

# Baby Talk

**Day:** Tuesday's

**Time:** 1-2:30 pm

**Place:** Pleasant Valley Health Centre  
in the board room

3800 Patten Drive, Armstrong BC



## FALL 2024



## DROP INS WELCOME

0-12 months

Topics are presented by  
An Armstrong Public  
Health Nurse or Guest  
Speaker\*

- |     |                                     |              |
|-----|-------------------------------------|--------------|
| 1.  | ————- Baby Talk Cancelled ———       | September 3  |
| 2.  | ————- Baby Talk Cancelled ———       | September 10 |
| 3.  | Drop in/ Weight and See             | September 17 |
| 4.  | Hearing * Audiologist technician    | September 24 |
| 5.  | ————- Baby Talk Cancelled ———       | October 1    |
| 6.  | Pelvic Floor *Physiotherapist       | October 8    |
| 7.  | Family Navigator *BGCO              | October 15   |
| 8.  | Story time *Armstrong ORL Librarian | October 22   |
| 9.  | Healthy Smiles *Dental Hygienist    | October 29   |
| 10. | Choosing quality childcare *BGCO    | November 5   |
| 11. | Communication *Speech pathologist   | November 12  |
| 12. | Drop in/ Weight and See             | November 19  |
| 13. | Sleep in Infant and Toddlers* NONA  | November 26  |

**Bring your baby and your stories!**

No registration required

Armstrong Public Health: 250-546 -4727



**BABY TALK CANCELLED****BABY TALK CANCELLED****Drop in/Weight + See**

Come drop by and say hi! See how big your baby is, ask our public health nurse questions, hang out and have some tummy time

**Hearing**

Learn about the importance of a baby's ears and how hearing plays a big role in language development. Information will be shared about the free hearing screening services that are available in Vernon.

**BABY TALK CANCELLED****Your Core and Pelvic Floor\***

"Is it normal to pee when I sneeze?" "Is there more I should be doing than just Kegels?" These questions and more will be answered as we explore physical recovery after birth. Be prepared for some hands-on practice of helpful exercises!

**Tanya Doerkson\***

Tanya will be sharing her role from the boys and girls club and providing information on services that are available in Armstrong. She will also introduce information regarding mother goose and discuss the importance of music and singing for connection and stimulation .

**Armstrong Library \***

Join us as we welcome one of our own librarians to our baby talk. Together you will be able to read with your little one and learn about a new program being offered for families at our very own library!

**Growing Up Cavity Free\***

Learn about early childhood cavities and how to prevent them. Understand what dental behaviors may put your child at risk and recognize the early signs of decay.

**Choosing Quality Child Care\***

Looking for Child Care? This presentation will get you thinking about when to start looking and what to look for in safe quality childcare options available in Armstrong and Vernon.

**Communication \***

Join speech pathologist Deanna Johnstone as she focuses on language and gestures. An interactive class where we will discuss the benefits of using gestures with infants and demonstrate easy techniques for successfully communicating with our babies.

**Drop in/Weight + See**

Come drop by and say hi! See how big your baby is, ask our public health nurse questions, hang out and have some tummy time

**Sleep in Infants and Toddlers\***

Join us as we will have one of our Infant Development consultants from NONA discuss sleep patterns in infants and toddlers. Come with your questions!