

Baby Talk Schedule January 15 – May 2, 2018



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) |
|----------------|--------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------|
| January 15-17 | Infant Development January 15 | Too Hot for Tots January 16 | Child Care January 17 |
| January 22-24 | Car Seat Safety January 22 | Introducing Solid Foods & The Feeding Relationship January 23 | Sleeping January 24 |
| January 29-31 | Immunizing Children January 29 | Infant Development January 30 | Growing Up Cavity Free January 31 |
| February 5-7 | Child Care February 5 | Car Seat Safety February 6 | Importance of Attachment February 7 |
| February 12-14 | No Class: Family Day | Immunizing Children February 13 | Communication and Healthy Relationships February 14 |
| February 19-21 | Sleeping February 19 | Child Care February 20 | Creating a Safe Environment February 21 |
| February 26-28 | Growing Up Cavity Free February 26 | Sleeping February 27 | Speech and Language February 28 |
| March 5-7 | Importance of Attachment March 5 | Growing Up Cavity Free March 6 | Infant Massage March 7 |
| March 12-14 | Communication and Healthy Relationships March 12 | Importance of Attachment Communication and Healthy Relationships March 13 | Caring for Sick Children March 14 |
| March 19-21 | Creating a Safe Environment March 19 | Importance of Attachment March 20 | Post-Partum Wellness March 21 |
| March 26-28 | Speech and Language March 26 | Creating a Safe Environment March 27 | Too Hot For Tots March 28 |
| April 2-4 | No Class: Easter Monday | Speech and Language April 3 | Introducing Solid Foods & The Feeding Relationship April 4 |
| April 9-11 | Infant Massage April 9 | Post-Partum Wellness April 10 | Infant Development April 11 |
| April 16-18 | Caring for Sick Children April 16 | Infant Massage April 17 | Car Seat Safety April 18 |
| April 23-25 | Post-Partum Wellness April 23 | Too Hot for Tots April 24 | Immunizing Children April 25 |
| April 30-May 2 | Too Hot for Tots April 30 | Caring for Sick Children May 1 | Child Care May 2 |

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