

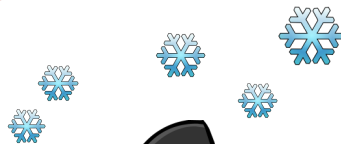
Baby Talk



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



Interior Health



Winter

*guest speaker presentation subject
to change based on speaker availability



Winter Celebration <i>DIY Baby Photo Shoot with Santa Gary</i>	Dec 5
Let's Talk Milk!	Dec 12
Reconnecting with your Body*	Dec 19
NO BABY TALK - Building Closed	Dec 26
The Journey of Sleep	Jan 2
Infant Massage*	Jan 9
Reading with Baby*	Jan 16
Thriving in Winter	Jan 23
Your Core and Pelvic Floor*	Jan 30
Baby Signs & Gestures*	Feb 6
Baby Valentine	Feb 13
Starting Solid Foods	Feb 20
Growing With Baby*	Feb 27

Winter Celebration

Santa Gary and his Naughty Elf will be making a special appearance for a DIY Baby Photoshoot for babies 0-12 months only. Bring your own camera and a donation to the Salvation Army..

Let's Talk Milk

The early infant feeding experience is full of highs and lows. Lets open up and share about your infant feeding journey in a non judgmental space. Hear from other mother's about their experiences, celebrate wins and honor the challenges. Know that you are not alone.

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.

With Shauna Sproule– Yoga Instructor

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.

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. With Stephanie DeGraff – Onesky

Reading with Baby*

Let's have fun singing, playing and reading with your baby while we learn about the resources in the local library. With Julia Cox – Penticton Library

Thriving in Winter

The dreariness of winter can get to anyone! In this session will open up conversation around Seasonal Affective Disorder (SAD) for the postpartum parent and practical fun things we can do to help us stay connected and thrive in the winter with a new baby.

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!

With Tracey McQuair– Physiotherapist

Baby Signs and Gestures

Interactive class where we will discuss language development the benefits of using baby signs and gestures with infants. We will demonstrate easy techniques for reducing frustration and successfully communicating with your babies. With Silke and Danielle– Speech Language Pathologists.

Baby Valentine

Valentines is a day of celebrating the love you have in your life. Today we will enjoy sweet treats, write love letters to our babies and take home a love filled memento. Come socialize, have fun and celebrate your babies First Valentines.

Starting Solid Foods

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

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. With Jordan Bytellar– OSNS Physiotherapist