

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

Email:

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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.

BABY



TALK

Baby Talk Schedule

<u>Date</u>	<u>Session #</u>
January 4	1
January 11	2
January 18	3
January 25	4
February 1	5
February 8	6
February 15	7
February 22	8
March 1	9
March 8	10
March 15	11
March 22	12
March 29	13
April 5	Easter Monday
April 12	14
April 19	1
April 26	No Class

Baby Talk Schedule

<u>Date</u>	<u>Session #</u>
May 3	2
May 10	3
May 17	4
May 24	Victoria Day
May 31	5
June 7	6
June 14	7
June 21	8
June 28	9
July 5	10
July 12	Party
July 19	11
July 26	12
August 2	Civic Holiday
August 9	13
August 16	14
August 23	1
August 30	2

Baby Talk Schedule

<u>Date</u>	<u>Session#</u>
September 6	Labour Day
September 13	3
September 20	4
September 27	5
October 4	6
October 11	Thanksgiving
October 18	7
October 25	8
November 1	9
November 8	10
November 15	11
November 22	12
November 29	13
December 6	14
December 13	Party
December 20	No Class
December 27	STAT

Come to as many sessions as you like. Start anytime.

No registration required.