



# Baby Talk



Drop-In Wednesdays

1:30 - 3:00 pm

Salmon Arm Health Centre

(851 16th Street NE, 250-833-4101)



Jan 8, 2020.....	Sleep
Jan 15, 2020.....	Intro to Solids
Jan 29, 2020 .....	Keeping Baby Safe
Feb 5, 2020.....	Speech & Language
Feb 12, 2020.....	TBA
Feb 19, 2020.....	Growing up Cavity Free
Feb 26, 2020.....	Involving Dad
Mar 4, 2020.....	Story Time
Mar 11, 2020.....	TBA
Mar 18, 2020.....	TBA
Mar 25, 2020.....	TBA



**..Bring your babies and your stories! Also check babies weight too.**

**Presentations are subject to change due to presenter availability.**



**Interior Health**  
*Every person matters*



## **Sleep**

**Public Health Nurse Barb Henderson will present information on strategies and routines that can promote a good night rest for the entire family**

**Intro to Solids**

**Public Health Nurse Kaley York-Pearce will present information on Babies' first foods.**

## **Keeping Baby Safe**

**Join us as a First Aide Instructor talks to us about infant first aide.**

## **Speech & Language**

**Bonnie Johnson, Speech & Language Pathologist will present to us on early communication.**

## **Growing Up Cavity Free**

**Dental Hygienist Denis Bieber will bring information on how to care for Baby's teeth.**

## **Involving Dad**

**Public Health Nurse Erin Taylor will present information on how to involve Dad in Baby's care.**

## **Story Time**

**Join us for a presentation from Children's Librarian, Airdie Burnham.**