

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

All activities held at:
WIC Office, 1st floor
Vermont Department of Health
232 Main Street, Brattleboro

Prepare for birth and the first 10 days

Wednesday, October 11
1:00–1:45 p.m.

Whether it's your first baby or you're an experienced breastfeeding mom, WIC 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 your baby's hunger cues, how to make sure s/he is getting enough to eat, and who to call when you have questions. You can do it and WIC can help. Partners and other supports are welcome, too.

For more information and to register, call Brooke at 251-2104.

Halloween tricks for healthy teeth

Thursday, October 26
10:30–11:00 a.m.

Halloween is right around the corner, which may mean extra candy for your little ones. Too many sweet treats too often can lead

Childhood lead poisoning prevention

Monday, September 11; 1:00–1:30 p.m.

What's the concern about childhood lead poisoning and getting my child tested? It is important? Is my home and child care facility lead free? Come get important answers to these questions and more. We'll meet in the WIC playroom so your child can play as we talk. Free non-toxic spray cleaners to the first 8 parents who attend.

Call Cindy at 251-2139 for more information and to register.

to cavities. Come join our Public Health Dental Hygienist, Susan Rand, for ideas on starting off your trick or treaters with healthy Halloween habits.

For more information and to register, call Sue at 254-3287.

Hauntingly healthy Halloween

Monday, October 30
11:00 a.m.–Noon

Looking for something fun to do with your little monster? Join your WIC nutritionists to turn apples, carrots, and bananas into Halloween treats that your kids are sure to love! Sample goblin grins, edible eyes, dead man's fingers, and caterpillar kabobs! Bring the kids in their scariest costumes and we'll have a spooky time!

For more information and to sign up, call 251-2104.

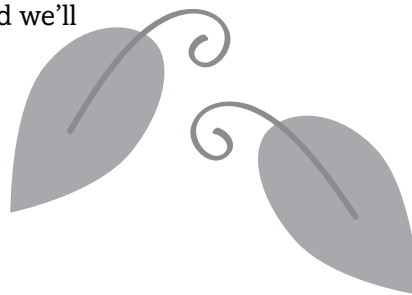
Let's eat! With WIC foods

Tuesday, November 14
11:00 a.m.–Noon

Looking for some new snacks and meals to try this season? Join us in trying some creative, tasty ways to use your WIC foods. We will provide foods to taste and easy, nutritious recipes to make your WIC foods into a meal or snack the whole family will enjoy.

To register, call our nutritionist, Brooke, at 251-2104.

All activities are FREE
of charge!



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.

