

Baby Talk

Day: Tuesday's

Time: 1—2:30 pm

Place: Pleasant Valley Health Centre
in the board room

3800 Patten Drive, Armstrong BC



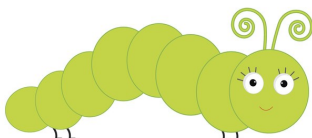
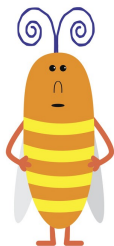
SPRING 2025



**DROP INS
WELCOME**

0-12 months

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



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| 1. | Drop in/ Weight + See | March 4 |
| 2. | Mother Goose Program* | March 11 |
| 3. | Growing up Cavity Free* IH Dental | March 18 |
| 4. | Infant Massage *Okanagan Valley
College of Massage Therapy | March 25 |
| 5. | —— Baby Talk Cancelled —— | April 1 |
| 6. | Drop in/ Weight + See | April 8 |
| 7. | Growth + Development* NONA | April 15 |
| 8. | Family navigator *BGCO | April 22 |
| 9. | Pelvis floor Physio *IH Physiotherapist | April 29 |
| 10. | —— Baby Talk Cancelled —— | May 6 |
| 11. | Drop in/ Weight + See | May 13 |
| 12. | Drop in/ Weight + See | May 20 |
| 13. | —— Baby Talk Cancelled ——
Bring your baby and your stories! | May 27 |

No registration required

Armstrong Public Health: 250-546 -4727



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

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!

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.

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.

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Growth & Development*

Learn about the general milestones for growth and development for your baby's first year of life. An interactive presentation on what to look for and how to help your baby develop in their own unique way.

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 .

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!

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