

# Growing Healthy Families

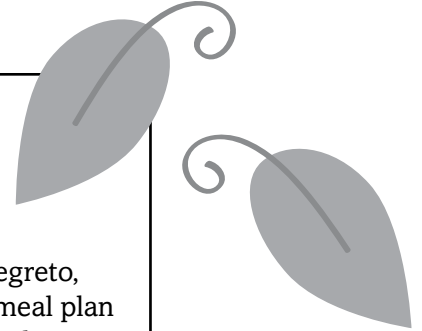
MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

## Gluten-free living: Delicious and simplified

Thursday, September 28; 3:30–4:45 p.m.  
Morrisville Co-Op, 46 Pleasant Street, Morrisville

Learn to meet the challenges of cooking and eating gluten free from Nancy Segreto, Vermont Department of Health nutritionist. Make your very own gluten free meal plan including WIC foods and sample delicious recipes. Gain confidence in living a gluten free lifestyle while ensuring balanced nutrition and great taste.

Call 802-888-7447 to sign up.



## Baby shower for pregnant women

Tuesday, September 19  
4:00–5:30 p.m.  
Steven's Conference Room  
Copley Hospital, Morrisville  
528 Washington Hwy.  
(near Women's Center)

All expecting women and their supports are invited to discuss prenatal health, nutrition, breastfeeding, birthing, and more. Facilitated by community specialists in nutrition, birthing, breastfeeding, and literacy. Refreshments as well as free baby clothes and books provided for participants.

Please sign up in advance by calling 888-7447.

All activities are FREE  
of charge!

## Grow your own: Fresh harvest, fresh food

Saturday, October 7  
11:30 a.m.–1:30 p.m.  
Please call for location in Hardwick

Children and families from the community are invited to this interactive workshop where freshly harvested produce from the garden will be prepared and shared.

Sign up before October 4 by contacting Ruby Dale-Brown at [ruby.dalebrown@gmail.com](mailto:ruby.dalebrown@gmail.com) or 472-5940.

## Postpartum baby cues and breastfeeding class

Thursday, October 26  
3:00–4:30 p.m.  
Vermont Department of Health  
63 Professional Drive, Morrisville

Join other parents like you to become a baby whisperer, understand how babies sleep, why they cry, and what they need. Breastfeeding moms will also gain support and solutions to help meet their personal breastfeeding goals. Friends and family also welcome.

Please call 888-7447 to sign up.

## Preschool story time

Tuesday, November 14; 10:30–11:30 a.m.  
Morristown Centennial Library, 7 Richmond Street, Morrisville

Enjoy a story, song, rhyme, and fun activity for ages 5 and under. The theme of this interactive event is Thanksgiving foods.

For more information, email Youth Services Librarian Rachel Booher at [youthservices@centenniallibrary.org](mailto:youthservices@centenniallibrary.org).

# 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.

