

Genesis of Pittsburgh

The Learning Center Classes - February 2019

Open 10am-5pm, Monday - Thursday
 139 N. Fremont Ave, 2nd Floor
 Pittsburgh (Bellevue), PA 15202
For More Information: genesispgh.org
 Call 412-761-1845 to Register
CLIENTS MUST BE PA RESIDENTS

Core Classes needed for the Baby Bucks Program are Bolded
*Underlined Classes do NOT qualify for new car seat, mattress and crib.
Note: MUST be 31 weeks to attend childbirth series
For the latest class updates and Genesis news follow us:
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. <u>10:30am Mama Meditation</u> <u>11am SNAP Program</u> Sign Up & Free Lunch!	2.
4. 11am The Sleep Easy Solution 1pm Stress & Anger Management 3pm Using Community Resources	5. 11am Infant Bonding & Expectations 1pm Discipline 3pm Communication 6pm NEWBORN CARE 1	6. 11am Baby Sign Language 1pm Happiest Toddler on the Block 3pm Budgeting <u>5pm Childbirth 1</u> 6pm NEWBORN CARE 2	7. 10:30am In the Womb 12pm First Year Milestones <u>1pm Just for Me</u> <u>3pm Nutrition</u>	8. The Learning Center is closed.	9. 10am NEWBORN CARE 1 11:30am NEWBORN CARE 2 1pm NEWBORN CARE 3
11. 11am The Biology of Prenatal Development 1pm Your Child's Health 3pm Spanking, What to do Instead	12. 11am What is a Doula? (with Syreeta) 1pm Your Child's Safety 3pm Surviving Infancy Part 1 6pm NEWBORN CARE 3	13. 11am Surviving Motherhood Part 1 1pm Potty Training 3pm Postpartum <u>5pm Childbirth 2</u> 6pm Stress & Anger Management	14. 11am-1pm Valentines Day Party @ The Learning Center Come for snacks & crafts! <u>3pm Nutrition</u>	15. <u>10:30am Mama Meditation</u> <u>11am Coffee & Convo</u> <u>12pm Infant Massage 1</u> <u>1pm Smoking Cessation 1</u>	16.
18. 11am Smart Shopping 1pm Playing is Learning 3pm Smart Goals	19. 11am Surviving Infancy Part 2 1pm Using Community Resources 3pm Happiest Toddler on the Block 6pm INFANT CPR	20. 11am Surviving Motherhood Part 2 1pm Feeding the 1st Year 3pm The Sleep Easy Solution <u>5pm Childbirth 3</u> 6pm Discipline	21. <u>10:30am Prenatal Yoga (with Jill)</u> 12pm Baby Sign Language <u>1pm Just for Me</u> <u>3pm Nutrition</u>	22. <u>10:30am Mama Meditation</u> <u>11am Coffee & Convo</u> <u>12pm Infant Massage 2</u> <u>1pm Smoking Cessation 2</u>	23.
25. 11am NEWBORN CARE 1 1pm Healthy Relationships 3pm Potty Training	26. 11am NEWBORN CARE 2 1pm Opioids, Moms & Babies (with Juanita) 3pm In the Womb 6pm FIRST AID	27. 11am Adult & Child CPR 1pm Restoring the Parent Child Bond 3pm Communication <u>5pm Childbirth 4</u> 6pm BREASTFEEDING	28. 10:30am NEWBORN CARE 3 12pm Infant Bonding & Expectations <u>1pm Just for Me</u> <u>3pm Nutrition</u>		

Mandatory Classes for New Crib, Car Seat and Mattress:

Breastfeeding Class:

Teaches mothers and fathers breastfeeding basics, including benefits for mom and baby, how breastfeeding works, and what to do when there is a problem.

Infant CPR Class:

Teaches CPR for infants under one year of age, is available to expectant parents free of charge.

First Aid Class:

Learn to respond to first aid emergencies.

Newborn Care Classes:

Lessons do not need to be taken in order. Prepare for the first weeks at home with baby. Lessons include baby care basics (lesson 1), health and safety (lesson 2), and soothing the crying infant (lesson 3).

Adult and Child CPR Class: Learn CPR for children age 1 and up.

Anger & Stress Management: Learn how anger affects your body and relationships. Class will discuss skills to cope with anger in your everyday life.

Baby Sign Language: Learn to communicate with your baby before he learns to talk. This interactive class lets parents see how infants and toddlers can “speak” by using baby sign language.

Budgeting: Learn how to plan for, manage, and keep track of your spending for better financial control.

Childbirth: Learn about what happens during labor and birth and ways to cope with the pain. 4-part series; classes should be taken in order and completed by the 37th week of your pregnancy.

MUST be 31 weeks to attend childbirth classes. Support persons are encouraged (but not required) to attend.

Co-Parenting: Different parenting styles will be discussed and parents will learn how to work together for the benefit of their children.

Coffee & Conversation: Come for snacks and share your pregnancy and baby tips. Open to pregnant women and moms with children under 1.

Communication: Parents will discuss the various ways communication occurs. Students will review and practice skills and techniques for effective communication.

Discipline: Participants in this class will explore topics like boundaries, routine, and often-effective, non-abusive techniques for molding the behavior of infants and toddlers.

Feeding, The First Year: This class will teach about the transition from breastmilk or formula to infant foods and table foods. The lesson will include: signs of readiness, suggestions for first foods, how to introduce new foods.

Healthy Relationships: Students will discuss characteristics of healthy relationships, evaluate relationships, and how to build a healthy relationship with their child.

Infant Massage: Daily infant massage is a great way to bond with baby. Researchers are finding that massage may promote better sleeping, relieve colic, and perhaps even enhance an infant's immune system, motor skills, and intellectual development. You will learn tips and techniques to massage your baby.

Nutrition Classes: Six-class series. Topics include food safety, menu planning, shopping, and more. Each class includes food preparation and sampling.

Playing is Learning: Play is an essential and important part in a child's development. This lesson teaches about stages of infant cognitive development and ways to play with baby and help him learn.

Postpartum: Mom goes through many physical and emotional changes following the birth. Learn about normal changes and how to know when it's time to call the doctor.

Potty Training: Learn how to teach your child to use the toilet, including recognizing signs of readiness and handling setbacks.

Prenatal Class: This class is for those who are less than about 20 weeks pregnant. Topics include early fetal development, some tips for a healthy pregnancy, and tips for dealing with discomforts of pregnancy. We'll talk about sharing the news, and options like OB or midwife, and hospital or birth center.

Scrapbooking: An opportunity for expectant mothers to prepare a special keepsake album. You can bring photos with you or make pages that you can add photos later. Supplies are provided for free, except for scrapbook. Each participant may “buy” one new scrapbook for 15 Baby Bucks.

Single Parenting: This class includes tips for single parents on child support and custody issues, co-parenting, dating, and developing a support network.

Smart Goals: Learn how to organize your life and set priorities.

Spanking, What to do Instead: Discuss alternative discipline.

Using Community Resources: There are so many resources available that many aren't aware of. This is a great class to learn what is available to you and how to utilize these services.

Vaccinations: Learn everything you need to know about childhood vaccinations including: which vaccinations are given at what age, what each vaccination prevents and which vaccinations are required by Allegheny County schools.

Your Child's Health: Parent will learn to follow parental instincts, understand immunizations and what to expect as well as when to call the doctor.

Your Child's Safety: Learn ways to keep your child safe and prevent accidents.