



Parent-Infant Drop-In Schedule . . . Winter 2019

Meet, Talk and Share with Other Parents and Your Public Health Nurses

* **Special Guest Speaker**

| PARKGATE COMMUNITY CENTRE 3625 Banff Court Second Floor Every Monday 1:00 - 3:00 pm Talk starts at 1:30 pm | | LYNN VALLEY Hillside Baptist Church 870 Lynn Valley Road Every Tuesday 1:00 – 3:00 pm Talk starts at 1:30 pm | | JOHN BRAITHWAITE COMMUNITY CENTRE 145 West 1 st Street Every Thursday 1:00 – 3:00 pm Talk starts at 1:30 pm | |
|---|------------------------------|---|---------------------------------------|--|-----------------------------|
| Dec 31 | NO DROP-IN | Jan 1 | NO DROP-IN New Year's Stat | Jan 3 | Feeding Your Baby |
| Jan 7 | Tuning in to Your Baby | Jan 8 | Birth Stories | Jan 10 | Songs and Books* |
| Jan 14 | Open Discussion | Jan 15 | Infant Development * | Jan 17 | Play As They Grow |
| Jan 21 | Feeding Your Baby | Jan 22 | Infant Massage* | Jan 24 | Taking Care of Your Baby |
| Jan 28 | Play as They Grow | Jan 29 | Safety / Lifesaving Skills | Jan 31 | Pelvic Floor and Abdomen * |
| Feb 4 | "What Happened to my Life?" | Feb 5 | Sleep | Feb 7 | Open Discussion |
| Feb 11 | Taking Care of Your Baby | Feb 12 | Open Discussion | Feb 14 | Infant Development * |
| Feb 18 | NO DROP-IN Family Day | Feb 19 | Songs and Books* | Feb 21 | Planning Childcare * |
| Feb 25 | Safety | Feb 26 | Feeding Your Baby | Feb 28 | Infant Massage* |
| Mar 4 | Taking Care of You | Mar 5 | Pelvic Floor and Abdomen * | Mar 7 | Sleep |
| Mar 11 | Lifesaving Skills | Mar 12 | Play as they Grow | Mar 14 | Tuning Into Your Baby |
| Mar 18 | Infant Development * | Mar 19 | Planning Child Care * | Mar 21 | Safety |
| Mar 25 | Infant Massage* | Mar 26 | Open Discussion | Mar 28 | "What Happened to my Life?" |

Please note: topics may be subject to change

Breastfeeding Support from Public Health Nurses

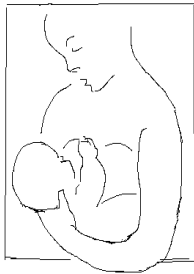
You can get help by:

- 1) contacting your home visiting nurse*
- 2) calling our Early Years on-call service at (604)983-6754*
- 3) going to a Parent-Infant Drop-Ins at the following locations:*

Mondays:

Parkgate Community Centre

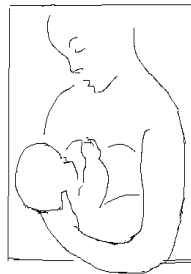
3625 Banff Court
North Vancouver, BC
1:00 pm – 3:00 pm



Tuesdays:

Hillside Baptist Church

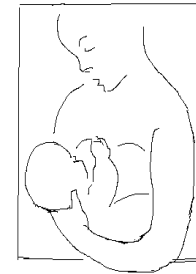
870 Lynn Valley Road
North Vancouver, BC
1:00 pm - 3:00 pm



Thursdays:

John Braithwaite Community Centre

145 West 1st Street
North Vancouver, BC
1:00 pm – 3:00 pm



Baby weigh scales are available Monday – Friday at the VCH offices at Central Community Health (6th floor - 132 W Esplanade), Parkgate Community Centre (second floor) and at West Community Centre (first floor)