

Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

Make your own salsa

Tuesday, September 5
11:00 a.m.–Noon
Middlebury WIC office
large conference room
156 South Village Green
Middlebury

Wondering what to do with all of your extra tomatoes? Come and make an easy salsa recipe your whole family will love. With just a few ingredients, you can make a refreshing dip that tastes great with tortillas, veggies, and crackers! Walk away with recipes for easy pickles and techniques for freezing your veggies!

Safe sleep

Wednesday, October 11
3:30–4:30 p.m.
Middlebury WIC office
large conference room
156 South Village Green
Middlebury

Whether you're a new parent or an experienced parent, the recommendations for safe sleep have changed over the years. Come learn about what a safe sleep environment looks like based on recent research. Jessica Doos, Public Health Nurse, will provide you with all the information you need to keep your baby safe while laying down to rest. Enter to win a brand new Pack N' Play!

All activities are FREE
of charge!

Family yoga and snackivity

Date, time, and location to be
determined

Join local yoga instructor, Kelley Hickey for a fun morning of family yoga for parents and children birth to 8 years old. Event will be paired with a 20-minute cooking activity with the kids and a parent conversation about how to incorporate yoga into your family's life. Walk away with fun kitchen gadgets as well as a discounted yoga pass!

Call WIC to for date, time, location, and to RSVP at 388-4644.

Harvest baby shower

Preparing for birth and the first
10 days

Tuesday, November 14
11:00 a.m.–Noon
Middlebury WIC office
large conference room
156 South Village Green
Middlebury

Join the Breastfeeding Peer Counselors for fun games, delicious food, and shopping for books, clothes, and other baby essentials. We will share must-know tips and information on what to expect as a parent in the first few days and weeks! Can't make it? Don't worry, we have four baby showers a year and you can come to all of them!

Look for your invitation in the mail or call WIC at 388-4644.

Mommy group

4th Wednesday of each month
9:30–10:30 a.m.
Middlebury Parks and Rec.
Community Room
154 Creek Road

Join Breastfeeding Peer Counselor, Angela Scavo, to hang out with other moms. It's a great opportunity to ask questions, talk about mommyhood, let your little ones interact, eat snacks, and utilize the great space at Parks and Rec.

Contact Angela with questions at 349-9084.

Music and movement with May

Mondays, 10:15–11:45 a.m.
Helen Porter Healthcare and
Rehab Center
30 Porter Drive, Middlebury

Get moving and shaking every Monday! Drop in, open to all.

Breastfeeding café

3rd Tuesday of each month
11:00 a.m.–1:00 p.m.
Ilsley Public Library
Community Meeting Room
75 Main Street, Middlebury

Open to nursing moms, pregnant women, family and friends. Join the group to chat with other moms, ask questions, have a snack, and relax. Drop in and visit!

Call or text Vicky Kirby at 236-4136 or Elizabeth Curran at 349-3825 for more information.

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.

