

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

Bump Club

Thursdays, 11:00 a.m.–1:00 p.m.

March 15, April 19, and May 17

Vermont Department of Health, WIC Office

324 Main Street, Bennington

Meet first-time or third-time moms-to-be, who are also expecting babies this spring. Topics include: baby behavior and feeding recommendations and answers to all your questions. Please only one support person (limited seating available).

Questions and to RSVP call Lisa at 447-6411.



All activities are FREE
of charge!

Playgroup

March, April, May dates TBD
10:00–11:00 a.m.

MAYCA Gymnastic Studio
160 Benmont Avenue, Bennington

Join us for an hour-long playgroup. Gym is open for free play, tunnels, slides, trampoline, family stretch, bouncehouse and biking. Free to WIC families 0–5 years of age. Event counts towards Nutrition Education.

For more information and to RSVP call Lisa at 447-6411.

Come fly with us!

Fridays, 11:00 a.m.–Noon
April 27 and May 18
Willow Park, Bennington

Anytime is the perfect time for flying kites! Kite flying is a great way to be more physically active, reduce stress, and enjoy the outdoors. Kites will be provided. Join us for some healthy family fun.

Call 447-6408 for more information. Sunscreen is recommended. Participants should bring their own water and snack if desired.



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.

