

# Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

## VeggieVanGo

Thursdays, 10:00–11:00 a.m.  
March 15, April 19, and May 17  
NVRH Cafeteria  
1315 Hospital Drive  
St. Johnsbury

Come to the hospital cafeteria, BYOBag, and leave with a bag of fruits, veggies and recipes.

## Breastfeeding: Preparing for birth and the first ten days

Thursdays, 1:00–2:00 p.m.  
March 1, April 5, and May 3  
Vermont Department of Health  
WIC Office  
107 Eastern Avenue, Suite 9  
St. Johnsbury

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!

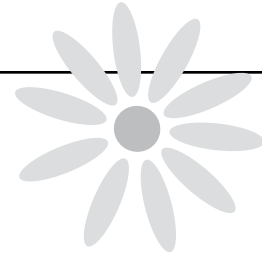
To register or get more information, call Amanda at 748-5151 or email [amanda.bogie@vermont.gov](mailto:amanda.bogie@vermont.gov).

## Dabble Days

Saturday, March 17; 9:30 a.m.–Noon  
St. Johnsbury School  
257 Western Avenue, St. Johnsbury

A fun filled day for families with children ages birth–age 8. Activities at Dabble Day will include: arts and crafts, sensory activities, construction and so much more. A light snack will be provided.

For more information contact Dawn Powers at 673-6478 or [dpowers@buildingbrightfutures.org](mailto:dpowers@buildingbrightfutures.org).



## Little Sprouts

Wednesdays, 10:00 a.m.–Noon  
NVRH  
1315 Hospital Drive  
St Johnsbury

A postpartum class for all moms and babies. No charge and not necessary to have delivered at NVRH! Come and meet other new moms and babies. Includes baby weight checks, newborn information, answers to your questions.

Call 748-7337 for information.

All activities are FREE  
of charge!

## La Leche League meeting

Thursdays, 5:00–6:00 p.m.  
March 8, April 12, and May 10  
Cobleigh Library Children's Room  
(basement)  
14 Depot Street, Lyndonville

Wednesdays, 10:00–11:00 a.m.  
March 21, April 18, and May 16  
NVRH, Room 224  
1315 Hospital Drive  
St. Johnsbury

Join us for free monthly meetings. Drop in for help with breastfeeding challenges, get support, and meet other local moms. Like the La Leche League of the Northeast Kingdom page on Facebook to keep up to date.



# 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.

