

Baby Talk

Day: Tuesday's
Time: 1-2:30 pm
Place: Pleasant Valley Health Centre
in the board room
3800 Patten Drive, Armstrong BC



WINTER 2025



1. **Sleep in Infant and Toddlers* NONA** **December 3**
2. **Baby Talk Art *Melanie Sipos PART 1** **December 10**
3. **Baby Talk Art *Melanie Sipos PART 2** **December 17**
4. **———— Baby Talk Cancelled ————** **December 24 + 31st**
5. **Starting solids/choking prevention -** **January 7**
Public Health Nurse
6. **Drop in/ Weight and See** **January 14**
7. **Story time *Armstrong ORL Librarian** **January 21**
8. **Taking care of me - Public health nurse** **January 28**
9. **Drop in/ Weight and See** **February 4**
10. **Family Navigator *BGCO** **February 11**
11. **Infant Massage* Okanagan Valley College of** **February 18**
Massage Therapy
12. **———— Baby Talk Cancelled ————** **February 25**

Bring your baby and your stories!

No registration required

Armstrong Public Health: 250-546 -4727

DROP IN'S

WELCOME

0-12 months

Topics are presented by
An Armstrong Public
Health Nurse or Guest
Speaker*



Sleep in Infants and Toddlers*

Join us as we will have one of our Infant Development consultants from NONA discuss sleep patterns in infants and toddlers. Come with your questions!

Baby Talk Art*

Join us at baby talk as we get ready for the holiday's with baby art. Melanie Sipos will be having a two part art series allowing you to make a unique ornament that you can hang on your Christmas tree this year! If you can't make both days no worries we will make extra for you!

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Intro to Solids/Choking Prevention

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

Drop in

Come drop by and say hi! See how big your baby is, ask our public health nurse questions, hang out and have some tummy time

Armstrong Library *

Join us as we welcome one of our own librarians to our baby talk. Together you will be able to read with your little one and learn about a new program being offered for families at our very own library!

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.

Drop in

Come drop by and say hi! See how big your baby is, ask our public health nurse questions, hang out and have some tummy time

Tanya Doerkson*

Tanya will be sharing her role from the boys and girls club and providing information on services that are available in Armstrong. She will also introduce information regarding mother goose and discuss the importance of music and singing for connection and stimulation .

Infant Massage*

Get ready for a 'hands on' exploration of early basic infant massage techniques. Discussing the importance of touch and helping your baby to establish healthy relationships with touch right from infancy.

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