

Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

Secrets of baby behavior and breastfeeding class

Thursday, March 8
Friday, May 11
5:30–6:45 p.m.
Birth Journeys
1 Main Street, Suite 214
Burlington

Babies are born with the ability to communicate their needs — we just have to learn to recognize their cues. Come learn more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

Call Jess at 373-7074 or e-mail Jessica.Laclair@vermont.gov to register.

Visit the tooth lady

Vermont Department of Health
WIC Office
108 Cherry Street, Suite 102
Burlington

Pari, our dental hygienist, loves teeth, and she wants to help you keep your child's teeth as healthy as can be! Schedule an appointment with Pari for fluoride application, or to talk about any oral health questions you may have.

Give her a call at 951-0079.

Check out WICHealth.org

Stay on top of your nutrition education requirement with WICHealth.org! This online nutrition education option can be used on any computer, tablet or smartphone. WICHealth.org offers lots of great recipes and tips on preparing healthy foods. Make sure you have your WIC household ID to get started — call the WIC office at 863-7323 to get it.

Making it work: Breastfeeding when apart

Wednesday, April 11
12:15–1:30 p.m.
Family Room
20 Allen Street
Burlington

Get off to a great start with your new baby! Learn how to understand what your baby is telling you, and get tips on keeping a strong breastfeeding relationship, even when apart for work and school. Babies, partners and family are welcome to attend!

Call Jess at 373-7074 or e-mail Jessica.Laclair@vermont.gov to register.

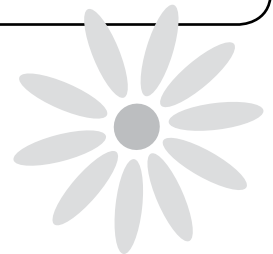
Snacktivity!

Mondays
March 12, April 9, and May 14
10:00 a.m.–Noon
Vermont Department of Health
WIC Office
108 Cherry Street, Suite 102
Burlington

Drop in on the second Monday of the month for a quick, tasty activity! Taste a snack made with WIC approved foods, do a fun drawing activity, and get a chance to chat with a WIC nutritionist about new recipes to try using your WIC food benefits.

No need to register — for more information, contact the Burlington WIC office at 863-7323.

All activities are FREE
of charge!



FIT WIC FUN AND GAMES PAGE

Stop, Drop and Dance!

Dancing can be fun for the whole family. Not only will your child love to show you some of their best moves — you can also help them develop their rhythmic movement and balance with this fun activity.

What you will need:

- Your body
- Music
- Your best moves

Instructions:

1. Start by explaining the game to the child. Music will play until you decide to stop it.
2. When the music stops, the child “freezes” (stops in place) in the position they were in when the music stopped.
3. Once the music starts again, the child starts dancing again.

Some favorite children’s songs and movements:

- “Ten in the Bed”
Show your child how to gently fall on the ground or floor for the “Roll over, roll over” lyrics of the song.
- “Ring-Around-the-Rosy”
Join hands with your child, circle around and then gently fall down.
- “Head, Shoulders, Knees and Toes”
Have your child touch their head, shoulders, knees and toes whenever those words are heard in the song. Have your child mirror your movements if they are needing assistance.

