

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Story time

Thursday mornings

10:30 a.m.

Franklin Haston

Public Library

Tuesday mornings

9:30 a.m.

Fairfax Community Library

Saturday mornings

10:00–11:00 a.m.

Enosburgh Public Library

Mommy & Me

Friday mornings

9:00–10:00 a.m.

Enosburgh Public Library

Tuesday mornings

11:00 a.m.

Highgate Public Library

Wednesday mornings

10:00 a.m.

Highgate Public Library

Wednesday mornings

10:00–11:30 a.m.

Fairfield (BNML) Library

Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome. Some story hours include a healthy snack!

Call 524-7970 to register.

Prenatal breastfeeding class

Thursday, September 7

6:00–7:30 p.m.

Family Birth Center

Northwestern Medical Center

conference room

Wednesday, October 18

Noon–1:30 p.m.

Vermont Department of Health

27 Federal Street, 3rd floor

St. Albans

Monday, November 6

6:00–7:30 p.m.

Family Birth Center

Northwestern Medical Center

conference room

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

Call 524-7970 to register.

Understand your baby's cues

2nd Tuesday of each month

10:00–11:00 a.m.

Vermont Department of Health

27 Federal Street, 3rd floor

St. Albans

Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry and what they need can help you feel more relaxed and confident. Congratulations, and let WIC help you enjoy the wonders of being a new parent!

Call 524-7970 to register.

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.

