



## Tips for Raising an Active Child

- Make active play fun for the whole family. Let your child help plan the fun.
- Focus on fun, not performance. All children like to play. They will win when they move, have fun, and are active daily.
- Set limits on TV and computer time. Limit TV and other screen time to less than 2 hours a day, as advised by many doctors. Try reading during inactive time rather than watching TV.
- Be active yourself. Active parents tend to raise active children. You influence your child's behavior, attitudes, and future habits.

## Newport District Office

### WIChealth.org:

Complete your WIC nutrition education online with [wichealth.org](http://wichealth.org). You're just a few clicks away from discovering ways to help keep you and your family healthy. Wichealth.org activities are easy and fun ways to get more information from a trusted source on a variety of topics many families face when parenting small children. 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](http://www.wichealth.org). **Your Household ID number to access the system is: \_\_\_\_\_.**

### Baby Behavior Class:

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns.

**Newport State Building: Monday November 13, Monday December 11, Monday January 8. All run from 2:00-3:00.**

### Breastfeeding - Preparing for Birth and the First Ten Days:

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 about signs that breastfeeding is going well. Dad and grandparents are welcome too!

**Newport State Building: Monday November 13, Monday December 11, Monday January 8. All run from 1:00 - 2:00.**

### Breastfeeding While you are Separated

Returning to work or school shortly after your little one arrives? We are here to support you in this transition so you can continue breastfeeding successfully for as long as you and your baby desire. Learn about WIC's breast pump program, how to talk to your employer or student advisor about your needs, working with your childcare provider and what pumping routine might work best for you. To register or get more information, call 802-334-6707 and ask for Chantale or email @ [Chantale.nadeau@vermont.gov](mailto:Chantale.nadeau@vermont.gov)

**Newport State Building: Monday November 13, Monday December 11, Monday January 8. All run from 3:00-4:00.**

### Healthy Baby Teeth = Happy Healthy Baby:

When and how should I introduce solid foods to my baby? What should I do now to keep my baby's smile healthy? Join us to learn how to care for your child's teeth, to make your own baby foods with the foods you are already cooking for your family and what foods and drinks to avoid for healthy teeth. Receive free samples and an oral health assessment for your child. Remember, healthy teeth help your child to learn, play and grow.

**Newport State Building: Monday November 13, Monday December 11. Both run from 3:00-4:00**

**Derby Head Start: Friday October 14. 10:30 – 11:00.**

### WIC Health SOS!

I know I want to use [wichealth.org](http://wichealth.org) for my WIC activity but HOW do I do it? WHERE do I sign up? WHAT do I do once I'm there? WHEN is it due and WHY do I have to do it? If you're struggling with these sorts of things, don't have access to a computer or just want a buddy to help you through your [wichealth.org](http://wichealth.org) lesson, wichealth SOS is for YOU. Come to this workshop and we'll guide you step by step through setting up your account, exploring the many choices available and completing your [wichealth.org](http://wichealth.org) activity that will continue your food benefits.

**Newport State Office Building: Wednesday November 29, Wednesday December 20. Wednesday January 31.**

**Assistance available between 1:30-3:30.**

# WIC APPROVED ACTIVITIES

November/December 2017/  
January 2018

