



# Baby Talk

A FREE group for parents/caregivers with babies 0-12 months.  
Topics are presented by a Public Health Nurse or Guest Speaker.

Day:  
Wednesdays

Time:  
1:30-2:30pm

Location:  
22 12<sup>th</sup> Ave N  
Cranbrook  
(Bellies to Babies space)

Please note there  
will be no childcare

Topic	Date
1. Safer Sleep	February 7
2. Be Present Not Perfect: Social Emotional Development	February 14
3. Growth and Development	February 21
4. Healthy Babies: Common Concerns Within the First Year	February 28
5. Resilience and Self Care	March 6
6. Healthy Smiles	March 13
7. Postpartum Sexual Health	March 20
8. Starting Solids	March 27
9. Speech and Language Development	April 3
10. Lean On Me: Partners, Fathers, and Supports	April 10
11. Injury Prevention: Babyproofing Your House	April 17
12. Car Seat Safety	April 24

No registration required | Drop ins welcome  
For more info contact Cranbrook Public Health (250) 420-2207