

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

Understand your baby's cues

1:00–1:45 p.m.
Thursday, September 7
Tuesday, November 28
Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

It can be hard knowing what your newborn is trying to communicate when he or she can't talk. Understanding your baby can help you feel less stressed and more confident. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads, grandparents and other support welcome!

For more information or to register call 289-0600.

Cook fresh

Tuesday, September 12
5:30–6:30 p.m.
Trinity Evangelical Church
Windsor Food Shelf
44 Main Street, Windsor

Quick, healthy and delicious recipe ideas for this fall are coming your way. Join your WIC Nutritionist in creating roasted root veggies and root veggie mash at the Windsor Food Shelf. You'll take home the recipe, your own root vegetables and don't forget...free tastings!

For more information or to register call 289-0600.

Let's eat! Ways to use WIC foods

Thursday, October 12
1:00–2:00 p.m.
Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Looking to limit your sweets this fall, but not sure how? Join us in making apple nachos, a healthy, but delicious sweet treat for the Halloween season. We'll provide the recipe, meal ideas and foods to taste. Costume wearing is welcome.

For more information or to register call 289-0600.

WIC breastfeeding support group

Thursday, October 19
10:00–10:45 a.m.
Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Join us for a fun, free workshop to learn more about newborn behavior while breastfeeding, what to expect after giving birth and simple tips for successful breastfeeding from birth onward. Partners and other family support welcome.

For more information or to register call 289-0600.

Healthy holiday dishes

Wednesday, November 8
11:00 a.m.–Noon
Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

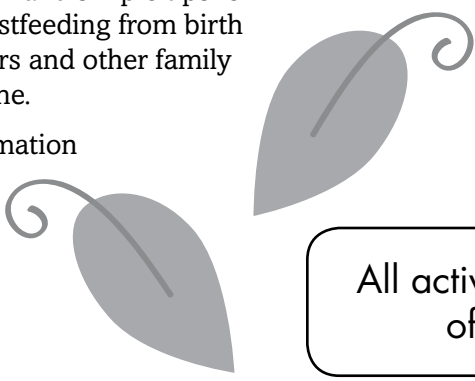
Join your WIC nutritionist in learning about ways to use whole grains and more veggies this Thanksgiving meal. We'll be making quick, homemade pumpkin muffins! Recipes will be provided along with foods to taste.

For more information or to register call 289-0600.

Springfield Hospital breastfeeding support group

2nd and 4th Tuesday, every month
Noon–2:00 p.m.
Springfield Hospital
Meeting House
(go past the main parking lot and turn left)

Registration is not required. Just come.



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.

