

Baby Talk

Day: Tuesday's
Time: 1—2:30 pm
Place: Pleasant Valley Health Centre
in the board room
3800 Patten Drive, Armstrong BC



SPRING 2024

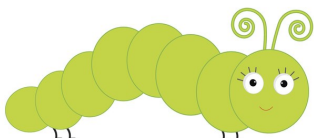
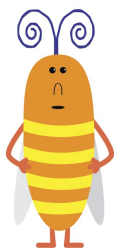


1. **———— Baby Talk Cancelled ————** **March 5**
2. **Wt + See/drop in** **March 12**
3. **Starting solids/choking prevention -**
Public Health Nurse **March 19**
4. **Taking care of me -** Public Health Nurse **March 26**
5. **Your Core & Pelvic Floor** *Physiotherapist **April 2**
6. **Wt + See/drop in** **April 9**
7. **Growth + Development** *Infant Development Consultant **April 16**
8. **Hearing** *Audiology Technician **April 23**
9. **Water safety** *Aquatic Supervisor **April 30**
10. **Wt + See/drop in** **May 7**
11. **Wt + See/ drop in** **May 14**
12. **———— Baby Talk Cancelled ————** **May 21**
13. **———— Baby Talk Cancelled ————** **May 28**

DROP INS WELCOME

0-12 months

Topics are presented
by an Armstrong Public
Health Nurse or Guest
Speaker*



Bring your baby and your stories!

No registration required

Armstrong Public Health: 250-546 -4727



----- **Baby Talk Cancelled** -----

Drop in

Come drop by and say hi! See how big your baby is, ask our public health nurse questions, hang out and have some tummy time.

Intro to Solids/Choking Prevention

Learn about the what, when, and how to feed babies solids. Discussion includes methods for introducing solid foods and how to establish a healthy feeding relationship at family meal times.

Taking Care of Me

Understand your emotional journey after baby's birth. Balance what was and what will be through unexpected adjustments. We will be discussing components of self care, nutrition, exercise, support systems, sleep, sexuality, baby blues and post-partum depression.

Your Core and Pelvic Floor*

"Is it normal to pee when I sneeze?" "Is there more I should be doing than just Kegels?" These questions and more will be answered as we explore physical recovery after birth. Be prepared for some hands-on practice of helpful exercises!

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Growth & Development*

Learn about the general milestones for growth and development for your baby's first year of life. An interactive presentation on what to look for and how to help your baby develop in their own unique way.

Hearing*

Learn about the importance of a baby's ears and how hearing plays a big role in language development. Information will be shared about the free hearing screening services that are available in Vernon.

Water Safety*

Join us as our community lifeguards discuss the importance of swimming lessons, how to register at the Armstrong pool and ways to keep your baby afloat during the sunny days in the Okanagan.

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