

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

Call 479-7442 for more information or to sign up (or sign up at your next WIC appointment).

All activities, except the grocery store tours, will be held at the Vermont Department of Health, WIC Office McFarland Office Building, 2nd floor, Barre

Couponing basics

Tuesday, March 20; 2:00–3:00 p.m.

Would you like to be more coupon savvy? Come learn how. We will discuss how to get started, how to organize your shopping trip, and much more. Those that attend will receive a free reusable shopping bag and a coupon organizer.

Prenatal breastfeeding group: preparing for birth & the first 10 days

**Wednesdays, 11:00 a.m.–Noon
March 28, April 25, and May 23**

Share worries about being a new mother/parent/grandparent etc. Understand the hospital practices that support breastfeeding. Discuss Infant Feeding Plans. Understand the signs that breastfeeding is going well, and when to call the doctor. Recognize the signs that baby is getting enough to eat.

All activities are FREE
of charge!

Understanding your baby's cues

**Wednesdays, 1:00–2:00 p.m.
March 28, April 25, and May 23**

Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

Toddler feeding/using extra infant purees

**Wednesday, April 25
1:00–2:00 p.m.**

Are you wondering what to do now that your child is ready for more texture and no longer wants those purees? We will discuss new ideas for feeding and how to incorporate new textures into your child's diet, as well as ways to use up infant purees you may have sitting around. Those who attend will receive a free mash and serve bowl.

Make your own baby food

Friday, May 11; 10:00–11:00 a.m.

Making your own baby food is easy. Join us to learn how to make healthy and delicious food for your baby. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill.

Grocery store tours

Shop with your WIC card

Price Chopper, Barre;
Hannaford, South Barre;
Shaws, Berlin, Montpelier,
Waitsfield, Waterbury; Village
Market, Waterbury; Tops,
Northfield

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *WIC Food Guide*.

We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit.

To schedule a tour, call
479-7442 or 479-8564.

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.

