

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-289-0600 or 1-888-296-8151

Unless otherwise noted,
activities held at:
Vermont Department
of Health
100 Mineral Street
1st floor conference room
Springfield

For more information or to
register call 289-0600.

Understand your baby's cues

Thursday, March 8
10:00–10:45 a.m.
Wednesday, May 23
1:00–1:45 p.m.

It can be hard knowing what your newborn is trying to communicate when he or she can't talk. Understanding your baby can help you feel less stressed and more confident. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads, grandparents and other support welcome!

Make your own baby food

Wednesday, March 14
1:00–1:45 p.m.

Looking to make your own baby food with fresh fruits and vegetables? Join us in learning how to create healthy, delicious food for your baby. We'll provide recipes and the tools you need to make the food at home.

Cooking fresh!

Tuesday, March 27; 5:30–6:30 p.m.
Trinity Evangelical Church
44 Main Street, Windsor

Join your WIC nutritionist in creating a healthy, hearty winter soup and grilled cheese! We'll provide recipes, shopping tips and foods to taste. Participate in a raffle for a new immersion blender to make your own soups at home.

Celebrate National Walking Day!

Wednesday, April 4
11:00 a.m.–Noon
Springfield Walk/Bike Path Park
Robert S. Jones Industrial Center

Take a brisk walk with us down the path and back. Bring a bike or a stroller if you have one. Physical activity tips and a healthy snack will be provided.

WIC breastfeeding support group

Thursday, April 12
10:00–10:45 a.m.

Learn more about newborn behavior while breastfeeding, what to expect after giving birth and simple tips for successful breastfeeding from birth onward at this fun, free workshop. Partners and other family support welcome.

All activities are FREE
of charge!

Park's Place cooking demo

Wednesday, April 25
5:00–6:00 p.m.
Park's Place Community Center
44 School Street
Bellows Falls

Make breakfast for dinner with us. We'll create healthy, delicious breakfast burritos that the whole family can enjoy. Learn how to stretch your family dollar and make the most out of WIC foods!

Let's eat!

Ways to use your WIC foods
Thursday, May 10
1:00–2:00 p.m.

Join us for smoothie making party! Take home recipes and tips for making smoothies that nourish your body and keep your belly full! And don't forget...free tastings!

Springfield Hospital breastfeeding support group

Tuesdays, Noon–2:00 p.m.
March 13, 27, April 10, 24,
and May 8, 22
Springfield Hospital
Birthing Center
25 Ridgewood Road, Springfield

Meet other women who are breastfeeding and have your questions answered by a certified lactation counselor. Registration is not required. Just come! For more information call 885-7511.

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.

