

## Baby Talk Sessions

1. Breastfeeding- Best for Baby
2. Changes: Body and Mind
3. Growing and Learning
4. Feeding Your Baby
5. Yoga with Babies
6. Safety: Home, Car, Fire & First Aid
7. Sneezes and Diseases
8. Growing Up Cavity Free
9. Happy Baby Brains
10. Communicating with Babies
11. Infant Sign Language
12. Infant Massage
13. Sleepy Parents/Crying Baby
14. Kids in the Community

**Mondays 1:30-2:30**

**1:00 - Come Early**

**•Weigh Baby**

**•Breastfeeding Support**

**•Speak with a Public Health  
Nurse**



## Useful Resources

**Penticton Health Centre**

770 – 3434

**Health Link BC**

811

**Penticton Hospital**

492 – 4000

**Penticton Public Library**

770-7781

**Childcare Resource and Referral**

492 – 2926

**Penticton Community Centre**

490-2426

**OSNS Child Development Centre**

492 -0295

**St John Ambulance**

492.3377

**South Okanagan Victim**

**Assistance**

493 – 0800

**South Okanagan Immigrant and  
Community Services**

492 - 6299

**South Okanagan Women in Need  
Society**

492 – 7233

**Boys and Girls Club**

(Infant Development Program)

493-0512

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(Coordinator)



# Baby Talk 2010



**Learn, grow, share!**

A free, informative  
social outing for  
families with children  
under one year of age.