

Baby Talk



1:30-3:00 pm

Salmon Arm Health Centre

851 16th Street NE

Baby Talk sessions are drop in, but if you would like a reminder call, please call 250 833 4101 to sign up for sessions you would like to attend.

PPD & Anxiety	April 12, 2023
Yes To The Rest.....	April 19, 2023
Story Time.....	April 26, 2023
Infant Car Seats	We will need a participant to bring their infant car seat (with base) to this presentation
.....	May 3, 2023
Taking Care of Me.....	May 10, 2023
Keeping Baby safe.....	May 17, 2023
Growth & Development.....	May 24, 2023
Water Safety (TBC).....	May 31, 2023
Shuswap Children's Association.....	June 7, 2023
Introduction to Solids.....	June 14, 2023
Growing up Cavity Free (TBC).....	June 21, 2023

- Olga Aleksiienko has a MA (Psychology & Education), M.Ed. (Counselling), and is a Registered Clinic counsellor. Olga will be discussing the topic of Postpartum Depression & Anxiety.
- Sleep Consultant Missy Morrison-Charko's passion is helping families get their rest.
- Children's Librarian, Ardie Burnham, will share with us the importance of sharing stories, songs & rhymes with Baby.
- PHN Jo Ann Schock will talk to us about Infant Car Seats & Child Passenger Safety.
- PHN Holly Overgaard will discuss with Moms the importance of self care.
- PHN Kerry Hollatz will present on ensuring baby's safety.
- PHN Cassandra Nicholson will discuss the topic of Baby's Growth & Development.
- Life Guard Katie Overgaard will talk to us about the topic of Water Safety for Baby.
- Tanya Timoffee, Family Navigator from Shuswap Children's Association will talk to us about the resources available for families in our community.
- PHN Kaley York will discuss introducing Baby to solid foods.
- Sabina Eschbach is a Dental Hygienist and will talk to us about taking care of Baby's oral health.