

# Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

## Story time! Going to the dentist

**Monday, September 19**  
10:00–11:00 a.m.  
**Vermont Department of Health**  
63 Professional Drive, Morrisville

New experiences are a big deal for kids — sometimes they're fun, and sometimes not. Reading books about going to the dentist helps to communicate what to expect and can help relieve anxiety and stress for your little one and you.

## Baby shower for pregnant women

**Tuesday, September 20**  
4:00–5:30 p.m.  
**Steven's Conference Room**  
Copley Hospital, Morrisville  
(near Women's Center)

Expecting women and their supports are invited to discuss prenatal health, nutrition, breastfeeding, birthing, and more. Facilitated by community specialists in nutrition, birthing, breastfeeding, and literacy. Refreshments, free baby clothes, and books provided.

Sign up in advance by calling 888-7447.

All activities are FREE  
of charge!

## Halloween party!

**Friday, October 28; 3:00–4:00 p.m.**  
**Vermont Department of Health, 63 Professional Drive, Morrisville**

Put on your Halloween costume and join us in moving to ghoulish music, meeting the Switch Witch, and making horrifyingly healthy treats like fruity ghosts and goblin grins. Call 888-7447 to sign up.

## Cooking with your WIC foods

**Tuesday, September 27**  
10:00–11:30 a.m.  
**Church of the Nazarene**  
565 Route 15, Johnson

Join a WIC nutritionist and Jenn Campus, co-founder of the Food Network YummieNation, for interactive meal planning and cooking with your WIC foods. Event coincides with the Baby Chat group sponsored by Building Bright Futures.

Call 888-7447 to sign up.

## Understanding your baby's cues

**Thursday, October 27**  
3:00–4:00 p.m.  
**The Playroom**  
30 Fairgrounds Plaza, Morrisville  
(below Shear Image Salon)

Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident as a new parent. Let WIC help you enjoy the wonders of being a new parent!

## Hands-on holiday cooking

**Friday, November 4**  
9:30–11:00 a.m.  
**61 Church Street, Hardwick**

How will you stay healthy during the holidays? Join WIC and Head Start in the kitchen to create and taste classic holiday recipes. Participants take home an Evo cooking oil mister.

Sign up in advance by calling 888-7447.

## Cavities get around

**Monday, November 21**  
10:00–11:00 a.m.  
**Vermont Department of Health**  
63 Professional Drive, Morrisville

Cavities spread from baby teeth to adult teeth and can lead to a lifetime of dental problems. In this session we will learn why baby teeth matter and how to keep them healthy through diet and home care.

Sign up in advance by calling 888-7447.