

# Genesis of Pittsburgh

## The Learning Center Classes - March 2020

Open 9am-4pm, Monday - Friday  
 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
2. 10:30am Routine Illnesses 12pm What Do I Say in the Interview? 2:30pm Baby Sign Language	3. <b>11am NEWBORN CARE 1</b> 1pm Goal Setting 3pm Sleep Easy Solution <b>6pm BREASTFEEDING</b>	4. <b>11am NEWBORN CARE 3</b> 1pm Happiest Toddler 3pm Postpartum After Care <u>5pm Childbirth 1</u> <b>6pm FIRST AID</b>	5. 10:30pm Postpartum Mood Disorders 12pm 10 Things Every Child Needs <u>1pm Just for Me</u> <u>3pm Nutrition</u>	6. Class by appointment only. Call to register.  The Learning Center will be closed at 12pm.	7.
9. 10:30am Surviving Motherhood Part 1 12pm Infant Bonding & Expectations 2:30pm More Than the Baby Blues / Emotions of Pregnancy	10. 11am In the Womb 1pm Mental Wellness - Let's Discuss! 3pm Immunizations & Parenting Challenges <b>6pm INFANT CPR (video)</b>	11. <b>11am NEWBORN CARE 2</b> 1pm Feeding the First Year 3pm Surviving Motherhood Part 2 <u>5pm Childbirth 2</u> <b>6pm NEWBORN CARE 1</b>	12. 10:30pm Bringing Home Baby 12pm What is a Doula w/ Syreeta! <b>DRAWING TO WIN FREE DOULA SERVICES!</b> (Must be present to win).  <u>1pm Just for Me</u> <u>3pm Nutrition</u>	13. <u>11am Prenatal Yoga</u> <u>12pm Coffee &amp; Convo</u>  Call to schedule additional classes by appointment.	14.
16. 10:30am Infant & Toddler Safety 12pm Potty Training 2:30pm Biology of Prenatal Development	17. 11am - 1pm St. Patty's Day Party @ the Learning Center (food.crafts.fun)  <u>3pm Positive Discipline</u> <b>6pm NEWBORN CARE 2</b>	18. 11:30am-1pm Baby Shower for pregnant moms & dads @ 550 California Ave. ***Call to Register!***  <u>3pm Feeding the First Year</u> <u>5pm Childbirth 3</u> <b>6pm NEWBORN CARE 3</b>	19. <b>10:30pm BREASTFEEDING</b> 12pm Using Your Senses to Deal with Stress <u>1pm Just for Me</u> <u>3pm Nutrition</u>	20. <u>11am Infant Massage</u> <u>12pm Coffee &amp; Convo</u>  Call to schedule additional classes by appointment.	21. <b>10:30am INFANT CPR (taught by certified instructor)</b> <b>12pm FIRST AID</b> <b>1pm BREASTFEEDING</b>
23. 10:30am Routine Illnesses 12pm Mom Breaks /Mom Hacks 2:30pm Immunizations & Parenting Challenges	24. 11am First Year Milestones 1pm Let's Make a Birth Plan! 3pm Bringing Home Baby <b>6pm BREASTFEEDING</b>	25. 11am More Than The Baby Blues/ Emotions of Pregnancy 1pm Goal Setting 3pm Sleep Easy Solution <u>5pm Childbirth 4</u> <b>6pm FIRST AID</b>	26. 11am - 2pm <b>WORLD CULTURES POTLUCK</b> (call for more information) <u>3pm Nutrition</u>	27. <u>11am Coffee &amp; Convo</u>  Call to schedule additional classes by appointment.	28.
30. 10:30am In the Womb 12pm Happiest Toddler 2:30pm 10 Things Every Child Needs	31. <b>11am FIRST AID</b> 1pm Parenting Options - Let's Discuss! 3pm Infant & Toddler Safety <b>6pm NEWBORN CARE 1</b>				

**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.