

Baby Talk Schedule December 17, 2018- April 3, 2019



All classes 1:30 - 2:30 pm You are welcome to attend any class in any community!!

DATES	RUTLAND 155 Gray Road (Monday)	WEST KELOWNA Health Centre #160-2300 Carrington Road (Tuesday)	KELOWNA Health Centre 505 Doyle Ave (Wednesday)
December 17-19	Infant Massage December 17	Immunizing Children December 18	Importance of Attachment December 19
December 24-26	No Class: Xmas Eve	No Class: Xmas Day	No Class: Boxing Day
December 31-Jan 2	No Class: New Year's Eve	No Class: New Year's Day	Communicating & Healthy Relationships January 2
January 7-9	Caring for Sick Children January 7	Introducing Solid Foods & The Feeding Relationship January 8	Creating a Safe Environment January 9
January 14-16	Post-Partum Wellness January 14	Care Seat Safety January 15	Speech and Language January 16
January 21-23	Too Hot for Tots January 21	Child Care January 22	Infant Massage January 23
January 28-30	Introducing Solid Foods & The Feeding Relationship January 28	Sleeping January 29	Caring for Sick Children January 30
February 4-6	Infant Development February 4	Growing Up Cavity Free February 5	Post-Partum Wellness February 6
February 11-13	Car Seat Safety February 11	Communication and Healthy Relationships February 12	Too Hot For Tots February 13
February 18-20	No Class: Family Day February 18	Importance of Attachment February 19	Introducing Solid Foods & The Feeding Relationship February 20
February 25-27	Immunizing Children February 25	Creating a Safe Environment February 26	Infant Development February 27
March 4-6	Child Care March 4	Speech and Language March 5	Car Seat Safety March 6
March 11-13	Sleeping March 11	Post-Partum Wellness March 12	Immunizing Children March 13
March 18-20	Growing Up Cavity Free March 18	Infant Massage March 19	Child Care March 20
March 25-27	Importance of Attachment March 25	Too Hot for Tots March 26	Sleeping March 27
April 1-3	Communication and Healthy Relationships April 1	Caring for Sick Children April 2	Growing Up Cavity Free April 3

Baby Talk is a series of Free, Drop-in, Parenting Classes for those with infants 0 - 12 months. Come and build relationships, share experiences, & gain some knowledge

A brief glimpse of what to expect in the classes

Child Care: Navigating the system and resources available in our community

Immunizing Children: Separating facts from fiction, setting the record straight.

Speech & Language: Baby not talking yet? Find out about the steps that are reached before the first word, and about how you play an important role in this development!

Sleeping: Understanding your baby's unique sleep patterns and the evolutionary importance of night waking/feeds. Share your experiences!

Creating a Safe Environment: Injury prevention in the first 12 months. Awareness of common safety hazards found in and around the home.

Importance of Attachment: Discover importance of attachment based parenting. Learn how our everyday moments and activities support the healthy development of the social-emotional areas of baby's brain

Infant Massage: The importance of touch. Explore early basic infant massage techniques.

Caring for Sick Children: Discussion on how to recognize and respond to common childhood illnesses.

Communicating & Healthy Relationships: Discuss effective communication, as well as building and maintaining healthy relationships with significant other and other support persons.

Introducing Solid Foods & the Feeding Relationship: Learn about what to feed your baby, how often, and when. Discussion includes signs of readiness for solid foods, the importance of iron rich foods, appropriate textures and food safety. How you feed your baby is just as important as what you feed. Creating a positive relationship with food helps your baby become a good eater and grow the way nature intends. Discussion includes reading hunger and fullness cues, introducing new foods and establishing family meal times.

Too Hot for Tots: Burn prevention strategies, and treatments.

Infant Development: Promoting and supporting healthy development, understanding milestones in your baby's first year.

Car Seat Safety: Understanding the appropriate use of infant carriers and convertible car seats. Avoid common errors.

Cavity Free: Learn about Early Childhood Cavities and how to prevent them. Understand what dental behaviours MAY put your child at risk and recognize the early signs of decay.

Post Partum Wellness: Understanding your emotional journey after baby's birth. Balancing what was and what will be through unexpected adjustments.

For current schedules on line, please check out:

Go to www.interiorhealth.ca > Find Us > Find a Service, *search for "Baby Talk"* >

Baby Talk > Resources (tab) > Kelowna Area Baby Talk Schedule