

FAMILY PROGRAMS NEWSLETTER

BE SUN SAFE THIS SUMMER

With the warmer weather and more time spent outside, it's important to remember your little ones' sun safety.

Babies and young children burn more easily, even babies with dark skin. Babies also can't tell us if they are too hot or the sun is too bright - they are totally dependent on us to keep them safe and comfortable.

How can you protect your baby from the sun and heat?

- Stay out of direct sun between 10 am - 4 pm.
- Keep baby in the shade and use umbrellas or beach tents.
- For babies under 6 months, offer breast milk or formula more often. For babies and children over 6 months, offer water often.
- Use sunscreen for babies over 6 months old - even under clothing.

Last but not least, never leave a baby or young child in a car alone - even with the windows down (this goes for pets as well)! A parked car can get dangerously hot in a surprisingly short time in the summer. So stay smart, stay safe, and have fun!



Thank you

 bgc for celebrating
CLUB DAY

WITH US!

Watch the video on our
YouTube Channel



JOIN US

Sunday July 6, 2025

VICTORIA
Pride
parade

Kids, youth and their parent or guardians are invited to join us in walking in this years' parade!

Transportation from a central location will be provided. Balloons and temporary tattoos will be offered to those walking in the parade!

Speak to your Club leader about joining us!



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JULY 2025

All groups are drop-in
 No pre-registration necessary
 Calendar is subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Canada Day 	2 Labour & Delivery	3 Big Steps Playgroup	4
7	8 Nutrition & Solids	9 Self-Care During Pregnancy	10 Big Steps Playgroup	11
14	15 Fire Safety at Home	16 Pregnancy & Postpartum Nutrition	17 Big Steps Playgroup	19
21	22 Car Seat Safety	23 Dental & Oral Health	24 No Big Steps Today	25
28	29	30	31	

Baby Steps

Tuesdays

8 wks - 7 mos:
10:30am - 12:00pm

7 mos - 1 yr:
12:30pm - 2:00pm

Best Babies Wednesdays

12:00pm - 2:00pm

Big Steps Thursdays

11:30am - 1:30pm

Contact us:
bestbabies@bgcsvi.org

Coming up next month



Our Clubs Need Your Help

We are proud that our Clubs are a safe, inclusive experience for all of our members and a place where they can belong. In the digital age, we need your help to spread the positivity!

How can you help? It's easy! Just click the link below and take 1 minute of your day to leave us a Google Review!

[CLICK TO LEAVE A GOOGLE REVIEW](#)

OR/ Scan QR code with your camera to leave review



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“My son has been attending the drop-in after school during the school year. The outcome was that during that first summer [his] confidence soared! There isn't a better gift that the staff could have given him.”

Jan – Mother of participant