



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.

Winter Session: January - March 2020

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

January 7	1. Crying & Soothing	January 9
January 14	2. Your Baby's Personality	January 16
January 21	3. Healthy Sleep Habits	January 23
January 28	4. Excited, Emotional and Exhausted	January 30
February 4	5. Encouraging Development with Play	February 7
February 11	6. Helping Baby with Language	February 13
February 18	7. Introducing Solids	February 20
February 25	8. Keeping Baby Safe/Car Seats	February 27
March 3	9. Beautiful Smiles/Dental Health	March 5
March 10	10. Keeping your Child Well	March 12
March 17	11. Childcare/Travel	March 19
March 24	12. Community Resources	March 26

Spring Session begins April 2020

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 (Brighthouse)
http://www.vch.ca/Locations-Services/result?res_id=1058 (Thompson)