



# Baby Days

No pre-registration necessary

Bring your baby and share the joys and challenges of being a new parent. Join Richmond Public Health Nurses, and other resource people, to discuss topics of interest to parents with babies under 8 months.

**Fall Session: September – November, 2018**

## Tuesdays

Thompson Community Centre  
5151 Granville Avenue  
1:30 – 3:00 pm

## Thursdays

Richmond Library Brighthouse Branch  
7700 Minoru Gate #100  
1:30 – 3:00 pm

### Date

### Class

### Date

September 11	1. Crying & Soothing	September 13
September 18	2. Your Baby's Personality	September 20
September 25	3. Healthy Sleep Habits	September 27
October 2	4. Excited, Emotional and Exhausted	October 4
October 9	5. Encouraging Development with Play	October 11
October 16	6. Introducing Solids	October 18
October 23	7. Helping Baby with Language	October 25
October 30	8. Beautiful Smiles/Dental Health	November 1
November 6	9. Keeping Baby Safe/Car Seats	November 8
November 13	10. Keeping your Child Well	November 15
November 20	11. Selecting Childcare/Travel	November 22
November 27	12. Community Resources	November 29

## **Winter Session begins Winter 2019**

For further information, please phone Richmond Public Health (604-233-3150).

For updated schedules, please visit [http://www.vch.ca/Locations-Services/result?res\\_id=1057](http://www.vch.ca/Locations-Services/result?res_id=1057) (Brighthouse)  
[http://www.vch.ca/Locations-Services/result?res\\_id=1058](http://www.vch.ca/Locations-Services/result?res_id=1058) (Thompson)