

# 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

Unless otherwise indicated, all activities are held at  
Vermont Department of Health  
118 Prospect Street, Suite 300  
White River Junction

## Preparing for birth and the first 10 days

**Prenatal breastfeeding group**  
Wednesdays, 10:00–10:45 a.m.  
September 19, October 17

Learn signs that breastfeeding is going well and get confidence building tips on what to expect 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.

## Understanding your baby's cues

Wednesdays, 11:00–11:45 a.m.  
September 19, October 17

Join other new and expecting 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 them feel more safe and secure.

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

## Let's chat nutrition

Wednesdays, Noon–2:00 p.m.  
September 19, October 17

Do you have questions about feeding your infant or toddler? Need help getting your picky preschooler to try new foods? Want help setting physical activity goals? Call 802-281-5254 for an individualized phone conversation with the WIC Nutritionists about healthy eating and get answers to your nutrition questions.

## Family food demo

**Pasta Salad**  
Thursday, November 1  
11:00–11:45 a.m.

Bring the kids and help the WIC Nutritionists mix up a healthy snack. We will be making and sampling a yummy pasta salad recipe.

Please call 802-281-5021 to register.

## Grocery store tours

**By appointment**

Have some questions about shopping? Want to get the most out of your monthly food benefits? WIC staff are available for grocery store tours. We will meet you at a local WIC Authorized store and will go through the aisles with you, using the *Vermont WIC Food Guide*.

Call 802-281-5021 today to schedule your personal grocery store tour!

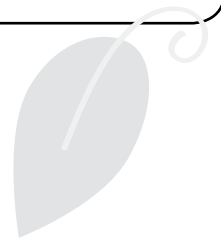
## Breastfeeding: The best start

Call the Women's Health Resource Center for dates and times  
Women's Health Resource Center  
9 Hanover Street  
(located in the mall)  
Lebanon, NH

Feeding your baby is about more than just providing nutrients. It is the perfect time to love, cuddle and interact with your new baby. In this class, we will explore the breastfeeding relationship and begin to remove some of the barriers we hear as expectant parents. We will also discuss techniques, timing, positioning and the availability of community support and resources. Vermont WIC participants can take this class for no cost.

Call the Women's Health Resource Center at 603-650-2600 to register in advance. Let them know that you are a Vermont WIC participant so there is no fee.

All activities are FREE  
of charge!



# 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.

