

Baby Talk



Day: Thursdays

Time: 10:00 - 12:00 noon

Place: Vernon Alliance Church
2601 43rd Ave, Vernon BC

Parking is in the back.

Please use white ramp at West Side Entrance.



Winter 2025



**DROP INS
WELCOME**

0-12 months

Topics are presented
by a Vernon Public
Health Nurse or Guest
Speaker*

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|-----|--------------------------------------|----------------|
| 1. | Communication * | Jan. 9 |
| 2. | Infant First Aid & CPR * | Jan. 16 |
| 3. | Choosing Quality Childcare * | Jan. 23 |
| 4. | Monthly Milestones | Jan. 30 |
| 5. | Healthy Babies | Feb. 6 |
| 6. | Mental Health for Mama Bears* | Feb. 13 |
| 7. | Keeping Baby Safe | Feb. 20 |
| 8. | Feed Me, I'm Yours | Feb. 27 |
| 9. | Growing Up Cavity Free * | Mar. 6 |
| 10. | Hearing * | Mar. 13 |
| 11. | Infant Development * | Mar. 20 |

Bring your baby and your stories!

No registration required

Vernon Public Health: 250-549-5721

(Topics are subject to change based on speaker availability)



Communication

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

Mental Health for Mama Bears

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.

Infant Development

An interactive presentation on what to look for and how to help your baby develop in their own unique way. Understand more about your baby's social, emotional, physical, and cognitive development.

Healthy Babies

It's cold and flu season! Learn about common childhood illnesses and ways to keep your baby's immune system healthy and strong.

Keeping Baby Safe

Childhood injuries are often related to the child's stage of development, physical capabilities and ability to judge hazards. Join us to learn about the most common causes of injuries in young children and ways you can prevent them.

Infant First Aid & CPR

A popular session! Introducing you to basic infant first aid skills that you can use in a medical emergency.

Be Prepared. Stay Calm. Save a Life!

Hearing

Learn about the importance of a baby's ears and how hearing plays a big role in language development. Information will be shared about the free hearing screening services that are available in Vernon.

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.

Monthly Milestones

Review the developmental milestones from 0– 12 months of age along with ideas to help support your child's development. We discuss activities and play, screen time recommendations, and more!

Choosing Quality Childcare

Looking for Child Care? This presentation will get you thinking about when to start looking and what to look for in safe quality childcare options available in Vernon.

Feed Me, I'm Yours

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