

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

Lucky little leprechauns

Friday, March 16
9:00 a.m.–3:00 p.m.
Vermont Department
of Health, WIC Office
300 Asa Bloomer Building
1st Floor WIC clinic, Rutland

Join WIC for a St. Patrick's Day celebration. There will be music and movement, arts and crafts projects, green snacks to sample, and recipes to take home.

For more information call Justin at 786-5110.

Growing gardens

Thursday, April 12
10:00–11:00 a.m.
Depot Park, Rutland

Join WIC to plant seeds and learn how to grow your own garden. It's something you can enjoy all summer long! We will be at Depot Park (across from Walmart) or if there is stormy weather it will be held on the first floor of the Asa Bloomer Building, Rutland.

Call Ashley for more information 786-5103.

All activities are FREE
of charge!

Baby Shower

Monday, May 7
10:00–11:00 a.m.
Vermont Department of Health
WIC Office
300 Asa Bloomer Building
2nd floor conference room
Rutland

Join our WIC Staff as they throw a Baby Shower! We will celebrate with fun games and free baby clothing. Don't miss out on a great opportunity to meet new and expecting moms just like you.

For more information and to sign up, call Ashley at 786-5103.

Spring delights

Friday, May 25
9:00 a.m.–3:00 p.m.
Vermont Department of Health
WIC Office
300 Asa Bloomer Building
1st Floor WIC clinic, Rutland

With the spring season in full swing, come on by to sample fruits and vegetables of the season and learn ways to prepare them in ways that kids will be sure to eat. Stop by to sample a snack, gather information and do a small craft with your child.

To sign up or for more information, call Jackie at 786-5113.



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.

