



# Baby Talk



**Day:** Thursdays

**Time:** 10:00 - 12:00 noon



**Place:** 29th Street Centre **!New location!**  
4506 29<sup>th</sup> St Vernon



## Autumn 2025



- |    |                                    |          |
|----|------------------------------------|----------|
| 1. | Taking Care of Me                  | Sept. 18 |
| 2. | Communication*                     | Sept. 25 |
| 3. | <b>Your Core and Pelvic Floor*</b> | Oct. 2   |

**Followed by the Breast Feeding Celebration**

**!! Change in location for this one topic. Held at the Vernon Health Unit, 1440 14th Ave Vernon !!**

## DROP INS WELCOME

0-12 months

Topics are presented  
by a Vernon Public  
Health Nurse or Guest  
Speaker\*

- |     |  |         |
|-----|--|---------|
| 4.  | Choosing Quality Child Care*                           | Oct. 9  |
| 5.  | Infant CPR*  | Oct. 16 |
| 6.  | Healthy Babies   | Oct. 23 |
| 7.  | Tiny Eyes, Big Vision: The Power of Pediatric Eyecare* | Oct. 30 |
| 8.  | Infant Massage*  | Nov. 6  |
| 9.  | Growing Up Cavity Free*                                | Nov. 13 |
| 10. | Infant Development*                                    | Nov. 20 |
| 11. | Buckle Up Baby   | Nov. 27 |

**Bring your baby and your stories!**  
No registration required, Parking available  
Vernon Public Health: 250-549-5721  
(Topics subject to change based on speaker availability)



### **Taking Care of Me**

Understand your emotional journey after baby's birth. Balance what was and what will be through unexpected adjustments. We will be discussing components of self care, nutrition, exercise, support systems, sleep, sexuality, baby blues and post-partum depression.

### **Healthy Babies**

It's cold and flu season! Learn about common childhood illnesses and ways to keep your baby's immune system healthy and strong.

### **Communication**

Focusing on language and gestures. An interactive class where we will discuss the benefits of using gestures with infants and demonstrate easy techniques for successfully communicating with our babies.

### **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.

### **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!

### **Infant CPR**

A popular session! Introducing you to basic infant first aid skills that you can use in a medical emergency.

Be Prepared. Stay Calm. Save a Life!

### **Infant Development**

An interactive presentation on what to look for and how to help your baby develop in their own unique way. Understand more about your babies social, emotional, physical, and cognitive development.

### **Growing Up Cavity Free**

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.

### **Tiny Eyes, Big Vision: The Power of Pediatric Eyecare**

Come get a clearer picture about your baby's eyes. Learn about early childhood visual development, tips for healthy eye practices as they grow and when to seek ocular care.

### **Choosing Quality Child Care**

Looking for childcare? This presentation will get you thinking about when to start looking and what to look for in safe quality childcare options available in Vernon.

### **Buckle Up Baby**

A review of Car Seat Safety. Understand the safe use of infant carriers and avoid common errors.