

Good Beginnings

Information Sessions for Parents/Caregivers & Infants (Birth-14 months)

Presented by the Healthy Families Program

Time: 11:00 a.m. – 12:15 p.m.

Location: Wood Buffalo Regional
Library- 1 Ca Knight Way

Date	Schedule for Fall 2016	Presenter
Sept 7, 2016	Crying Comforting and Sleep	Healthy Families
Sept 14, 2016	Development: A Sensory Approach	Allied Health
Sept 21, 2016	Nutrition, You and Your Baby	Nutrition Services
Sept 28, 2016	Let's Talk about Talking	Speech and Language Department
Oct 5, 2016	Injury Prevention	Health Promotions
Oct 12, 2016	Car Seat Safety	Safe Community Wood Buffalo
Oct 19, 2016	Breast Feeding	Public Health
Oct 26, 2016	Infant Massage	The HUB
Nov 2, 2016	Stress, You and Your Child	Mental Health Services
Nov 9, 2016	Songs, Rhymes & Literacy	Wood Buffalo Regional Library
Nov 16, 2016	Baby's Movement Head to Toe	Allied Health
Nov 23, 2016	Your Child's Dental Health	Public Health
Nov 30, 2016	First Aid Basics	Syncrude Aquatics Centre
Dec 7, 2016	Developmental Milestones	Early Intervention
Dec 14, 2016	Building Attachment With Your Baby	Mental Health Services
Dec 21, 2016	Swimming	Syncrude Aquatics Centre

*For More Information Please Contact the Healthy Families Program 780-714-5616