

VIRTUAL Baby Class

- Moms and Dads with babies up to 12 months
- For families living in Okotoks, Foothills County and surrounding rural communities
 - **Every Tuesday morning from 10 to 11:30 am**
- Via Zoom invite, email susan.hass@ahs.ca and we'll call you back to set it all up

April 5	Social and emotional wellness and/or attachment, what you can do to promote and develop these skills
April 12	Travelling with baby, what you need to know, what things to consider as you plan a trip- a flight, a long car ride, all of it!!
April 19	Self feeding skills with our feeding OT expert. When do you give finger foods, what about drinks- is it really possible for a baby to drink from an open cup? (learn why this is an important developmental skill!)
April 26	Let's Talk about our Mental Health-topic to be decided
May 3	Greater Foothills Family Resource Center- Mapping out what your community has to offer, plus some new songs and lap games to play!!
May 10	Sun safety and mosquito repellants- how to protect your baby from these summer risks, its not too early to start!
May 17	What is available in our community? Let's brainstorm options. Guest at 10:45 Mcman Okotoks Family Resource Center-- local and free!!
May 24	Let's Talk about our Mental Health-topic to be decided
May 31	Speech and language development with a local expert!
June 7	Infant Sleep, is it possible? Learn the one tip that everyone can try for sleep that is more independent for baby and more sleep for parents! This class will include many ideas for self soothing and healthy sleep routines as well.
June 14	Meal planning! Ideas to get you started or to re-energize your meal plans from now on. Including meal ideas for little eaters!!
June 21	Lets Talk about our Mental Health-topic to be decided
June 28	End of season, evaluations and lots of fun games and activities. Summer programming starts July 5 th , we meet every second week over the summer!!

- ***Information, questions, sharing & building strong brains together with other new parents. Class topics may change on short notice.***

We believe in talking about Mental Health, we are a safe place to talk and get support.
 Mental Health Outreach Worker in class and referrals available for support in the community.
 "You are not alone, with help you will feel better"