



Baby Talk

A free drop-in group for parents-to-be and parents/caregivers with babies 0-12 months.

Day:
Wednesdays

Time:
1:30-2:30pm

Location:
22 12th Ave N
Cranbrook
(Bellies to Babies space)

No childminding
available.

Topics presented by
a Public Health
Nurse or Guest
Speaker.

| Topic | Date |
|--|----------|
| Growth and Development | April 9 |
| Healthy Babies: Common Concerns Within the First Year | April 16 |
| Safer Sleep | April 23 |
| Speech and Language Development | April 30 |
| Sun and Water Safety for Babies | May 7 |
| Starting Solids | May 14 |
| Community Resources for Families | May 21 |
| Injury Prevention | May 28 |
| Healthy Smiles | June 4 |
| Postpartum Sexual Health | June 11 |
| Be Present Not Perfect: Social Emotional Development | June 18 |
| Resilience and Self Care | June 25 |

No registration required

For more info contact Cranbrook Public Health (250) 420-2207