The poster is decorated with various autumn-themed illustrations. In the top left is a large orange maple leaf. To its right is a small acorn. Further right is a red leaf, a small branch with two leaves, and a green fern-like leaf. On the right side, there is a red leaf, a branch with an acorn, and another green fern-like leaf. On the left side, there is a brown oak leaf, a branch, and a green fern-like leaf. At the bottom, there is a red leaf, a small acorn, an orange maple leaf, a green fern-like leaf, and a purple flower-like leaf.

Babes 0-18 months

EVERY THURSDAY  
1:30-2:30PM

# Baby Talk

## FALL SCHEDULE

SONGS & RHYMES  
HELPFUL TOPICS

NEW LOCATION

#130- 216 HASTINGS AVE  
PENTICTON  
250-770-3434



Interior Health



Fall Schedule

# Baby Talk

## NEW LOCATION

#130- 216 HASTINGS AVE PENTICTON  
EVERY THURSDAY 1:30 -2:30 / 250-770-3434

## SEPTEMBER

SEPT 4 NEW LOCATION CELEBRATION  
SEPT 11 JOURNEY OF SLEEP  
SEPT 18 READING WITH BABY  
SEPT 25 BABY IN COMMUNITY

## OCTOBER

OCT 2 BREASTFEEDING WEEK  
OCT 9 CUTE AS A PUMPKIN  
OCT 16 TOYS FOR TALKING  
OCT 23 CORE & PELVIC FLOOR  
OCT 30 SNEEZES & DISEASES

## NOVEMBER

NOV 6 GROWING WITH BABY  
NOV13 TAKING CARE OF ME  
NOV 20 INFANT MASSAGE  
NOV 27 GUMS TO GRINS



Interior Health



## **New Location Celebration**

We have MOVED! Come Check out the new space, In Partnership with One Sky Beginnings, located on #130- 216 Hastings ave Penticton BC. Ring the Doorbell to be let in!

## **Baby In Community**

Lets get the dish on day care services! 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.

## **Cute as a Pumpkin**

DIY Fall Baby Photoshoot! Bring your baby and your camera so you can take pictures of your baby in some fun fall displays. Location TBD. Stay Tuned!

## **Infant Massage\***

Get ready for a 'hands on' exploration of early basic infant massage techniques. Discussing the importance of touch and helping your baby to establish healthy relationships with touch right from infancy.

## **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!

## **Journey of Sleep**

Sleepless nights often become the norm once you have a baby. We may not have all of the answers, but we can share stories & tips as we support each other through this time.

## **Breastfeeding Week**

This is National Breastfeeding week! Come share the highs and lows of your early infant feeding experiences, regardless of how you choose to feed your baby.

## **Sneezes and Diseases**

When babies get sick it can be pretty nerve-wracking for a parent. Let's talk about the different ways to prevent illness, how to care for a baby when they are not feeling well and when to see a doctor. Come dressed for Halloween too!

## **Taking Care of Me**

Understanding your emotional journey after baby's birth. We will be discussing components of Self Care, Nutrition, Exercise, Support Systems, Sleep and your emotional wellbeing

## **Reading with Baby\***

Let's have fun Singing, Playing and Reading with your baby while we learn about the resources in the local library in your community

## **Toys for Talking**

Lets learn about toys and activities to foster your child's early language skill. Together we will explore how to play with your baby in a way to promote their language development

## **Growing with Baby\***

Learn milestones for growth and development for your baby's first year of life. What to look for and how to help your baby develop to their true potential.

## **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.





# Baby Talk

# Is Moving



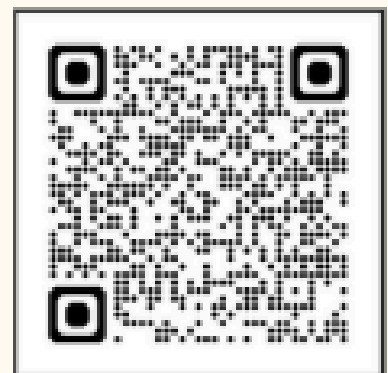
**AS OF SEPT 4, 2025  
BABY TALK WILL BE  
MOVING TO A  
NEW LOCATION!**

**#130 - 216 HASTINGS AVE, PENTICTON**  
**IN PARTNERSHIP WITH BEGINNINGS, ONESKY**

**EVERY THURSDAY 1:30- 2:30PM**

**RING DOORBELL TO BE LET IN**

**STROLLERS MAY NEED  
TO BE LEFT OUTSIDE**



**250-770-3434**



Interior Health

