



# 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.

**Spring Session: April - June 2019**

## Tuesdays

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

## Thursdays

Richmond Public Library Brighthouse Branch  
7700 Minoru Gate from 1:30 – 3:00 pm

### Date

### Class

### Date

April 9	1. Crying & Soothing	April 11
April 16	2. Your Baby's Personality	April 18
April 23	3. Healthy Sleep Habits	April 25
April 30	4. Excited, Emotional and Exhausted	May 2
May 7	5. Encouraging Development with Play	May 9
May 14	6. Helping Baby with Language	May 16
May 21	7. Introducing Solids	May 23
May 28	8. Keeping Baby Safe/Car Seats	May 30
June 4	9. Beautiful Smiles/Dental Health	June 6
June 11	10. Keeping your Child Well	June 13
June 18	11. Selecting Childcare	June 20
June 25	12. Community Resources	June 27

**Fall Session begins September 2019**

For more information, phone Richmond Public Health- 604-233-3150

Thank You to Thompson Community Centre and Richmond Public Library for the donation of space to support Baby Days

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)