

**Mondays**  
**1:30-2:30/3pm**  
**Kiro Wellness Center**  
**(Rm 228)**



# Baby Talk

Supporting parents during the first year

**DROP INS**  
**WELCOME !**

**Infants 0-12 months**  
**and their parent(s)**  
**Light Snack provided**

*\*Childminding NOT  
 available for older  
 siblings*

**Topics will be  
 presented by a  
 Public Health  
 Nurse or Guest  
 Speaker**

*Some dates may be  
 subject to change due  
 to scheduling of guest  
 speakers*

Topics	Dates
 Physical Growth and Development	April 7
 Sex after Baby and Pelvic Floor Health w/ Laurie - Physiotherapist	April 14
 Common Health Concerns in the 1st year When to go to the ER w/ Emily - RN	April 28
 Postpartum Wellness & Self Care w/ Abby Verigin C-IAYT Yoga Therapist	May 5
 Starting Solids w/ Cecilee RN & Meghan RN	May 12
 Sleep like a Baby w/ Angela - Infant Development Program	May 26
 Healthy Smiles w/ Mandy - Lift the Lip Dental Hygienist	June 2
 Baby Massage	June 9
 Be Present Not Perfect Social Emotional Development w/ Angela - Infant Development Program	June 16
 Bumps & Bruises - Injury Prevention / Safety	June 30
 Speech & Language Development w/ Jennifer - Speech & Language Pathologist	July 7
 Lean on Me - Partners, Fathers and Supporters Babies & Relationships	July 14



**No registration required**  
 Trail Public Health 250.364.6226