

## Baby Talk Schedule June 29, - October 14, 2020



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

DATES	<b>RUTLAND</b> 155 Gray Road 250-980-4825 <b>(Monday)</b>	<b>WEST KELOWNA</b> Health Centre #160-2300 Carrington Road 250-980-5150 <b>(Tuesday)</b>	<b>KELOWNA</b> Health Centre 505 Doyle Ave 250-469-7070 ext. 13311 <b>(Wednesday)</b>
June 29-July1	Sleeping June 29	Introducing Solid Foods & The Feeding Relationship June 30	<b>Canada Day: No Class</b> July 1
July 6-8	Importance of Attachment July 6	Car Seat Safety July 7	Creating a safe environment July 8
July 13-15	Creating a Safe Environment July 13	Child Care July 14	Speech and Language July 15
July 20-22	Communicating & Healthy Relationships July 22	Sleeping July 23	Infant Massage July 24
July 27-29	Growing Up Cavity Free July 27	Growing Up Cavity Free July 28	Caring for Sick Children July 29
August 3-5	<b>BC Day: No Class</b> August 3	Communication and Healthy Relationships August 4	Post-Partum Wellness August 5
August 10-12	Speech and language August 10	Importance of Attachment August 11	Too Hot for Tots August 12
August 17-19	Infant Massage August 17	Creating a Safe Environment August 18	Introducing Solid Foods & The Feeding Relationship August 19
August 24-26	Caring for Sick Children August 24	Speech and Language August 25	Infant Development August 26
August 31-Sept 2	Post-Partum Wellness August 31	Post-Partum Wellness September 1	Car Seat Safety September 2
September 7-9	<b>Labour Day: No Class</b> September 7	Infant Massage September 8	Immunizing Children September 9
September 14-16	Infant Development September 14	Too Hot for Tots September 15	Child Care September 16
September 21-23	Immunizing Children September 21	Caring for Sick Children September 22	Sleeping September 23
September 28-30	Too Hot for Tots September 28	Infant Development September 29	Growing up Cavity Free September 30
October 5-7	Child Care October 5	Immunizing Children October 6	Importance of Attachment October 7
October 12-14	<b>Thanksgiving: No Class</b> October 12	Introducing Solid Foods & The Feeding Relationship October 13	Communicating & Healthy Relationships October 14

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](http://www.interiorhealth.ca) > Find Us > Find a Service, search for "Baby Talk" >

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