

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.



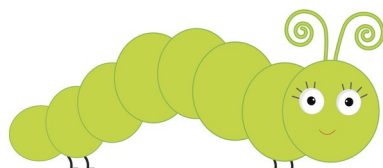
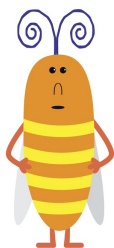
SPRING 2024

DROP INS
WELCOME

0-12 months

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

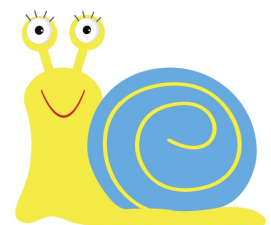
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|-----|--------------------------------------|-----------------|
| 1. | The First Years Last Forever | April 11 |
| 2. | Taking Care of Me | April 18 |
| 3. | Your Core & Pelvic Floor* | April 25 |
| 4. | Choosing Quality Child Care* | May 2 |
| 5. | CPR & Water Safety* | May 9 |
| 6. | Intro to Solids | May 16 |
| 7. | Growing Up Cavity Free* | May 23 |
| 8. | Hearing* | May 30 |
| 9. | Growth & Development* | June 6 |
| 10. | Communication* | June 13 |
| 11. | The Journey of Sleep | June 20 |



Bring your baby and your stories!

No registration required

Vernon Public Health: 250-549-5721



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.

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.

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!

Car Seat Safety

Understand the safe and appropriate use of infant carriers. 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.

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!

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.

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.

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.