

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

Call 524-7970 to register.

Story time

Franklin Haston Public Library
Thursdays, 10:30 a.m.

Fairfax Community Library
Tuesdays, 9:30 a.m.

Enosburgh Public Library
Saturdays, 10:00 –11:00 a.m.
Fridays, 9:00–10:00 a.m.
Mommy and me story hour

Highgate Public Library
Tuesdays, 11:00 a.m.
Wednesdays, 10:00 a.m.

Fairfield (BNML) Library
Wednesdays, 10:00–11:30 a.m.

Families enjoy movement, craft activities and listening to fun stories. All families welcome. Some story hours include a healthy snack!

Prenatal fitness: Fit moms

Wednesdays, 5:30–6:30 p.m.
North Western Medical Center
133 Fairfield Street, St. Albans
(in the Wellness Room)

For pregnant women looking for safe and fun fitness during pregnancy.
An AFAA (Aerobics & Fitness Association of America) certified instructor will teach you safe ways to perform cardio and strength exercises and will focus on relaxation and balance throughout your pregnancy.

Understand your baby's cues

2nd Tuesday of each month
March 14, April 11, May 9
10:00–11:00 a.m.
Vermont Department of Health
27 Federal Street, 3rd floor

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.

Preparing for birth and the first 10 days

Thursday, March 16; 6:00–7:30 p.m.
Monday, May 22; 6:00–7:30 p.m.
Family Birth Center
Northwestern Medical Center
conference room

Tuesday, April 18; Noon–1:30 p.m.
Vermont Department of Health
27 Federal Street, 3rd floor

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.

Make your own baby food

Tuesday, April 25
11:00 a.m.–Noon
Vermont Department
of Health
27 Federal Street, 3rd floor

Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures. Join us for this food demonstration and taste testing. Participants will take home a free baby food mill.



All activities are FREE
of charge!