

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

All activities (unless otherwise noted) held at:
Vermont Department of Health
WIC Office, 2nd floor
McFarland Office Building
Barre

Call 479-8564 for more information or to signup.

Prepare for birth and the first 10 days

4th Wednesday of each month
11:00 a.m.–Noon

Share worries about being a new mother/parent/grandparent, etc. Understand the hospital practices that support breastfeeding. Discuss Infant Feeding Plans. Understand the signs that breastfeeding is going well, and when to call the doctor. Recognize the signs that baby is getting enough to eat.

Understand your baby's cues

4th Wednesday of each month
1:00–2:00 p.m.

Join other new parents like you to learn about baby behavior, how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

Make your own baby food

Wednesday, September 13
2:00–3:00 p.m.

Making your own baby food is easy. Join us to learn how to make healthy and delicious food for your baby. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill.

To sign up, call 479-7442 or sign up at your next WIC appointment.

Halloween party!

Friday, October 27
9:00–10:00 a.m.

Put on your Halloween costume and join us for a Halloween celebration starting with story time, followed by creating healthy Halloween treats including ghost bananas, apple monsters and tangerine pumpkins that may be sampled. Attendees will receive a free children's book and reusable bag.

To sign up, call 479-7442 or sign up at your next WIC appointment.

All activities are FREE
of charge!

Shop with your WIC card

Price Chopper, Barre;
Hannaford, South Barre;
Shaws, Berlin, Montpelier,
Waitsfield, Waterbury

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the WIC Program & Food Guide. We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit. To schedule a tour, call 479-7442 or 479-8564.

Make your own applesauce

Monday, November 6
2:00–3:00 p.m.

Wondering what to do with all of those extra apples you picked this fall? Learn how to make your own applesauce! We will demonstrate how to make your own applesauce that may be sampled. A recipe will be provided, as well as recipes featuring other fall fruits and veggies. Attendees will receive a free reusable bag.

Call 479-7442 or sign up at your next WIC appointment.

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.

