

# Baby Talk

## SUMMER



**FREE  
DROP  
IN**

**Every Thursday  
1:30 - 2:30 pm**

**Penticton Health Center  
740 Carmi Ave Penticton BC  
250-770-3434**

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



**Interior Health**

## Summer 2024

\*subject to change based on speaker availability

1. **Sex and relationships** **June 6**
2. **Read with baby \*** **June 13**
3. **Summer fun & safety** **June 20**  
**\*\*\*Outdoors at the Skaha Pavilion\*\*\***  
**\*\*\*Weather pending Call 250-770-3434 to confirm location\*\*\***
4. **Postpartum well-being\*** **June 27**
5. **Breast & bottle** **July 4**
6. **Car seat safety** **July 11**
7. **Growing up cavity free \*** **July 18**
8. **Reconnecting with your body\*** **July 25**
9. **Listen to me talk \*** **Aug 1**
10. **Growing with baby \*** **Aug 8**
11. **Be present not perfect** **Aug 15**
12. **Your core and pelvic floor \*** **Aug 22**
13. **Babies in communities \*** **Aug 29**

### **Sex & Relationships After Baby\***

Honoring the immense transition that you have been through as we chat about the changes in your body, relationships and sex life that happens after baby.

### **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

### **Summer Fun and Safety OUTSIDE at Skaha Pavilion**

\*If raining call Penticton Health Center to confirm location 250-770-3434

Come dressed weather appropriate and bring your own blankets for seating. We will have fun singing summer songs, doing summer activities and preparing ourselves for sun and water safety during our hot summers.

### **Postpartum Well-being**

Understanding your emotional journey after baby's birth. Balancing what was and what will be through unexpected adjustments. We will be discussing components of Self Care, Nutrition, Exercise, Support Systems, Sleep and your emotional wellbeing

### **Car Seat Safety**

Planning a road trip? Understand the safe and appropriate use of infant carriers from now until they are grown  
Avoid common errors.

### **Be Present Not Perfect**

Rediscover bonding and connecting with baby. Give your baby a secure emotional foundation by reading their cues and responding with empathy. Creating a healthy parent-child relationship and promoting healthy brain development.

### **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.

### **Listen to me talk**

Focus on language and gestures. An Interactive class where we will discuss language development the benefits of using gestures with infants. We will demonstrate easy techniques for successfully communicating with your babies.

### **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.

### **Breast and Bottle**

Let's face it, not every one gets the new born feeding experience that they would have wanted. With an open heart and mind, share your stories with early breast and bottle feeding and help each other navigate this feeding journey together.

### **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 Solids**

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!