

# Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program  
118 Prospect St, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

All activities held at:  
Vermont Department of Health  
118 Prospect Street, Suite 300, White River Junction

## Breastfeeding and postpartum support group

Wednesdays  
March 15 and April 19  
Noon–1:00 p.m.

This group, open to all families with infants, provides continued support and encouragement as your little one grows. Topics covered will be tailored to the needs of the group, but can include breastfeeding support, information on hunger cues, infant sleep patterns and reasons for crying. WIC staff can also answer any questions you have about starting solids, introducing a cup and more

Call 1-888-253-8799 for more information.



## Preparing for birth and the first 10 days

Thursday, March 23  
Thursday, April 27  
Thursday, May 25  
2:00–3:00 p.m.

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. Make an Infant Feeding Plan and get confidence building tips on what to expect from your breastfed baby when you get home. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome, too!

Call 1-888-253-8799 for more information.

All activities are FREE  
of charge!

## Fruit kabob fun

Friday, May 12  
11:00–11:30 a.m.

Fruits are full of vitamins and minerals that help keep your child healthy. Join the WIC Nutritionists as we make and sample fun and easy fruit kabobs and fruit dip. Getting your child involved in picking out fruits and making healthy snacks together can help your child learn to enjoy a variety of healthy fruits.

Space is limited, please pre-register by calling 281-5021.

