

Sessions

1. Communicating with Baby
2. Baby Gesture and Sign
3. Baby Sleeping (or not!)
4. Breast & Bottle Feeding
5. Reading with Baby
6. Family Planning
7. Introducing Solids
8. Growing Up Cavity-Free
9. Learning and Development
10. Baby in the Community
11. Infant Safety
12. Moving and Growing
13. Sneezes and Diseases
14. Exercise with Baby
15. Infant Massage
16. Infant Attachment
17. Postpartum Wellness
18. Physio Bootcamp
19. Parenting

MONDAY

1:30 - 2:30 p.m.

Come Early:

- Weigh your baby

Stay after:

- Meet other parents
- Talk with a Public Health Nurse

(Scheduled speakers may change)

CONTACT US

Penticton Health Centre

740 Carmi Avenue

250-770-3434

Coordinators

Charla Weatherhead

Charla.Weatherhead@interiorhealth.ca

Debbie Corrie

Debbie.Corrie@interiorhealth.ca

Baby Talk 2019

**AN INFORMATIVE,
FREE OUTING FOR
PARENTS WITH
BABIES UNDER
ONE YEAR OF AGE**



Baby Talk 2019 Schedule

Date	Session	Date	Session	Date	Session
Jan 1	No Class	June 3	Physio Bootcamp	Aug 5	No Class
Jan 7	Communicating with Baby	June 10	Parenting	Aug 12	Family Planning
Jan 14	Baby Gesture & Sign	June 17	Communicating with Baby	Aug 19	Reading with Baby
Jan 21	Baby Sleeping (or not!)	June 24	Baby Gesture and Sign	Aug 26	Introducing Solid Foods
Jan 28	Breast & Bottle Feeding	July 1	No Class	Sept 2	No Class
Feb 4	Reading with Baby	July 8	Summer Fun Party	Sept 9	Growing up Cavity Free
Feb 11	Valentine's Party	July 15	Summer Safety	Sept 16	Learning and Developing
Feb 18	No Class	July 22	Baby Sleeping (or not!)	Sept 23	Baby in the Community
Feb 25	Family Planning	July 29	Breast and Bottle Feeding	Sept 30	Infant Safety
Mar 4	Growing up Cavity Free			Oct 7	Moving and Growing
Mar 11	Introducing Solid Foods			Oct 14	No Class
Mar 18	Learning & Developing			Oct 21	Sneezes and Diseases
Mar 25	Baby in the Community			Oct 28	Halloween Party (Babies can wear costumes)
April 1	Infant Safety			Nov 4	Exercise with Baby
April 8	Moving and Growing			Nov 11	No Class
April 15	Sneezes and Diseases			Nov 18	Infant Massage
April 22	No Class			Nov 25	Infant Attachment
April 29	Exercise with Baby			Dec 2	Postpartum Wellness
May 6	Postpartum Wellness			Dec 9	Physio Bootcamp
May 13	Infant Attachment			Dec 16	Parenting
May 20	No Class			Dec 23	Christmas Party
May 27	Infant Massage			Dec 30	No Class



Learn about parenting
Understand your growing baby
Meet other parents