

# FAMILY PROGRAMS NEWSLETTER

## TEETHING TIPS

Though, on average, babies begin teething at around 6 months of age, your baby's first tooth could appear as early as 3 months or as late as 1 year. Regardless of when it starts, however, teething is often a very difficult period for both babies and their caregivers. Here are some tips to help get through it:

- Use a clean finger or wet gauze to rub your baby's gums. The pressure can ease your baby's discomfort.
- A cold spoon or chilled — not frozen — teething ring can be soothing on a baby's gums. Avoid dipping them in sugary substances.
- If your baby is especially cranky, consider over-the-counter infant pain medications such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others).
- Gnawing on a cold cucumber, carrot, or any other cool/hard food (but be mindful of choking hazards)
- Put partially frozen fruit (e.g., bananas, mango) or breastmilk ice cubes in mesh or silicone baby feeders for baby to safely suck on.

Most children have a full set of baby teeth by the time they're 3.



South Vancouver Island

**NOW ENROLLING! FULL-DAY  
DAYCARE PROGRAM – STARTING  
SEPTEMBER 2025**

**Looking for high-quality, full-day childcare that supports your child's development and your busy schedule?**

**BGC South Vancouver Island is excited to offer our Full-Day Daycare Program—a nurturing, structured, and engaging environment designed for children aged 30 months to school age.**

Start Date: Wednesday, September 3, 2025

Age Group: 30 months to school age

Program Type: Full-Day Daycare

Hours: 7:00 AM – 5:30 PM

Subsidy: We accept the Affordable Child Care Benefit (ACCB) for eligible families.

Our program is thoughtfully designed to promote your child's well-being, learning, and growth—all while meeting the needs of working families.



**Spots are limited, add your child to our waiting list today!**



<https://bgcvi.org/programs/before-and-after-school-care-licensed/>





South Vancouver Island

SEPTEMBER 2025

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# SEPTEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOUR DAY	2 ESTABLISHING A SLEEP ROUTINE	3 LACTATION & BREAST PUMPS (PART 2)	4	5
8	9 DEVELOPMENTAL MILESTONES	10 LABOUR & DELIVERY: PAIN MANAGEMENT	11	12
15	16 LANGUAGE DEVELOPMENT (INCL. BILINGUALISM)	17 NEWBORN CHARACTERISTICS	18	19
22	23 STARTING SOLIDS & EARLY NUTRITION	24 DENTAL HEALTH DURING PREGNANCY	25 NO BIG STEPS TODAY	26
29	30 TRUTH & RECONCILIATION DAY			

## 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](mailto: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

