

Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

Fit WIC...let's play!

Friday, September 9 and Friday, October 14; 10:30–11:00 a.m.
Derby Head Start, 55 Main Street, Derby

Children are naturally active and learn best from their parents! Physical activity can happen anytime and anyplace. Being active is a great way for children to learn things about their bodies and learn how to control their bodies and feel better. Better yet, being active means you and your children will be healthier. So, what are you waiting for? Ready...Set...PLAY!

Breastfeeding: Preparing for birth and the first ten days

Mondays, 1:00–2:00 p.m.
September 12, October 10, and
November 14
Emory Hebard State Office
Building
100 Main Street, Suite 220
Newport

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!

Baby behavior class

Mondays; 2:00–3:00 p.m.
September 12, October 10, and
November 14
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Newport

Babies are born with the ability to communicate by using their bodies and making noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns, reasons for crying, and we will help you find solutions to common concerns.

All activities are FREE
of charge!

Healthy baby teeth = happy, healthy baby

Thursday, September 15
2:00–3:00 p.m.
Monday, November 14
1:00–2:00 p.m.
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When and how should you introduce solid foods? What should you do now to keep your baby's smile healthy? Join us to learn how to care for your child's teeth, to make your own baby food with the foods you are already cooking for your family, and what foods and drinks to avoid to keep teeth healthy. Receive free samples and an oral health assessment for your child. Healthy teeth help your child to learn, play, and grow.

Story time

Wednesday, September 21
10:30–11:30 a.m.
Goodrich Memorial, Newport
Tuesday, October 18
10:30–11:30 a.m.
Dailey Library, Derby
Friday, November 4
9:45–10:45 a.m.
Haskell Library, Derby Line

Listening to stories stimulates children's brains and their imaginations. This is a fun, interactive story time where children play, listen, share, and learn. Explore the library while you're there.

