

Baby Talk



Day: Tuesdays

Time: 1:00—2:30 pm

Place: Pleasant Valley Health Centre in the board room

3800 Patten Drive, Armstrong BC

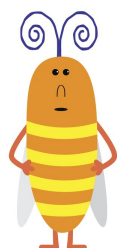


SUMMER 2024

**DROP INS
WELCOME**

0-12 months

Topics are presented
by a Vernon Public
Health Nurse or Guest
Speaker*

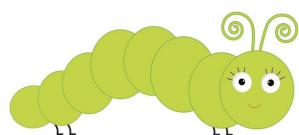


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| 1. | Communication *Speech pathologist | June 4 |
| 2. | Choosing Childcare *Community Childcare advisor | June 11 |
| 3. | Baby Safety —Public Health Nurse | June 18 |
| 4. | Breastfeeding support *Lactation consultant | June 25 |
| 5. | ————- Baby Talk Cancelled ————— | July 2 |
| 6. | Story + Rhyme time *Armstrong Preschool Teacher | July 9 |
| 7. | Infant Massage * Okanagan Valley College of Massage Therapy | July 16 |
| 8. | Baby Art * Melanie Sipos Early childhood educator | July 23 |
| 9. | Weight and See/drop in | July 30 |
| 10. | ————- Baby Talk Cancelled ————— | August 6 |
| 11. | Weight and See/drop in | August 13 |
| 12. | ————- Baby Talk Cancelled ————— | August 20 |
| 13. | Hearing * Audiologist technician | August 27 |

Bring your baby and your stories!

No registration required

Armstrong Public Health: 250-546— 4727



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.

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 Vernon.

Baby Safety

Join us to learn more about what to look out for as it starts to warm up in the sunny Okanagan. We will be discussing sun safety, bug bites,

Breast Feeding Support

We will have one of our IH Lactation Consultants join us during this time to discuss or reflect any questions/concerns you may have about your breastfeeding journey.

————— Baby Talk Cancelled —————

Story + Rhyme Time

We will be welcoming one of our local preschool teachers to join us for story and rhyme time at baby talk. Bring your listening ears and singing voices as we practice “serve and return” with our littles.

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.

Baby Art

We welcome Melanie Sipos from KidsSpace who will guide you through sensory art with your little one. Come and join us as we create memories that you get to bring home and share with others.

Weight and See/drop in

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.

————— Baby Talk Cancelled —————

Weight and See/drop in

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————— Baby Talk Cancelled —————

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.