

# Baby Talk

**Day:** Thursdays  
**Time:** 1:30 - 2:30 pm  
**Place:** Penticton Health Center  
**740 Carmi Ave Penticton BC**

Come early, Stay Later. Meet other parents  
Weigh your baby. Speak to a Public Health Nurse.



## SPRING 2024



## DROP IN WELCOME

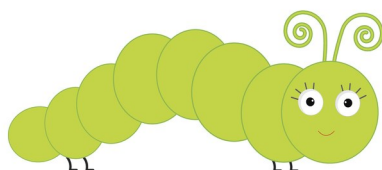
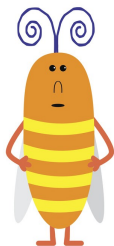
0-12 months

No Registration Required

Sorry, no older siblings  
please.

\*Presentations are subject  
to change based on  
speaker availability

- |     |                                     |                 |
|-----|-------------------------------------|-----------------|
| 1.  | <b>First Years Last Forever</b>     | <b>Mar 7</b>    |
| 2.  | <b>Reading With Baby*</b>           | <b>Mar 14</b>   |
| 3.  | <b>Starting Solids</b>              | <b>Mar 21</b>   |
| 4.  | <b>Taking Care of Me*</b>           | <b>Mar 28</b>   |
| 5.  | <b>Growing up Cavity Free*</b>      | <b>April 4</b>  |
| 6.  | <b>Journey of Sleep</b>             | <b>April 11</b> |
| 7.  | <b>Keeping Baby Safe*</b>           | <b>April 18</b> |
| 8.  | <b>Reconnecting With Your Body*</b> | <b>April 25</b> |
| 9.  | <b>Baby Signs &amp; Gestures*</b>   | <b>May 2</b>    |
| 10. | <b>Babies in Communities*</b>       | <b>May 9</b>    |
| 11. | <b>Growing with Baby *</b>          | <b>May 16</b>   |
| 12. | <b>Your Core and Pelvic Floor*</b>  | <b>May 23</b>   |
| 13. | <b>Sex and Relationships</b>        | <b>May 30</b>   |



**Bring your baby and your stories!**

Penticton Public Health: 250-770-3434



### **The First Years Last Forever**

Rediscover bonding and connecting with baby. Give your baby a secure emotional foundation by reading their cues and responding with empathy. Creating a healthy parent-child relationship and promoting healthy brain development.

### **Taking Care of Me**

Understanding your emotional journey after baby's birth. Balancing what was and what will be through unexpected adjustments. We will be discussing components of Self Care, Nutrition, Exercise, Support Systems, Sleep and your emotional wellbeing

### **Growing with Baby**

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.

### **Infant Massage\***

Get ready for a 'hands on' exploration of early basic infant massage techniques. Discussing the importance of touch and helping your baby to establish healthy relationships with touch right from infancy.

### **Keeping Your Baby Safe**

Injury prevention in the first 12 months. Awareness of common safety hazards found in and around the home as well as some seasonal safety tips

### **Healthy Babies**

When babies get sick it can be pretty nerve-wracking for a parent. Let's talk about the different ways to prevent illness, how to care for a baby when they are not feeling well and when to see a doctor.

### **Baby Signs and Gestures**

An interactive class where we learn about how your baby speaks to you. We will discuss the benefits of using signs and gestures with infants and demonstrate easy ways to communicate with your baby.

### **Growing Up Cavity Free\***

Learn about Early Childhood Cavities and how to prevent them. Understand what dental behaviors may put your child at risk and recognize the early signs of decay.

### **Lean On Me:**

A session for partners, fathers and support people. Having a new baby can be such a blessing, and it can also leave support people feeling a bit lost, not knowing what to do or where you fit. Let's talk about this transition together and come up with some ways to bond with baby, support the birth parent and yourself at the same time.

### **The Journey of Sleep**

Let's be realistic! Sleepless nights often become the norm once you have a baby. We may not have all of the answers, but come prepared to share your stories, tips and tricks as we support each other through the journey of sleep.

### **Babies in Communities\***

There are so many resources in the community for parents. Lets hear about them! A variety of guest speakers from the community will share with you all the many resources and supports that are available to you right here in your home town.

### **Starting Solids**

With so many ways to feed your baby it can feel a bit overwhelming. Let's learn what to feed your baby, when to start and how to do it. Together we will explore your babies hunger and fullness cues, and how to establish a healthy feeding relationship at family meal times.

### **Reconnecting With Your Body\***

Enjoy an interactive session where we explore exercise after birth. Practice listening to what your body needs to feel good and recover as we try mindful movement and supportive breath practices together.

### **Reading with Baby\***

Let's have fun Singing, Playing and Reading with your baby while we learn about the resources in the local library in your community

### **Sex & Relationships After Baby\***

Honoring the immense transition that you have been through as we chat about the changes in your body, relationships and sex life that happens after you have a baby.

### **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!

### **Baby Physio**

Hear from a local physiotherapist about ways to work with your babies body to support their optimal health. Learn ways to move, stretch and play with your baby.

### **Seasonal Celebrations:**

Every now and then we will throw a Themed Party so be on the look out for special occasions. Valentines, Spring , Summer, Fall, Halloween, Winter Holiday