

# Genesis of Pittsburgh

## The Learning Center Classes - September 2019

9am-4pm Mon, Thur, Fri / 9am-7pm Tue, Wed  
 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. <b>LABOR DAY</b>  The Learning Center is Closed.	3. <b>11am NEWBORN CARE 1</b> 1pm Happiest Toddler 3pm Understanding You <b>6pm BREASTFEEDING</b>	4. 11am Parenting Options Discussion 1pm 10 Things Every Child Needs 3pm Budgeting <u>5pm Childbirth 1</u> <b>6pm FIRST AID</b>	5. <b>10:30am NEWBORN CARE 3</b> 12pm Biology of Prenatal Dev. <u>1pm Just for Me</u> <u>2:30pm Nutrition</u>	6. <u>11am Coffee &amp; Convo</u>	7.
9. 10:30am First Year Milestones 12pm Communication 2pm Infant Bonding & Expectations	10. 11am Potty Training 1pm Discipline 3pm Surviving Motherhood Part 1 6pm Discipline	11. <b>11am NEWBORN CARE 2</b> 1pm Surviving Motherhood Part 2 3pm Understanding You <u>5pm Childbirth 2</u> <b>6pm NEWBORN CARE 3</b>	12. <b>10:30am INFANT CPR</b> (video) 12pm 10 Things Every Child Needs <u>1pm Just for Me</u> <u>2:30pm Nutrition</u>	13. <u>11am Coffee &amp; Convo</u> 12pm Infant Massage	14.
16. 10:30am In the Womb 12pm Feeding the First Year 2pm Biology of Prenatal Dev.	17. 11am The SleepEasy Solution 1pm Playing is Learning 3pm Spanking, What To Do Instead 6pm Budgeting	18. 11am Taking Care of Self after Birth 1pm Surviving Infancy Part 2 3pm Postpartum <u>5pm Childbirth 3</u> <b>6pm NEWBORN CARE 1</b>	19. <b>10:30am BREASTFEEDING</b> 12pm Healthy Relationships <u>1pm Just for Me</u> <u>2:30pm Nutrition</u>	20. <b>The Learning Center is closed.</b>	21. <b>10am NEWBORN CARE 1</b> <b>11am NEWBORN CARE 2</b> <b>12pm NEWBORN CARE 3</b>
23. 10:30am The SleepEasy Solution 12pm Baby Sign Language 2pm Parenting Options Discussion	24. <b>11am FIRST AID</b> 1pm 10 Things Every Child Needs 3pm Communication <b>6pm INFANT CPR</b> (taught by a certified instructor)	25. 11am Infant Bonding & Expectations 1pm In the Womb 3pm Smart Goals <u>5pm Childbirth 4</u> <b>6pm NEWBORN CARE 2</b>	26. 10:30am Potty Training 12pm First Year Milestones <u>1pm Just for Me</u> <u>2:30pm Nutrition</u>	27. <u>11am Coffee &amp; Convo</u> <b>12-2pm BIRTHDAY PARTY FOR OCTOBER BABIES!</b> cake / snacks / craft! (all clients welcome, if your child turns 1 in Oct. - receive a new toy!)	28.
30. 10:30am Taking Care of Self After Birth 12pm Your Child's Safety 2pm Playing is Learning					

## **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.