

Baby Talk

SUMMER



Every Thursday
1:30 - 2:30 pm

Penticton Health Center
740 Carmi Ave Penticton BC
250-770-3434

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



Interior Health

Summer 2025

*subject to change based on speaker availability

Infant Milk	July 3
Infant CPR	July 10
When Babies Bite	July 17
Gross Motor Development Jordan Bytellar –OSNS	July 24
Gums to Grins Dental baby Photo op and goodie bags provided.	Jul 31
Sex After Baby	Aug 7
Sensory Play	Aug 14
Be Present not perfect	Aug 21
Baby Food Ideas	Aug 28

BABY TALK



INFANT CPR

INTRODUCTION

- ✓ Basic Skills
- ✓ Choking
- ✓ Infant CPR
- ✓ AED's



**NOT A FULL CERTIFICATION
BRING A DOLL TO PRACTICE ON**

**FOR PARENTS AND SUPPORT PEOPLE
OF BABES 0-18 MONTHS ONLY**

JULY 10 | 1:30-2:30PM

**740 CARMi AVE, PENTICTON
PENTICTON HEALTH CENTER**



CONTACT US:

 250-770-3434



GO ONLINE FOR FULL
BABY TALK SCHEDULE



Interior Health



Infant CPR*

A popular session! A review of choking as well as basic infant first aid and CPR skills that you can use in a medical emergency.

NOT AN OFFICIAL CERTIFICATION

Gums to Grins

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.

Gross Motor 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 to their true potential.

Guest Speaker: Jordan Bytellar,
Physiotherapist OSNS

Be Present Not Perfect

Rediscover bonding and connecting with baby. Give your baby a secure emotional foundation by reading their cues and responding with empathy. Creating a healthy parent-child relationship and promoting healthy brain development.

Sensory Play

Build your babies brain by exploring through the senses! Come play with us today and see how your baby responds to different sensations and sensory toys.

Sex After Baby*

Honoring the immense transition that you have been through as we chat about the changes in your body, relationships and sex life that happens after baby.

Infant Milk

Let's face it, not every one gets the new born feeding experience that they would have wanted. With an open heart and mind, share your stories with early breast and bottle feeding and help each other navigate this feeding journey together.

Baby Food Ideas

With so many ways to feed your baby it can feel a bit overwhelming. Let's learn what to feed your baby, when to start and how to do it. Together we will explore your babies hunger and fullness cues, and how to establish a healthy feeding relationship at family meal times.

When Babies Bite

You know when your baby or toddler does something that really triggers you? Are you ever unsure how to respond in a way that doesn't scar your child forever?

Lets talk about some of the stumbling blocks in parenting an explore ways to manage your own emotions while caring for your baby