, and knowing where to go for support can help you stick with breastfeeding through those first few weeks.

We'll talk about what happens in the hospital and what to expect from your newborn when you get home. You'll learn how to tell if your baby is getting enough to eat, if s/he is having enough wet and dirty diapers, and who to call when you have questions. You can do it and WIC can help. Dads and other supports are welcome, too.

For more information and to register, call Cindy at 251-2139.

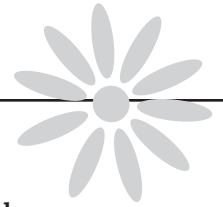


Around the table

Classes start in April; time and place to be announced

WIC and the UVM Extension Service are offering a series of free cooking classes starting in the spring. We are looking for 10–12 families to participate in this 6-session program that includes discussion, hands-on activities, and making healthy recipes. Learn how to eat healthier on a budget, how to shop smarter at the grocery store, prepare food in a fun setting, and plan healthy meals for busy lives. Receive a certificate of graduation and free gifts, including an immersion blender for completing the class! We guarantee you'll have a fun time.

Call us at 257-2880 for more information and to register.



Toddlers at the table: Feeding the picky eater

Wednesday, May 17; 11:00 a.m.
Vermont Department of Health
WIC office, 1st floor
232 Main Street, Brattleboro

Presented by Allyson Howe,
WIC Nutritionist

Does your little one eat really well one day, and practically nothing the next? Is he too busy exploring the world around him to focus on eating? Many children are fussy eaters, and most of the time it isn't about the food, it's about wanting to be independent. Join Allyson to talk about how your child's growth pattern and developmental stage influence his eating habits and get some pointers on how to make mealtimes more pleasant.

Call 251-2104 for more information and to reserve a spot.

The mothers' circle

Tuesdays, 10:15 a.m.
Winston Prouty Center
209 Austine Drive, Brattleboro

Motherhood is not meant to be done alone. The Mothers' Circle is a supportive and confidential discussion group for moms. Free childcare is available, although babes-in-arms are welcome to remain with their mothers in the circle. Light refreshments are provided.

Contact Alison Wheeler at
258-2414 ext. 213 or
alison@winstonprouty.org.

All activities are FREE
of charge!