

Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

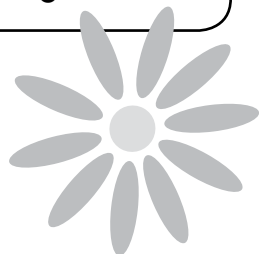
Nutrition at the Baby Chat group

Thursday, March 1
10:00–11:30 a.m.
Lanpher Memorial Library
141 Main Street, Hyde Park

Sponsored by Building Bright Futures, the Lamoille Family Center, and Lactation & Birthing Solutions, these free groups are facilitated by a community Maternal Child Health specialist and allow parents and babies to socialize, play, and learn about developmental expectations. Scale available to weigh your baby. 1st Thursdays at the Lanpher Memorial Library from 10:00–11:30 a.m., 2nd Saturdays at the Lamoille Family Center in Morrisville from 10:00–11:30 a.m., and 4th Tuesdays at the Church of the Nazarene in Johnson from 10:00–11:30 a.m. Also the Breastfeeding Families Group meets on the 3rd Wednesdays at the Church of the Nazarene in Johnson from 11:00 a.m.–1:00 p.m.

Call 888-3470 for more information.

All activities are FREE
of charge!



Dabble Day

Sunday, March 11
9:30 a.m.–1:30 p.m.
Morristown Elementary
School Gym
548 Park Street, Morrisville

Children infant through 2nd grade and their adult guests are invited to come for a day of fun hands-on activities including crafts, coloring, movement activities and much more. Move freely from one activity to another, free of charge!

For more information, please call Steve Ames at 279-7558.

Baby shower for pregnant women

Tuesday, March 20; 4:00–5:30 p.m.
Steven's Conference Room
Copley Hospital
530 Washington Highway
Morrisville

All expecting women and their supports are invited to discuss prenatal health, nutrition, breastfeeding, birthing, and more. Facilitated by community specialists in nutrition, birthing, breastfeeding, and literacy. Refreshments as well as free baby clothes and books provided for participants.

Call 888-7447 to sign up in advance.

Postpartum baby cues and breastfeeding class

Thursday, April 26; 3:00–4:15 p.m.
Vermont Department of Health
WIC Office
63 Professional Drive, Morrisville

Join other parents like you to become a baby whisperer, understanding how babies sleep, why they cry, and what they need. Breastfeeding moms will also gain support and solutions to help meet their personal breastfeeding goals. Friends and family also welcome.

Please call 888-7447 to sign up.

Let's go fly a kite!

Kite making and flying
Thursday, May 3
10:00–11:30 a.m.
Helen Day Arts Center
90 Pond Street, Stowe

Children ages 0–5 with an adult spend the morning building and decorating colorful kites to take home. Weather permitting, we'll head outside for kite-flying. This special session of Art Play is presented in partnership with Vermont Department of Health WIC program and Helen Day Arts Center.

Call 888-7447 for more information.

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.

