



# 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	October 1
2. Dressing Babies for Winter	October 8
3. Injury Prevention	October 15
4. Community Resources for Families	October 22
5. Starting Solids	October 29
6. Healthy Babies: Common Health Concerns in the First Year	November 5
7. Speech and Language Development	November 12
8. Postpartum Sexual Health	November 19
9. Social Emotional Development	November 26
10. Healthy Smiles	December 3
11. Resilience and Self Care	December 10
12. Growth and Development	December 17

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