

# Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

## Snacktivity!

1st Thursday of the month, 11:00 a.m.–1:00 p.m.  
September 7, October 5, and November 2  
Burlington District Office, 108 Cherry Street, Suite 102

Drop in for a quick, tasty activity! Taste a snack made with WIC approved foods, do a fun coloring activity, and get a chance to chat with a WIC nutritionist about new recipes to try using your WIC food benefits. Children welcome. No need to register.

For more information, call 863-7323.

All activities are FREE  
of charge!

## Visit the tooth lady!

Burlington District Office  
108 Cherry Street, Suite 102  
Burlington

Pari, our dental hygienist, loves teeth, and she wants to help you keep your child's teeth as healthy as can be! Schedule an appointment with Pari for fluoride application, or to talk about any dental questions you may have.

Give her a call at 951-0079.

## Prepare for birth and the first 10 days and understand newborn babies

Tuesdays, 5:30–6:45 p.m.  
September 19 and November 21  
The Family Room  
20 Allen Street, Burlington

Babies are born with the ability to communicate their needs — we just need to learn to recognize their cues. Come find out more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

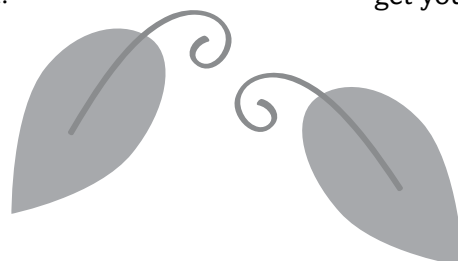
Call Jess at 373-7074 or e-mail [Jessica.Laclair@vermont.gov](mailto:Jessica.Laclair@vermont.gov) to register.

## Understand baby's cues and make it work when separated from baby

12:15–1:45 p.m.  
Wednesday, October 18  
The Family Room  
20 Allen Street, Burlington

Get off to a great start with your new baby! Learn how to understand what your baby is telling you, and get tips on keeping a strong breastfeeding relationship, even when apart for work and school. Babies, partners and family are welcome to attend!

Call Jess at 373-7074 or e-mail [Jessica.Laclair@vermont.gov](mailto:Jessica.Laclair@vermont.gov) to register.



## Check out WICHealth.org!

Stay on top of your WIC Activity requirement with WICHealth.org! This fun online interactive site can be used on any computer, tablet or smartphone. WICHealth.org offers lots of great recipes and tips on getting everyone to eat healthy foods. Make sure you have your WIC household ID to get started. It is not the number on your shopping card.

Call the WIC office at 863-7323 to get your 6 digit family ID#.

# FIT WIC FUN AND GAMES PAGE

## Ahhh... the Power of a Breath

The days are getting shorter, the leaves are starting to change and children are heading back to school. Fall can be a very busy time for families and it is important to remember to take a moment to breathe. Meditation is a mindfulness practice that has been shown to be effective in reducing stress levels. You and your child can relax together with this guided meditation activity.

### What you'll need:

- Your imagination
- Your body
- Your breath

### Instructions:

1. Standing with your child, show your child how to stand with a quiet, relaxed body. They can close their eyes if that helps them relax more.
2. Ask your child to think about what their favorite color might be.
3. Have your child imagine a big balloon of that favorite color.
4. Ask your child to take a deep breath in. They should slowly inhale through their nose. Explain to your child that they are filling up their bellies with air as if their belly was the big balloon.
5. Direct your child to stretch their arms open and over their heads as they fill the big balloon (their belly) until they have taken a full deep breath.
6. Then have your child imagine slowly letting the air out of the balloon, as they lower their arms and breath out slowly through their nose.
7. Guide your child to repeat this several times, breathing slow and fully in as they raise their arms up and breathing out slowly and fully as they lower their arms.
8. After a few deep breaths in and out, you can ask your child to open their eyes if they are closed, and on the breath out, you can "pop" the balloon by gently tapping your child's belly. Your child can fall gently to the ground just as a balloon would fall when the air is let out.

