

Baby Talk

For more information contact
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A **free, drop-in** parenting group for caregivers with infants aged 0–12 months. Connect with other parents, share experiences, and gain helpful knowledge in a supportive environment. Meet a PHN, ask questions, and receive reliable guidance on early parenting and infant development.

Kelowna Family Y (375 Hartman Road) • 10:30 AM – 11:30 AM
All families welcome • No Y membership required

- ▶ **May 4: Resilience and Self Care:** Navigate the emotional changes after birth and adjust to your new normal with support and understanding. With PHN Tavia.
- ▶ **June 1: Growth and Development:** Understand key milestones and how to support your baby's development throughout the first year. With PHN Tavia.
- ▶ **June 15: Social Emotional Development:** Understand how nurturing relationships support healthy brain development. With PHN Nicole M.
- ▶ **July 6: Introducing Solid Foods & The Feeding Relationship:** Learn when and how to introduce solids, recognize readiness cues, and build a positive relationship with food. With PHN Andrea L.
- ▶ **July 20: Infant Massage:** Learn the benefits of touch and practice simple infant massage techniques. (Bring oil/lotion and a towel.) With PHN Tavia.
- ▶ **August 17: Speech & Language:** Learn the important milestones that come before your baby's first words and how your interaction supports their communication skills. With PHN Nicole M
- ▶ **September 21: Injury Prevention:** Explore injury prevention strategies for the first year and identify common household safety hazards. With PHN Nicole B.
- ▶ **October 5: Safer Sleep:** Understand your baby's unique sleep patterns, including the biological reasons behind night waking and feeding. With PHN Tavia.
- ▶ **October 19: Healthy Babies:** Recognize common childhood illnesses and learn how to respond with confidence. With PHN Nicole M.
- ▶ **November 2: Navigating Healthcare Systems and Childcare:** Taking the stress out of completing paperwork and finding childcare for your new baby. With PHN Tavia.
- ▶ **November 16: Partners Fathers Supports:** Build effective communication skills and strengthen relationships with partners and support systems. With PHN Shaina.
- ▶ **December 7: Resilience and Self Care:** Navigate the emotional changes after birth and adjust to your new normal with support and understanding. With PHN Andrea L.