

# 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

## Prepare for birth and the first 10 days

Thursdays, 3:00–4:00 p.m.  
September 1 and November 3  
Vermont Department of Health  
WIC Office, St. Johnsbury

While breastfeeding is normal and natural, mothers and babies have to learn together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and signs that breastfeeding is going well. Fathers and grandparents are welcome, too!

Call Amanda at 751-0171 or 1-800-952-2936 to register.

## Understand your baby's cues

Tuesday, September 20  
3:00–4:00 p.m.  
Vermont Department of Health  
WIC Office, St. Johnsbury

It can be hard knowing what your newborn is trying to communicate when he or she can't talk. 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. Dads, grandparents and other support welcome!

Call Amanda at 751-0171 or 1-800-952-2936 to register.

## Understand your newborn's behavior

Tuesday, October 11  
3:00–4:00 p.m.  
Vermont Department of Health  
WIC Office, St. Johnsbury

Join other pregnant women like you to learn about newborn behavior so you can know what to expect after your baby is born. We'll talk about hunger cues, infant sleep patterns, reasons for crying, and help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. Dads and grandparents are welcome, too!

Call Amanda at 751-0171 or 1-800-952-2936 to register.

## La Leche League meeting

2nd Tuesday of each month  
10:30 a.m.  
St. Johnsbury Athenaeum  
(use the children's room side entrance)

La Leche League provides free information and support for breastfeeding and expecting moms. Prepare for your baby's birth, meet other local moms, get tips for making life with baby easier and more! Meetings are fun and relaxed. Babies and children are welcome.

Like La Leche League of the Northeast Kingdom on Facebook.

All activities are FREE  
of charge!

## Story time

3rd Monday of every month  
4:15–5:15 p.m. and  
1st Wednesday of every month  
10:30–11:30 a.m.  
Vermont Department of Health  
WIC Office, St. Johnsbury

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

## Hauntingly healthy Halloween

Monday, October 31  
2:00–4:30 pm  
Vermont Department  
of Health  
WIC office parking lot  
St. Johnsbury  
(rain location inside WIC office)

Looking for something fun to do this Halloween with your little monster? Join your WIC team in celebrating Halloween with some hauntingly healthy snack ideas and fun games. Costumes encouraged.