

# 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

All activities held at  
Vermont Department of Health  
WIC Office  
100 Main Street, Suite 220  
Newport

## Breastfeeding: Preparing for birth and the first ten days

**Mondays, 1:00–2:00 p.m.**  
**September 10, October 8**  
**November 5**

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 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).

All activities are FREE  
of charge!

## Baby behavior

**Mondays, 2:00–3:00 p.m.**  
**September 10, November 5**

Babies are born with the ability to communicate. Babies use their bodies and make noises (cues) to let their parents and caregivers know when they need to eat, learn, play or rest. Understanding your baby better can help you feel less stressed and more confident. Learn about hunger cues, infant sleep patterns, reasons for crying and 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).

## Breastfeeding while separated: Returning to work or school

**Mondays, 3:00–4:00 p.m.**  
**September 10, October 8,**  
**November 5**

Returning to work or school shortly after your little one arrives? We are here to support you 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 28, October 26,**  
**November 30**

You want to use WICHealth.org for your WIC activity but don't know *how* to do it? *Where* to sign up? *What* to do once there? *When* is it due and *why* you have to do it? If you're struggling with questions like these, don't have access to a computer or want a buddy to help you through your WICHealth.org lesson, WICHealth SOS is for *you*. At this workshop 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.

## Healthy baby teeth = happy healthy baby

**Monday, October 15**  
**2:30–3:30 p.m.**

Learn when and how to introduce solid foods to your baby and how to keep your baby's smile healthy, how to care for your child's teeth, to make your own baby foods with the foods you are already cooking for your family, and what foods and drinks to avoid. Receive free samples and an oral health assessment for your child. Remember, healthy teeth help your child to learn, play and grow!

# FIT WIC FUN AND GAMES PAGE

## Fall Nature Walk

Fall is a great time to get outside! Go on a nature walk in your own backyard, your neighborhood, or even find a new-to-you trail or family-friendly hike. Bring a small bag and see how many of these items you and your child can collect. Or better yet, just check the items off the list as you find them or take pictures of them.

### What to look for:

- ☐ Acorn
- ☐ Pinecone
- ☐ Tree "helicopter" or "whirligig" (winged seed)
- ☐ Green leaf
- ☐ Orange leaf
- ☐ Red leaf
- ☐ Yellow leaf (or try to find the leaves of different types of trees, such as maple, oak and birch)
- ☐ Twig
- ☐ Piece of bark
- ☐ Pine needles
- ☐ Smooth stone
- ☐ Flat stone
- ☐ Feather
- ☐ Grass

What else did you see, find, hear, touch and smell on your fall nature walk?

When you get home, your child can make a small book of leaf rubbings or drawings of the things you found on your nature walk.

