

Baby Talk Schedule: July 22 - November 13, 2019



All classes 1:30 – 2:30 p.m. 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)
July 22-24	Sleeping July 22	Infant Development July 23	Importance of Attachment July 24
July 29-31	Growing Up Cavity Free July 29	Immunizing Children July 30	Communicating & Healthy Relationships July 31
August 5-7	No Class: BC Day August 5	Introducing Solid Foods & The Feeding Relationship August 6	Creating a Safe Environment August 7
August 12-14	Importance of Attachment August 12	Car Seat Safety August 13	Speech and Language August 14
August 19-21	Caring for Sick Children August 19	Child Care August 20	Infant Massage August 21
August 26-28	Infant Massage August 26	Sleeping August 27	Caring for Sick Children August 28
September 2-4	No Class: Labour Day September 2	Growing Up Cavity Free September 3	Post-Partum Wellness September 4
September 9-11	Post-Partum Wellness September 9	Communication and Healthy Relationships September 10	Too Hot For Tots September 11
September 16-18	Too Hot for Tots September 16	Importance of Attachment September 17	Introducing Solid Foods & The Feeding Relationship September 18
September 23-25	Introducing Solid Foods & The Feeding Relationship September 23	Creating a Safe Environment September 24	Infant Development September 25
Sept 30-Oct 2	Infant Development September 30	Speech and Language October 1	Car Seat Safety October 2
October 7-9	Car Seat Safety October 7	Post-Partum Wellness October 8	Immunizing Children October 9
October 14-16	No Class: Thanksgiving October 14	Infant Massage October 15	Child Care October 16
October 21-23	Immunizing Children October 21	Too Hot for Tots October 22	Sleeping October 23
October 28-30	Child Care October 28	Caring for Sick Children October 29	Growing Up Cavity Free October 30
November 4-6	Sleeping November 4	Infant Development November 5	Importance of Attachment November 6
November 11-13	No Class: Remembrance Day November 11	Immunizing Children November 12	Communicating & Healthy Relationships November 13

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