

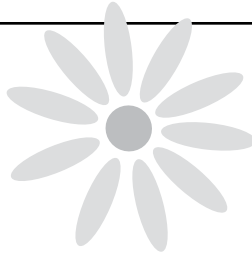
Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program
118 Prospect Street, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

Let's chat nutrition

Monday, March 5; 9:00–11:00 a.m.
Thursday, April 12; Noon–2:00 p.m. and
Wednesday, May 16; 10:00 a.m.–Noon
Vermont Department of Health
118 Prospect Street, Suite 300, White River Junction

Do you have questions about feeding your infant or toddler? Need help getting your picky preschooler to try new foods? Want help setting physical activity goals? Call 281-5254 for an individualized phone conversation with the WIC Nutritionists about healthy eating and get answers to your nutrition questions.



Preparing for birth and the first 10 days prenatal breastfeeding group

Wednesdays, 2:00–3:00 p.m.
March 21 and May 16
Vermont Department of Health
118 Prospect Street, Suite 300
White River Junction

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join us to learn about signs that breastfeeding is going well and get confidence building tips on what to expect from your breastfed baby when you get home. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome, too!

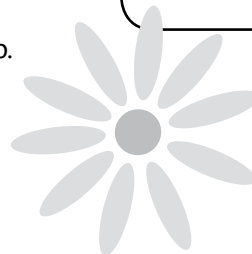
Please call 281-5021 to sign up.

Understanding your baby's cues

Wednesday, April 18
2:00–3:00 p.m.
Vermont Department of Health
118 Prospect Street, Suite 300
White River Junction

Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure. Congratulations, and let WIC help you enjoy the wonders of being a new parent!

Please call 281-5021 to sign up.



Family food demo: Delightful dips

Thursday, May 3
11:00–11:45 a.m.
Vermont Department of Health
118 Prospect Street, Suite 300
White River Junction

Bring the kids and help the WIC Nutritionists mix up a healthy snack. We will be making Garlicky Herb Dip and Hummus and sampling the dips with a variety of vegetables.

Please call 281-5021 to register.

Grocery store tours

Have some questions about shopping? Want to get the most out of your monthly food benefits? WIC staff are available for grocery store tours. We will meet you at a local WIC Authorized store and will go through the aisles with you, using the *WIC Food Guide*.

Call 281-5021 today to schedule your personal grocery store 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.

