

Genesis of Pittsburgh

The Learning Center Classes - January 2021

Open Monday, Wednesday, Friday 10am-4pm
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

Twitter: @GenesisPgh

Facebook: facebook.com/Genesis-of-Pittsburgh or search @GenesisofPgh

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4. IN PERSON @ Learning Center</p> <p>11am NEWBORN CARE 1 12pm NEWBORN CARE 2 1pm NEWBORN CARE 3</p> <hr/> <p>6pm (ZOOM) 10 Things Every Child Needs</p>	<p>5. ZOOM (Online Only)</p> <p>10am NEWBORN CARE 1 1pm Amazing Talents of the Newborn</p>	<p>6. IN PERSON @ Learning Center</p> <p>11am Bio of Prenatal Development 12pm Baby Sign Language 1pm Sleep Easy Solution</p>	<p>7. ZOOM (Online Only)</p> <p>11am NEWBORN CARE 2 6pm Baby Sign Language</p>	<p>8. IN PERSON @ Learning Center</p> <p>11am BREASTFEEDING 12pm INFANT CPR 1pm FIRST AID</p>	7.
<p>11. IN PERSON @ Learning Center</p> <p>12pm 10 Things Every Child Needs 1pm Infant Expectations</p> <hr/> <p>6pm (ZOOM) BREASTFEEDING</p>	<p>12. ZOOM (Online Only)</p> <p>10am Gross Motor Skills with TEIS (Occupational Therapists) 1pm Amazing Talents of the Newborn</p>	<p>13. IN PERSON @ Learning Center</p> <p>11am-2pm ***Blanket & Quilt Giveaway!*** Come receive free blankets and a package of free wipes!</p>	<p>14. ZOOM (Online Only)</p> <p>11am BREASTFEEDING <u>2pm Nutrition</u> 6pm NEWBORN CARE 3</p>	<p>15. IN PERSON @ Learning Center</p> <p>11am Happiest Toddler on the Block 12pm First Year Milestones 1pm Emotions of Pregnancy</p>	16.
<p>18. IN PERSON @ Learning Center</p> <p>11am BREASTFEEDING 12pm INFANT CPR 1pm FIRST AID</p> <hr/> <p>6pm (ZOOM) NEWBORN CARE 2</p>	<p>19. ZOOM (Online Only)</p> <p>10am Infant Bonding 1pm INFANT CPR</p>	<p>20. IN PERSON @ Learning Center</p> <p>11am Bringing Home Baby 12pm Taking Care of Self after Childbirth 1pm Amazing Talents of a Newborn</p>	<p>21. ZOOM (Online Only)</p> <p>11am Stress Management w/Hanyin <u>2pm Nutrition</u> 6pm NEWBORN CARE 1</p>	<p>22. IN PERSON @ Learning Center</p> <p>11am NEWBORN CARE 1 12pm NEWBORN CARE 2 1pm NEWBORN CARE 3</p>	23.
<p>25. IN PERSON @ Learning Center</p> <p>11am Understanding Pregnancy 12pm Baby Sign Language 1pm Sleep Easy Solution</p> <hr/> <p>6pm (ZOOM) NEWBORN CARE 3</p>	<p>26. ZOOM (Online Only)</p> <p>10am Emotions of Pregnancy 1pm Understanding Postpartum Depression</p>	<p>27. IN PERSON @ Learning Center</p> <p>11am Happiest Toddler on the Block 12pm 10 Things Every Child Needs 1pm Emotions of Pregnancy</p>	<p>28. ZOOM (Online Only)</p> <p>11am C-Section Recovery <u>2pm Nutrition</u> 6pm FIRST AID</p>	<p>29. IN PERSON @ Learning Center</p> <p>11am - 2pm ***Diaper Cake Giveaway!*** Come receive a free diaper cake and a package of free wipes!</p>	30.

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.