

# Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program  
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

## Read with me

Thursday, September 14  
10:00–11:30 a.m.  
Parent Child Center  
61 Pleasant Street  
Rutland

At this event we will be reading “The Pumpkin Circle — The Story of a Garden” and “The Apple Pie Tree.” Each family that comes gets a free copy of both books. We will be planting pumpkin seeds and making apple stamps as well as sampling different kinds of apples.

Call Justin at 786-5110 to register.

All activities are FREE  
of charge!

## Hauntingly healthy Halloween

Tuesday, October 31  
10:00–11:00 a.m.  
2nd floor conference room  
Asa Bloomer Building  
Rutland

Celebrate Halloween with some hauntingly healthy snack ideas. Everyone is encouraged to come in costume. We’ll start our celebration with music and movement followed by creating monster treats that may be sampled!

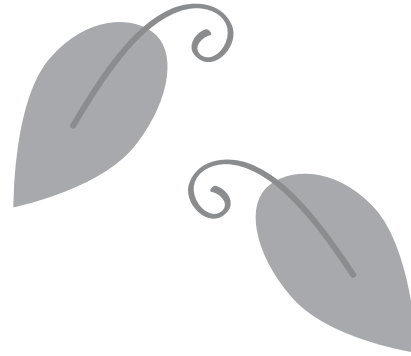
Call Ashley at 786-5103 to sign up or for more information.

## Thankful hands

Tuesday, November 14  
10:00 a.m.  
2nd floor conference room  
Asa Bloomer Building  
Rutland

Join WIC for an activity on celebrating friendship. Children will learn a song, decorate their hand prints, and sample a healthy snack.

To sign up please call Jackie at 802-786-5113.



# 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.

