

Parenting Class Course Outline

Introductions/Nutrition: We want to get to know you and your classmates. Come willing to share your experiences with your pregnancy thus far. We show a short, informative DVD segment and engage in an enlightening discussion of nutrition and physical concerns and necessities during this truly miraculous time.

Labor & Delivery: We devote two full class times to educating you on what to expect during your body's wondrous, impending labor and delivery experience. A few in depth, documentary video segments are shown throughout both classes, following typical birthing stories from beginning to end. The group discusses their personal intentions and expectations with their individualized birthing plan. Other topics that are covered: false labor, stages of labor and delivery, anesthetic options, etc.

Budgeting: Some of the many financial aspects and concerns of raising your child are discussed. We also play a fun "Price Is Right" game to educate you about the costs of lots of baby items, even comparing brand name prices to some generics. This class can be a real eye-opener.

Baby Basics: How do you put diapers on your baby? How do you bathe your baby? What are some of the things you can expect after you leave the hospital? How do you care for your baby's umbilical cord? We try to answer just about any question that you can think of. Also we watch an incredible DVD that will provide you with a plethora of techniques to calm and soothe your baby.

First Aid: Feel confident that you will be able to handle the most common first aid crisis with your baby or child before help arrives. We bring in a professional instructor from the Red Cross that guides you step by step through potential emergencies and also provides plenty of safety tips to avoid such occurrences.

Feeding Options: We are fortunate to have another guest who is a renowned professional speaker and educator on feeding your baby whether you plan on nursing or formula feeding or any combination of the two. She is enthusiastically bursting with relevant information and her personal warmth and humor invites your willing participation. Come ready to ask absolutely anything you can think of.

Discipline/Infant Brain Development: Have you thought about how you plan to discipline your child? We talk about a multitude of tools and techniques you can use to raise a self-disciplined child of integrity and character. We also touch upon this opportune window of enormous brain development in your baby and how to make the most of this time with what you will want to include and what you could eliminate or minimize. During this last informative class, we enjoy a pizza dinner together and of course, we are thrilled to hand out gift cards to all of those participants who attended regularly.

For more information on the pre-birth Parenting Classes or our post-birth Mentoring Program, call 513-321-3100.