

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Prenatal breastfeeding class

6:00–7:30 p.m.

Tuesday, March 13 and
Wednesday, May 16

North Western Medical Center
Family Birth Center
conference room
133 Fairfield Street
St. Albans

Noon–1:30 p.m.

Thursday, April 5
Vermont Department of Health
WIC Office
27 Federal Street, 3rd floor
St. Albans

For prenatal women considering breastfeeding. 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 learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too!

Call 524-7970 to register.

Music & Movement Story Time!

Mondays, 10:30 a.m.

St. Albans Free Library
11 Maiden Lane, St. Albans

Movement and Music Story Time is an activity at the St. Albans Free Library that incorporates physical activity/movement with music. The activity is geared for ages 0–6, to encourage and promote exercise by making it fun through music!

Latch on! Discussion group

Saturdays, 10:00–Noon

March 17, April 21, and May 19
North Western Medical Center
Family Birth Center
conference room
133 Fairfield Street
St. Albans

Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms. No registration necessary.

Grocery store tour

Do you need help making the most of your WIC Benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist 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 524-7970 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.

