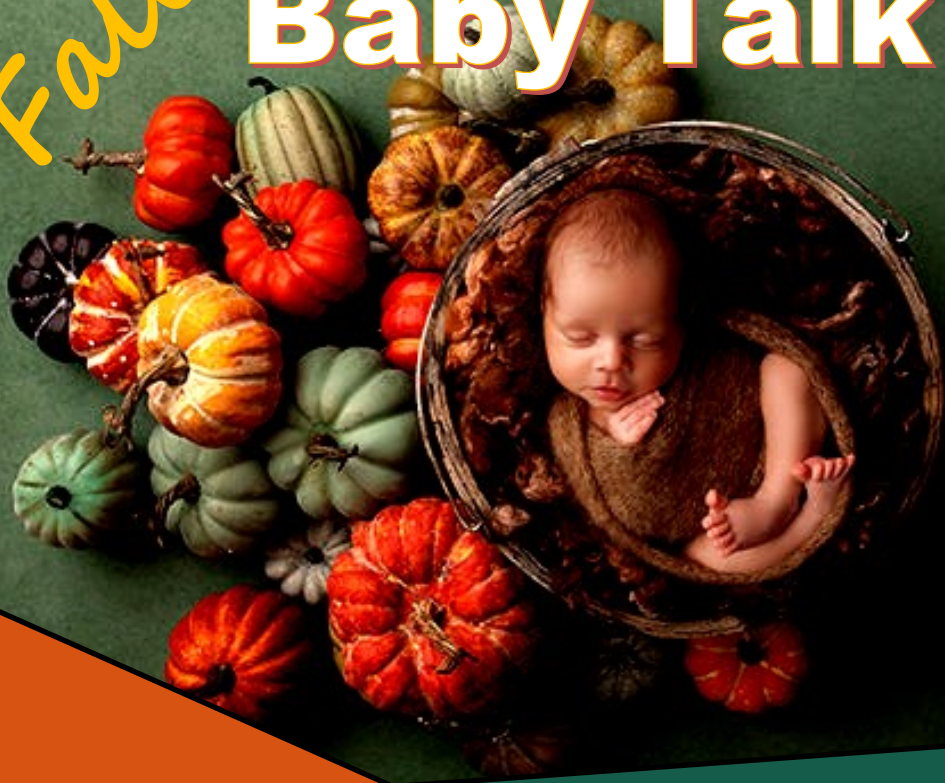


# Fall Baby Talk



Every Thursday  
1:30 - 2:45 pm  
Penticton Health Center  
740 Carmi Ave Penticton BC  
250-770-3434

Songs, rhymes and helpful  
topics for parents with  
babes 0-12 months



FREE  
DROP  
IN

## Fall 2024

\*guest speaker presentation  
subject to change based on speaker availability

Reconnecting with your Body*	Sept. 5
Reading with Baby*	Sept. 12
Sneezes and Diseases	Sept. 19
Journey of Sleep	Sept. 26
Infant Massage*	Oct. 3
Starting Solid Foods	Oct. 10
Coping with Mom Guilt*	Oct. 17
Fall Fun Take home a fun fall craft	Oct. 24
Growing up Cavity Free * Halloween costumes welcome!	Oct. 31
Toys for Talking*	Nov. 7
Your Core and Pelvic Floor*	Nov. 14
Babies in Communities*	Nov. 21
Growing With Baby*	Nov. 28

### **Sneezes and Diseases**

When babies get sick it can be pretty nerve-racking for a parent. Let's talk about the different ways to prevent illness, how to care for a baby when they are not feeling well and when to see a doctor.

### **Reading with Baby\***

Let's have fun Singing, Playing and Reading with your baby while we learn about the resources in the local library in your community

### **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.

### **Journey of Sleep**

Let's be realistic! Sleepless nights often become the norm once you have a baby. 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.

### **Coping with Mom Guilt \***

We all want to be the best parents we can be. In this session we will look at Mom Guilt and the anxiety that comes with it. We will also give you some tips and tools that will help you to reduce anxiety and parent with more confidence

### **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.

### **Reconnecting With Your Body\***

Enjoy an interactive session where we explore exercise after birth. Practice listening to what your body needs to feel good and recover as we try mindful movement and supportive breath practices together.

### **Growing with Baby\***

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 to their true potential.

### **Toys for Talking \***

Lets learn about what toys and activities do to foster your child's early language skill. Together we will explore how to play with your baby in a way to promote their language development.

### **Babies in Communities\***

There are so many resources in the community for parents. Lets hear about them! A variety of guest speakers from the community will share with you all the many resources and supports that are available to you right here in Penticton.

### **Starting Solid Foods**

With so many ways to feed your baby it can feel a bit overwhelming. Let's learn what to feed your baby, when to start and how to do it. Together we will explore your babies hunger and fullness cues, and how to establish a healthy feeding relationship at family meal times.

### **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!