

# Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program

118 Prospect Street, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

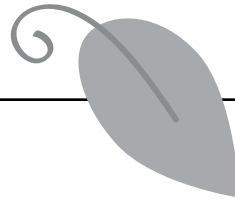
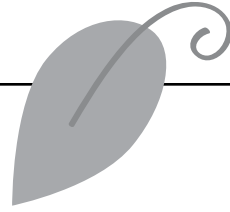
## Amazing applesauce

Friday, September 22; 11:00–11:30 a.m.

Vermont Department of Health  
118 Prospect Street, Suite 300  
White River Junction

Making your own applesauce can be fun and easy. Join the WIC nutritionists as we make and sample a simple homemade applesauce recipe.

Space is limited, please call 802-281-5021 to sign-up.



## Prepare for birth and the first 10 days

Wednesdays, 2:00–3:00 p.m.  
September 20 and November 15  
Vermont Department of Health  
118 Prospect Street, Suite 300  
White River Junction

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join us to learn about hospital practices that support breastfeeding, and about signs that breastfeeding is going well. Make an Infant Feeding Plan, and get confidence building tips on what to expect from your breastfed baby when you get home. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome, too!

Please call 802-281-5021 to sign-up.

## Let's chat nutrition

Thursday, October 5  
10:00 a.m.–1:00 p.m.  
Vermont Department of Health  
118 Prospect Street, Suite 300  
White River Junction

Do you have questions about feeding your infant or toddler? Need help getting your picky preschooler to try new foods? Want help reaching a healthy weight or help setting physical activity goals?

Call 802-281-5021 to talk with the WIC Nutritionists about healthy eating and to get answers to your nutrition questions.

## Understanding your baby's cues

Wednesday, October 18

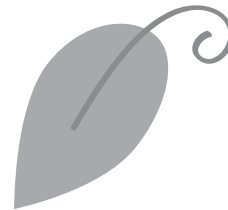
2:00–3:00 p.m.

Vermont Department of Health  
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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. Responding quickly to your baby's cues helps her feel more safe and secure. Congratulations, and let WIC help you enjoy the wonders of being a new parent!

Please call 802-281-5021 to sign-up.

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.

