

# Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program  
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

## Breastfeeding:

### Prepare for birth and the first ten days

1:00–2:00 p.m.

Monday, September 11; Monday, October 9; and Friday, November 3  
Emory Hebard State Office Building  
100 Main Street, Suite 220, Newport

Breastfeeding is normal and natural, though mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Dad and grandparents are welcome too!

To register or get more information, contact Chantale at 802-334-6707 or [Chantale.nadeau@vermont.gov](mailto:Chantale.nadeau@vermont.gov).

## Baby behavior

2:00–3:00 p.m.

Monday, September 11; Monday, October 9; and Friday, November 3  
Emory Hebard State Office Building  
100 Main Street, Suite 220, Newport

Babies are born with the ability to communicate. They use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns, reasons for crying, and help you find solutions to common concerns.

To register or get more information, contact Chantale at 802-334-6707 or [Chantale.nadeau@vermont.gov](mailto:Chantale.nadeau@vermont.gov).

All activities are FREE  
of charge!

## Breastfeeding while separated

### Returning to work or school 3:00–4:00 p.m.

Monday, September 11; Monday, October 9; and Friday, November 3  
Emory Hebard State Office Building  
100 Main Street, Suite 220, Newport

We are here to support you in this transition so you can continue breastfeeding successfully for as long as you and your baby desire. Learn about WIC's breast pump program, how to talk to your employer or student advisor about your needs, working with your childcare provider and what pumping routine might work best for you.

To register or get more information, contact Chantale at 802-334-6707 or [Chantale.nadeau@vermont.gov](mailto:Chantale.nadeau@vermont.gov).

## WICHealth.org SOS

Fridays, 1:30–3:30 p.m.

September 29 and October 27  
Emory Hebard State Office Building  
100 Main Street, Suite 220, Newport

“I want to use WICHealth.org for my WIC activity but *how* do I do it? *Where* do I sign up? *What* do I do once I'm there? *When* is it due and *why* do I have to do it?” If you're struggling with these sorts of questions, don't have computer access or just want a buddy to help you through your WICHealth.org lesson, WICHealth SOS is for *you*. Come to this workshop and we'll guide you step-by-step through setting up your account, exploring the many choices available and completing your WICHealth.org activity that will continue your food benefits.



## Safe sleep recommendations

Emory Hebard State Office Building  
100 Main Street, Suite 220, Newport

Safe sleep recommendations for infants have changed over the years. Learn what a safe sleep environment looks like based on recent research. Carly Fredrickson, Public Health Nurse, will provide you with all the information you need to keep your baby safe while laying down to rest. She can even help enter into the drawing for a brand new Pack N' Play!

Call 802-334-4392 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.

