



# Baby Talk

**Every Thursday**  
**1:30 - 2:45 pm**  
**Penticton Health Center**  
 740 Carmi Ave Penticton BC  
 250-770-3434

Songs, rhymes and helpful  
 topics for parents with  
 babes 0-18 months



Interior Health

**FREE  
 DROP  
 IN**

## Spring 2025

\*guest speaker presentation  
 subject to change based on  
 speaker availability

Infant CPR*	March 6
Babies in Communities* & Choosing Quality Childcare*	March 13
Car Seat Safety	March 20
Reconnecting with your Body	March 27
Journey of Sleep	April 3
*Chicks and Bunnies* (DIY Photoshoot and Easter crafts)	April 10
Sex After Baby	April 17
Your Core and Pelvic Floor *	April 24
The Post Partum Apocalypse	May 1
Growing with Baby*	May 8
Early Language Strategies*	May 15
Infant Milk	May 22
Ask a Public Health Nurse	May 29

# Baby Talk



## INFANT CPR

Free drop in for  
Parents & support people of  
Babes 0-12 months only

Bring your baby &  
a doll for practice

Introducing you to basic  
infant choking and CPR skills

**\*NOT AN OFFICIAL CERTIFICATION**



**Thursday  
March 6 2025  
1:30 - 2:45 pm**

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Interior Health

### **Chicks & Bunnies**

Hippity Hop! Easter is coming!

Come celebrate Easter with a DIY Baby Photo Shoot. Capture their sweet expressions with playful spring backdrops and have fun with an Easter craft.

Public Health Nurse Presenting

### **Reconnecting With Your Body\***

Enjoy an interactive session where we explore exercise after birth. Practice listening to what your body needs to feel good and recover as we try mindful movement and supportive breath practices together.

Shauna Sprules Presenting

### **Post Partum Apocalypse**

Let's get real here. Post Partum isn't all rainbows and sunshine. There is Exhaustion, Anxiety, lack of support Overwhelm and eventually Mom Rage. Lets open up and share about the days you would rather forget. Learn that you are not alone and walk away with tools to help you through this emotional journey.

Public Health Nurse Presenting

### **Journey of Sleep**

Let's be realistic! Sleepless nights often become the norm once you have a baby. We may not have all of the answers, but come prepared to share your stories, tips and tricks as we support each other through the journey of sleep.

Public Health Nurse Presenting

### **Car Seat Safety**

Planning a road trip? Understand the safe and appropriate use of infant carriers from now until they are grown. Avoid common errors.

Public Health Nurse Presenting

### **Babies in Communities & Choosing Quality Child Care\***

There are so many resources in the community for parents. Lets hear about them! A variety of guest speakers from the community will share with you all the many resources and supports that are available to you right here in Penticton– Including some helpful information of getting into Childcare and Subsidy.

CCRR, OneSky, BGC, Strong Start, Lit Now- Presenting

### **Infant Milk**

The early infant feeding experience is full of highs and lows. Latching, Bottles, Pumping, Engorgement, Mastitis, Slow to gain babies. Lets open up and share about what feeding your baby is like in a non judgmental space. Feel some comradery among peers.

Public Health Nurse Presenting

### **Growing with Baby\***

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 to their true potential.

BGC IDP Nastasia Presenting

### **Early Language Strategies**

May is Speech and Hearing Month!

Lets hear from our experts in speech. Learn to foster your child's early language skills in a way that promotes language development.

Silke and Danielle– Speech Language Pathologist Presenting

### **Infant CPR\***

A popular session! Introducing you to infant choking. Review basic infant first aid and CPR skills that you can use in a medical emergency. Not an official certification.

Be Prepared. Stay Calm. Save a Life!

Interior Health Educator and PHN's Presenting

### **Ask A Public Health Nurse**

You pick the topic ! An open conversation. Come share your stories or armed with your questions about post partum recovery, infant care, parenting, and early infant Health.

### **Sex After Baby\***

Honoring the immense transition that you have been through as we chat about the changes in your body. We will chat about our menstrual cycles, birth control and sex life that happens after you have a baby.

Public Health Nurse Presenting

### **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!

Jennifer Gabrys– Pelvic Floor Physio Presenting