


# Genesis of Pittsburgh

## The Learning Center Classes - May 2019

Open 9am-4pm, Monday - Friday, unless noted  
 139 N. Fremont Ave, 2nd Floor  
 Pittsburgh (Bellevue), PA 15202  
**For More Information: [genesispgh.org](http://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:**  
**Twitter:** @GenesisPgh  
**Facebook:** facebook.com/Genesis-of-Pittsburgh or search @GenesisofPgh

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 11am The Biology of Prenatal Dev, 1pm First Year Milestones 3pm Communication <u>5pm Childbirth 1</u> <b>6pm NEWBORN CARE 1</b>	2.  <u>1pm Just for Me</u> <u>3pm Nutrition</u>	3. <u>10am Self-Reflection &amp; Journaling</u> <u>11am Coffee &amp; Convo</u> 1pm Smoking Cessation	4. <b>10am INFANT CPR</b> <b>11:30am FIRST AID</b> <b>1pm BREASTFEEDING</b>
6. 11am Understanding You 1pm 10 Things Every Child Needs 3pm Smart Goals	7. 11am Your Child's Health 1pm Discipline 3pm Postpartum Depression <b>6pm NEWBORN CARE 2</b>	8. 11am Potty Training 1pm Happiest Toddler on the Block 3pm Baby Sign Language <u>5pm Childbirth 2</u> <b>6pm NEWBORN CARE 3</b>	9. 10:30am Your Child's Safety 12pm Summer Safety <u>1pm Just for Me</u> <u>3pm Nutrition</u>	10. <u>10am Self-Reflection &amp; Journaling</u> <u>11am Coffee &amp; Convo</u> <u>12pm Infant Massage</u>	11.
13. <b>11am NEWBORN CARE 1</b> 1pm Stress & Anger Management 3pm Feeding the First Year	14. 11am The SleepEasy Solution 1pm Surviving Motherhood Part 1 3pm Restoring the Parent Child Bond <b>6pm INFANT CPR</b>	15. 11am In the Womb 1pm Infant Bonding & Expectations 3pm Spanking, What to Do Instead <u>5pm Childbirth 3</u> <b>6pm BREASTFEEDING</b>	16. <b>10:30am FIRST AID</b> 12pm 12 Things No One Told Me about Being a Mom <u>1pm Just for Me</u> <u>3pm Nutrition</u>	17. <u>10am Self-Reflection &amp; Journaling</u> <u>11am Coffee &amp; Convo</u>	18.
20. 11am Raising Diverse Kids 1pm Baby Sign Language 3pm Co-Parenting	21. 11am The Biology of Prenatal Development 1pm 10 Things Every Child Needs 3pm Playing is Learning <b>6pm FIRST AID</b>	22. <b>11am NEWBORN CARE 2</b> 1pm First Year Milestones 3pm Healthy Relationships <u>5pm Childbirth 4</u> 6pm Disciple	23. <b>10:30am INFANT CPR</b> 12pm Your Child's Health <u>1pm Just for Me</u> <u>3pm Nutrition</u>	24. <u>10am Self-Reflection &amp; Journaling</u> <u>11am Coffee &amp; Convo</u> <u>12pm Infant Massage</u>	25.
27. Closed for Memorial Day! 	28. 11am Stress & Anger Management 1pm Spanking, What to do Instead 3pm Understanding You 6pm Adult & Child CPR	29. <b>11am NEWBORN CARE 3</b> 1pm In The Womb 3pm 12 Things No One Told Me about Being a Mom <b>6pm NEWBORN CARE 1</b>	30. 10:30am Summer Safety <b>12pm BREASTFEEDING</b> <u>1pm Just for Me</u> <u>3pm Nutrition</u>	31. <u>10am Self-Reflection &amp; Journaling</u> <u>11am Coffee &amp; Convo</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 37<sup>th</sup> 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.