

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

WIC block party

Friday, September 9; 10:00–11:00 a.m.
27 Federal Street, 3rd floor, St. Albans

Join us for boatloads of fun! At each party, families have the opportunity to participate in a family friendly activity, move their bodies, and enjoy a healthy snack. Recommended for children aged 3–5 years, but all ages are welcome!

Understanding your baby's cues

2nd Tuesday of each month
10:00–11:00 a.m.
Vermont Department of Health
27 Federal Street, 3rd floor
St. Albans

For parents of babies birth to 6-weeks. 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.

Call 524-7970 to register.

Breastfeeding moms group

1st Wednesday of each month
10:30 a.m.–Noon
Northwestern Counseling and Support Services — The Family Center

For anyone interested in learning more about breastfeeding. Make a craft while talking with other pregnant and breastfeeding moms.

Call 524-7970 to register.

All activities are FREE
of charge!

Prenatal breastfeeding group

Preparing for birth and the first 10 days

Thursday, September 22
6:00–7:30 p.m.

Family Birth Center
Northwestern Medical Center
conference room

Wednesday, October 19
Noon–1:30 p.m.

Vermont Department of Health
27 Federal Street, 3rd floor
St. Albans

Tuesday, November 8
6:00–7:30 pm

Family Birth Center
Northwestern Medical Center
conference room

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.

