

# 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.



## Winter 2023



**DROP INS  
WELCOME**

0-12 months

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

- |     |                                      |                |
|-----|--------------------------------------|----------------|
| 1.  | <b>The First Years Last Forever</b>  | <b>Jan. 12</b> |
| 2.  | <b>Growth &amp; Development</b>      | <b>Jan. 19</b> |
| 3.  | <b>Your Core &amp; Pelvic Floor*</b> | <b>Jan. 26</b> |
| 4.  | <b>Healthy Babies</b>                | <b>Feb. 2</b>  |
| 5.  | <b>Communication*</b>                | <b>Feb. 9</b>  |
| 6.  | <b>Choosing Quality Child Care*</b>  | <b>Feb. 16</b> |
| 7.  | <b>Growing Up Cavity Free*</b>       | <b>Feb. 23</b> |
| 8.  | <b>Hearing*</b>                      | <b>Mar. 2</b>  |
| 9.  | <b>Infant First Aid &amp; CPR*</b>   | <b>Mar. 9</b>  |
| 10. | <b>Feed Me, I'm Yours</b>            | <b>Mar. 16</b> |
| 11. | <b>Taking Care of Me</b>             | <b>Mar. 23</b> |

**Bring your baby and your stories!**

No registration required

Vernon Public Health: 250-549-5721

(Topics are subject to change based on speaker availability)



### **The First Years Last Forever**

Discover attachment based parenting. Give your baby a secure emotional foundation by reading their cues and responding with empathy, creating a strong parent-child relationship and promoting healthy brain development.

### **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.

### **Growth & Development**

Learn about the general milestones for growth and development for your baby's first year of life. An interactive presentation on what to look for and how to help your baby develop in their own unique way.

### **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.

### **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 First Aid & 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!

### **Communication and Hearing**

**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.

**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.

### **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.

### **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. **\*will be offered in spring**

### **Choosing Quality Child Care**

**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.

### **Feed Me, I'm Yours**

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.