

BELLIES TO BABIES

SPRING 2026 SCHEDULE

April 2: Postpartum Breathing Techniques

April 9: Dental Health

April 16: Free Swim in Fernie*

April 23: Neighbourhood Walk

April 30: First Foods

May 7: Tummy Time

May 14: Free Swim in Fernie*

May 21: Neighbourhood Walk

May 28: Infant CPR

June 4: Free Swim in Fernie*

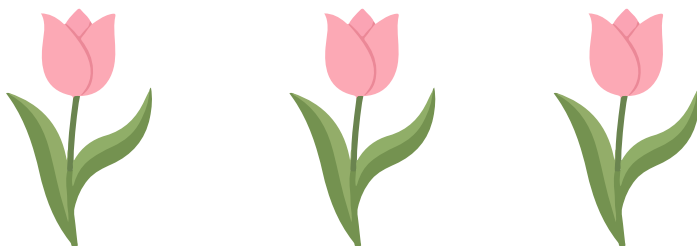
June 11: Summer Safety

June 18: Picnic at Rotary Park

Drop-ins 1-3 at Our Place 1592 10th Ave + lunch provided

Walks - meet at Our Place at 1 pm and leave at 1:15 for 30 min walk followed by snacks and tea at Our Place until 3

*Swim - meet at Fernie Pool timing TBA



For more information contact:

Ferne Women's Resource Centre - 1592 10th Ave (behind the Credit Union) 250-423-4687

Tel/Text Sue Clarkson, RN/International Board Certified Lactation Consultant: 250-430-1048

Tel/Text Jodie Parker, Family Support: 250-430-1045
belliestobabies@outlook.com

Bellies to Babies is a FREE education and support program for pregnant, postpartum & newly parenting people and their infants up to 12 months of age.

We offer:

Drop-ins, outdoor socials, group walks and swims, providing a chance to connect and discuss a topic related to pregnancy/infants/parenting.

Individual Services with a Registered Nurse/International Board Certified Lactation Consultant:

- Prenatal Education
- Breastfeeding Support
- Infant Care/Safe Sleep
- Postpartum Support
- Community Referrals (Dietitian, Public Health)

Individual Services with a Family Support Worker:

- Family Routines ie: bath, bed, play
- Self Care for Parents/Handling Stress
- Family Budgeting
- Safety
- Quality Childcare Resources

