

# Baby Talk



**Day:** Thursdays  
**Time:** 10:00 - 12:00 noon  
**Place:** Vernon Alliance Church  
2601 43rd Ave, Vernon BC



Parking is in the back.

Please use white ramp at West Side Entrance.

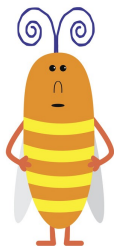


## SPRING 2025

### DROP INS WELCOME

0-12 months

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

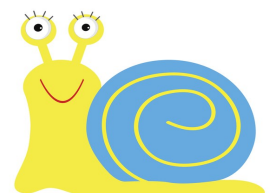
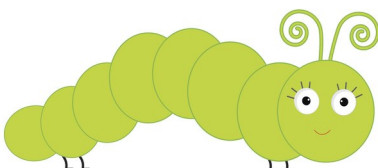


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|-----|--------------------------------------|-----------------|
| 1.  | <b>Monthly Milestones</b>            | <b>April 10</b> |
| 2.  | <b>Communication*</b>                | <b>April 17</b> |
| 3.  | <b>Intro to Solids</b>               | <b>April 24</b> |
| 4.  | <b>The Journey of Sleep</b>          | <b>May 1</b>    |
| 5.  | <b>Infant Development *</b>          | <b>May 8</b>    |
| 6.  | <b>Hearing*</b>                      | <b>May 15</b>   |
| 7.  | <b>Mental Health for Mama Bears*</b> | <b>May 22</b>   |
| 8.  | <b>Growing Up Cavity Free*</b>       | <b>May 29</b>   |
| 9.  | <b>Choosing Quality Child Care*</b>  | <b>June 5</b>   |
| 10. | <b>Your Core and Pelvic Floor*</b>   | <b>June 12</b>  |
| 11. | <b>Buckle Up Baby</b>                | <b>June 19</b>  |

**Bring your baby and your stories!**

No registration required

Vernon Public Health: 250-549-5721



### **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.

### **Intro to Solids**

Learn about the what, when, and how of feeding babies. Discussion includes methods for introducing solid foods and how to establish a healthy feeding relationship at family meal times.

### **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!

### **Buckle Up Baby**

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

### **Hearing**

Learn about the importance of a baby’s ears and how hearing plays a big role in language development. Information will be shared about the free hearing screening services that are available in Vernon.

### **Choosing Quality Child Care**

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

### **Communication**

Focus 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.

### **Mental Health for Mama Bears**

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.

### **The Journey of Sleep**

Let’s be realistic! Sleepless nights often become the norm once you have a baby. There is no catch all cure as every family’s sleep habits and needs are completely different. In this class we will learn about infant sleep patterns and the current safety recommendations around infant sleep. We may not have all of the answers, but come prepared to share your stories, tips and tricks as we support each other through the journey of sleep.

### **Monthly Milestones**

Review the developmental milestones from 0– 12 months of age along with ideas to help support your child’s development. We discuss activities and play, screen time recommendations, and more!

### **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.