

Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

Growing your garden

Friday, April 20; 1:00–1:45 p.m.

Vermont Department of Health, WIC Office, 1st floor
232 Main Street, Brattleboro

Let us help you kickstart your vegetable garden this season! We will provide all the supplies needed to get your first seeds planted for an activity your family can enjoy all season long.

For more information or to sign up, call 251-2104.

All activities are FREE
of charge!

Preparing for birth & the first 10 days

Wednesday, April 11

1:00–1:45 p.m.

Vermont Department of Health
WIC Office, 1st floor
232 Main Street, Brattleboro

Whether it's your first baby or you're an experienced breastfeeding mom, WIC is here to help you get off to a great start. Knowing what to expect, being prepared for some challenges, and knowing where to go for support can help you stick with breastfeeding through those first few weeks. We'll talk about what happens in the hospital, and what to expect from your newborn when you get home. You'll learn your baby's hunger cues, how to make sure s/he is getting enough to eat, and who to call when you have questions. You can do it and WIC can help. Partners and other supports are welcome, too.

To sign up or for more information, call 251-2104.

Let's eat! With WIC foods

Thursday, May 17

11:00–11:45 a.m.

Vermont Department of Health
WIC Office, 1st floor
232 Main Street, Brattleboro

Looking for some new snacks and meals to try this season? Join us in trying some creative, tasty ways to use your WIC foods. We will provide foods to taste and easy, nutritious recipes to make your WIC foods into a meal or snack the whole family will enjoy.

To sign up or for more information, call 251-2104.

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 257-2880 to get it!

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.

