

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!



bgc CLUB DAY

BGC Club Day is coming up on June 6th and we are turning the town green in honour of the work our Clubs do locally and from coast to coast as a National Organization 600 strong!

We have green BGC t-shirts in kids, youth and adult sizes for sale to wear at Club on Friday, June 6th for green shirt day.

TSHIRTS \$12^{ea}

*Club kids only \$15 ea for public or adults

Just provide your child's size info at Club check-in or check-out and we can add the cost to your next month's Club fee.

*actual design may differ

TO ORDER ADDITIONAL TEES FOR YOUR FAMILY CLICK HERE

*If you feel the cost is a barrier please speak with your Club Leader

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 year's 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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JUNE 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Healthy Boundaries	4 Labour & Delivery	5 Big Steps Playgroup	6  Wear your green BGC Tshirt
9	10 Nutrition & Solids	11 Self-Care During Pregnancy	12 Big Steps Playgroup	13
16	17 Fire Safety at Home	18 Pregnancy & Postpartum Nutrition	19 Big Steps Playgroup	20
23	24 Car Seat Safety	25 Dental & Oral Health	26 No Big Steps Today	27
30	 <p>June is National Indigenous History Month</p>			

Baby Steps Tuesdays

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

7 mos - 1yr:
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



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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

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

