

Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

Understand your newborn baby's behavior

Monday, March 13
11:00 a.m.–Noon
Vermont Department of Health
WIC office, conference room
156 South Village Green
Suite 102, Middlebury

Learn what the different noises (“cues”) your baby is making mean! Understanding cues can help you feel more confident. We’ll talk about hunger cues, sleep patterns, reasons for crying, and help you find solutions to common concerns.

For more information, contact Gillian at 388-5741.

Breastfeeding: Returning to work

Friday, April 7; 11:00 a.m.–Noon
Vermont Department of Health
WIC office, conference room
156 South Village Green
Suite 102, Middlebury

Returning to work shortly after your little one arrives? We are here to support you in this transition so you can continue breastfeeding successfully for as long as you and your baby desire. Learn about our breast pump program, what your employer is required to offer and what pumping routine might work best for you. Plan ahead so your prepared!

For more information, contact Gillian at 388-5741.

Gardening workshop

Tuesday, April 25; 11:00 a.m.–Noon
Vermont Department of Health
WIC office, conference room
156 South Village Green
Suite 102, Middlebury

Growing your own veggies can be fun, healthy, and economical. Join Linda King to learn that even with small spaces you can grow your own delicious vegetables. Start your first seeds with your little one here in the office and learn all about the tricks of the trade from our gardening expert.

Sign up by calling 388-5743.

Spring baby shower

Tuesday, May 9; 11:00 a.m.–Noon
Vermont Department of Health
WIC office, conference room
156 South Village Green
Suite 102, Middlebury

Join the breastfeeding peer counselors for an hour of fun games; delicious food; and shopping for books, clothes, and other baby essentials. While you are shopping, learn about ways to prepare for your baby's first 10 days. Can't make it? Don't worry! We'll have two more opportunities this year and you're invited to all of them! Don't miss out on these fun mornings to meet new and expecting moms just like you.

Look for your invitation in the mail from your peer counselor or call Gillian at 388-5741.

Mommy group

4th Wednesday of every month
March 22, April 26, May 24
9:30–10:30 a.m.
Middlebury Parks and Rec
Department
Community Room
154 Creek Road, Middlebury

Get out of the house and join Breastfeeding Peer Counselor, Angela Scavo, for an hour of hanging out with other moms. It's an excellent opportunity to ask questions, talk about mommy-hood, let your little ones interact, and eat snacks.

Contact Angela with questions at 349-9084.

La Leche League playgroup and Breastfeeding Café

1st Wednesday of each month
March 1, April 5, May 3; 10:00 a.m.
June Bug Resale Shop
Star Mill Building
5 Park Street, Middlebury

La Leche League's meetings are fun and relaxed. Prepare for your baby's birth, meet other local moms, get tips on breastfeeding, making life with baby easier, and more! Babies and children are welcome.

Contact Samantha with questions at 382-1589.

All activities are FREE
of charge!