

Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

All activities will be held at
Newport State Office Building
WIC Office
100 Main Street, Suite 220
Newport

Breastfeeding: Preparing for birth and the first ten days

Mondays, 1:00–2:00 p.m.
March 12, April 9, and May 14

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Dad and grandparents are welcome too!

Call Chantale at 334-6707 or email Chantale.nadeau@vermont.gov to register or get more information.

Baby behavior

Mondays, 2:00–3:00 p.m.
March 12, April 9, and May 14

Babies communicate by using their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns.

Call Chantale at 334-6707 or email Chantale.nadeau@vermont.gov to register or get more information.

Breastfeeding while separated: Returning to work or school

Mondays, 3:00–4:00 p.m.
March 12, April 9, and May 14

Returning to work or school shortly after your little one arrives? We are here to support you in this transition so you can continue breastfeeding successfully for as long as you and your baby desire. Learn about WIC's breast pump program, how to talk to your employer or student advisor about your needs, working with your childcare provider and what pumping routine might work best.

Call Chantale at 334-6707 or email Chantale.nadeau@vermont.gov to register or get more information.

WICHealth.org SOS

Fridays, 1:30–3:30 p.m.
March 23 and April 27
Tuesday, May 29; 8:30–10:30 a.m.

"I want to use WICHealth.org for my WIC activity but *how* do I do it? *Where* do I sign up? *What* do I do once I'm there? *When* is it due and *why* do I have to do it?" If you're struggling with these sorts of questions, don't have computer access or just want a buddy to help you through your WICHealth.org lesson, WICHealth SOS is for *you*. Come to this workshop and we'll guide you step-by-step through

setting up your account, exploring the many choices available and completing your WICHealth.org activity that will continue your food benefits.

Healthy baby teeth = happy healthy baby

Mondays, 2:30–3:30 p.m.
April 16, and May 14

When and how should I introduce solid foods to my baby? What should I do now to keep my baby's smile healthy? Join us to learn how to care for your child's teeth, to make your own baby foods with the foods you are already cooking for your family and what foods and drinks to avoid for healthy teeth. Receive free samples and an oral health assessment for your child. Remember, healthy teeth help your child to learn, play and grow!

Grocery store tours

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with our Grocer Liaison 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.

Call 334-4390 and ask for Claudia to schedule a tour.

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.

