

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

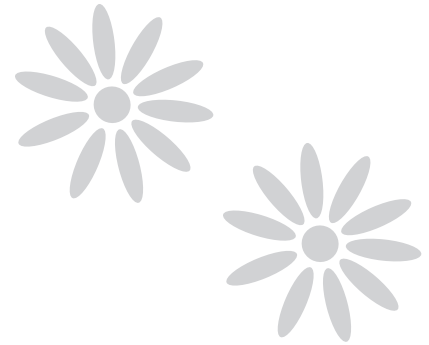
WIChealth.org SOS!

Thursday, March 23; Tuesday, April 25; Friday, May 19
9:30–11:30 a.m.

Newport State Office Building
100 Main Street, Suite 220, Newport

“I know I want to use WIChealth.org for my WIC activity but *how* do I do it? *Where* do I sign up? *What* do I do once I’m there? *When* is it due and *why* do I have to do it?” If you’re struggling with these sorts of questions, don’t have access to a computer, or just want a buddy to help you through your WIChealth.org lesson, WIC health SOS is for you.

Come to this workshop and we’ll guide you step-by-step through setting up your account, exploring the many choices available and completing your WIChealth.org activity that will continue your food benefits.



Baby behavior class

Mondays
March 13, April 10, May 8
2:00–3:00 p.m.

Newport State Office Building
100 Main Street, Suite 220
Newport

Babies are born with the ability to communicate. Babies use their bodies and make 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 and reasons for crying. We will also help you find solutions to common concerns.

All activities are FREE
of charge!

Breastfeeding: Preparing for birth and the first 10 days

Mondays
March 13, April 10, May 8
1:00–2:00 p.m.

Newport 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.

Dads and grandparents are welcome too!



WIChealth.org

Complete your WIC nutrition education online with WIChealth.org. You’re just a few clicks away from discovering ways to help keep you and your family healthy.

WIChealth.org activities are easy and fun ways to get more information from a trusted source on a variety of topics many families face when parenting small children. Lots of families like these activities because they can be done at your convenience in the privacy of your own home.

Check out WIChealth.org. Call the WIC office at 334-6707 for your 6-digit WIC family ID number to get started.