

# Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

## How does your garden grow?

Tuesday, April 4; 10:30 a.m.  
Vermont Department  
of Health, WIC office  
St. Johnsbury

Join us to read a book about  
gardening and plant some  
seeds to take home with you!

## Storytime

3rd Monday of each month  
March 20, April 17, May 15  
4:15–5:15 p.m. and

1st Wednesday of each month  
March 1, April 5, May 3  
10:30–11:30 a.m.

Children of all ages welcome.  
Call Abby at 751-0177 for more  
information.

## What is safe sleep?

Wednesday, April 12; Noon  
Vermont Department of Health  
WIC office, St. Johnsbury

Sometimes it is hard to weed  
through the advice of others, old  
practices, new advice and the latest  
research to determine the safest  
way to put a baby to sleep. Join us  
to learn in a relaxed environment  
about the safest practices to prevent  
and reduce the risks of sudden  
unexpected death of an infant. You'll  
leave knowing the safest way to put  
a baby to sleep and with a better  
understanding of the science behind  
current sleep recommendations.

## Classes

To register for either class,  
call Amanda at 751-0171  
or 1-800-952-2936.

**Preparing for birth and the first  
10 days & understanding your  
newborn baby's behavior**  
Tuesday, April 11; 3:00 p.m.  
Vermont Department of Health  
WIC office, St. Johnsbury

*Prenatal class:* 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!

**Understanding your baby's  
cues & making it work when  
separated from your baby**  
Tuesday, April 25; 3:00 p.m.  
Vermont Department of Health  
WIC office, St. Johnsbury

*Postpartum class:* Understanding  
your baby can help you feel less  
stressed and more confident.  
Learn how to recognize hunger  
cues, sleep patterns, reasons for  
crying, and solutions to common  
concerns. Also, learn how to make  
breastfeeding work when you  
are separated from baby. Dads,  
grandparents, and other support  
welcome, too!

All activities are FREE  
of charge!

## VeggieVanGo: Mobile food pantry

3rd Thursday of each month  
March 16, April 20, May 18  
10:00–11:00 a.m.  
Northeastern Vermont  
Regional Hospital, cafeteria  
St. Johnsbury

4th Thursday of each month  
March 23, April 27, May 25  
1:15–2:15 p.m.  
St. Johnsbury School  
257 Western Avenue, St. Johnsbury

The Vermont Foodbank's Mobile  
Food Pantry, in partnership with  
hospitals, aims to provide fresh  
produce and healthy snacks to  
families in need of food assistance.  
Recipes, food samples, other  
giveaways and information also  
provided most months. Food from  
the Vermont Foodbank is meant for  
personal use only. Please take only  
what you need for your household  
and remember to bring your own  
grocery bags.

Contact 748-7590 for more  
information.

## La Leche League

2nd Tuesday of each month  
March 14, April 11, May 9  
10:30 a.m.  
St. Johnsbury Athenaeum  
(children's room side entrance)

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.