

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

Apple picking adventures

You can't pick a fresher, tastier apple than one grown in Vermont! Check out the following website to help you get ready for your next apple picking adventure and find an apple orchard near you:

www.orangepippin.com/orchards/united-states/vermont

Secrets of baby behavior

**Wednesdays, Noon–1:00 p.m.
September 6 and November 1
Vermont Department of Health
WIC Office, 324 Main Street**

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. Check out www.secretsofbabybehavior.com for more baby behavior tips. Dads and grandparents welcome!

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

All activities are FREE
of charge!

Breastfeeding basics

**Wednesdays, 1:00–2:00 p.m.
September 6, October 4, and
November 1
Vermont Department of Health
WIC Office, 324 Main Street**

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 or to preregister.

Come fly with us!

**Fridays, 11:00 a.m.–Noon
September 29 and October 27
Upper Willow Park Pavilion
Bennington
(use entrance off East Road)**

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.

Sunscreen is recommended. Participants should bring their own water and snack if desired.

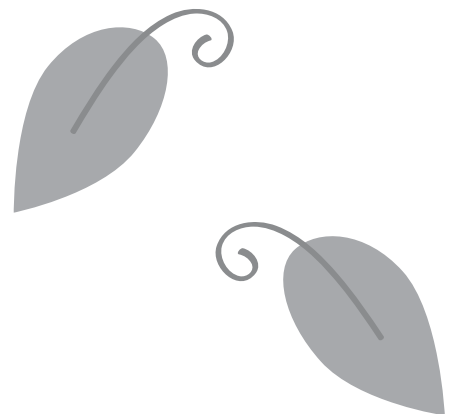
Call 447-6408 for more information.

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 nutrition information, recipes and tips for keeping your family happy and healthy. You will need your 6-digit WIC household ID number to get started. If you don't know your WIC household ID number, call the WIC office at 802-447-6408.

To use WICHealth.org, follow these easy steps:

- Access the WICHealth.org site at www.WICHealth.org
- Create an account using your WIC household ID number. If you have already created an account, login to begin.
- Select a lesson from one of the five categories.
- When you are finished, complete the short survey.
- Click on "Submit" to send your Certificate of Completion to the WIC office.



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.

