

Baby Talk

Day: Tuesday's

Time: 1—2:30 pm

Place: Pleasant Valley Health Centre
in the board room

3800 Patten Drive, Armstrong BC



SUMMER 2025



DROP INS WELCOME

0-12 months

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

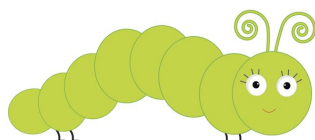


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|-----|----------------------------|-----------|
| 1. | Stay + Play | June 3 |
| 2. | Stay + Play | June 10 |
| 3. | Summer Safety* | June 17 |
| 4. | Buckle up Baby* | June 24 |
| 5. | —— Baby Talk Cancelled —— | July 1 |
| 6. | Water safety + Infant CPR* | July 8 |
| 7. | Baby Art* | July 15 |
| 8. | Infant massage* | July 22 |
| 9. | Communication* | July 29 |
| 10. | —— Baby Talk Cancelled —— | August 5 |
| 11. | Stay + Play | August 12 |
| 12. | Mother Goose Program* | August 19 |
| 13. | Family Story Time* | August 26 |

Bring your baby and your stories!

No registration required

Armstrong Public Health: 250-546 —4727



Stay + Play

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.

Summer Safety*

Learn how to stay cool this summer as we discuss different injury prevention strategies to ensure you and your baby stay safe during your Okanagan staycation.

Buckle up Baby*

Are you looking for answers on car seat safety or when you should turn your child from rear facing to forward facing in your vehicle ? If so, come stop by to our baby talk to learn more about car seat safety and tips when looking for a new car seat!

Infant Massage*

Get ready for a 'hands on' exploration of early basic infant massage techniques. Discussing the importance of touch and helping your baby to establish healthy relationships with touch right from infancy.

Water Safety*

Join us as our community lifeguards discuss the importance of swimming lessons, how to register at the Armstrong pool and ways to keep your baby afloat during the sunny days in the Okanagan.

Baby Talk Art*

An interactive time for you and your baby to bond and make a new creation to take home! All we need is you and your baby and we will provide the rest as Melanie Sipos will lead us through an summer themed art experience for all to enjoy.

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.

Mother Goose*

Join us as we learn about other programs in our community that support your baby with their growth and development. Janice and Emily provide their expertise on the importance of singing and music to build connection and can help you sign up!

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!