

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

Cooking with kids

Friday, March 10; 10:00–11:30 a.m.
Head Start
61 Church Street, Hardwick

Preschool-aged children are invited to bring their adult helpers to create delicious, nutritious recipes perfect for sampling at this interactive playgroup. Each family will take home a reusable tote and colorful plate.

To sign up please call 888-1357.



Baby shower for pregnant women

Tuesday, March 21; 4:00–5:30 p.m.
Steven's Conference Room
(near Women's Center)
Copley Hospital
Morrisville

All 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 as well as free baby clothes and books provided for participants.

Please sign up in advance by calling 888-7447.

All activities are FREE
of charge!

Understanding your baby's cues

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

Congratulations, and let WIC help you enjoy the wonders of being a new parent!

Understanding how babies sleep, why they cry and what they need can help you feel more relaxed and confident as a new parent. Responding quickly to your baby's cues helps her feel more safe and secure.

Group meets every 4th Thursday of every even-numbered month.



Nutrition at the Baby Chats

Thursdays
March 2 and May 4
10:00–11:30 a.m.
The Playroom
(in front of Hannaford)
Morrisville

Baby Chat sponsored by Building Bright Futures is a playgroup for moms and babies and occurs from 10:00–11:30 a.m. on the first Thursday of each month at the Playroom in Morrisville, second Saturday at the Lamoille Family Center, and fourth Tuesday at the Church of the Nazarene in Johnson.

The Breastfeeding Families Group meets on the third Wednesday of each month at the Church of the Nazarene in Johnson from 11:00 a.m.–1:00 p.m. A scale to weigh your baby is available.

Call 888-7447 for more information.