

SPRING CLASS SCHEDULE - 2020/2021

PARENTING TODDLERS - Kathleen Richter

Mondays, 11:00 - 12:00

DATE	LSN#	TITLE
1/11	T2.2	Tantrums
1/18	T4.1	Toddler Accidents
1/25	T2.3	Whining
2/1	T4.2	Toddler Safety
2/8	T2.4	Siblings
2/22	T4.3	Toddler Illness
3/1	T2.5	Sleeping, Bedtimes, & Mornings
3/8	T4.4	Toddler Nutrition
3/15	T4.5	Toddler Oral Health
3/22	P04.1	Creating Motivation
3/29	P04.2	Creating Honesty
4/5	P04.3	Creating Courage
4/12	P04.4	Creating Kindness
4/19	P04.5	Creating Confidence
4/26	P05.1	ADD/ADHD
5/3	P05.2	Autism
5/10	P05.3	Strong-Willed Children

HEALTHY PREGNANCY - Joyce Wood

Wednesdays, 11:00 - 12:00

DATE	LSN#	TITLE
1/13	2.3	What's Safe In Pregnancy
1/20	3.3	Your Unborn Baby's Secret Wld, w 1.5
1/27	#0373	Your 2nd Trimester
2/3	4.3, 4	Eye Contact Means Love & Infant Temperment
2/10	4.5	The Importance of Bonding
2/17	5.1b	Infant Expectations
2/24	5.2	Infant Hygiene
3/3	5.3	Simple Infant Care
3/10	5.4	Taking Care of Yourself After Childbirth
3/17	11.1-2	Intro & Options/Interventions & Labor
3/24	11.3-5	Moving Through Labor/Infant Care
3/31	11.4	What to Expect
4/7	#0046	Breastfeeding: Goals and Benefits
4/14	#0047	Breastfeeding: Your Breast Milk
4/21	#0048	Breastfeeding: Starting Right-Good Latch
4/28	#0049	Breastfeeding: Positions and 1st Weeks
5/5	#0050	Breastfeeding: Your Milk Supply and You
5/12		Safe Sleep 101

PARENTING INFANTS - Kristi Mallett

Thursdays, 1:00 - 2:00

DATE	LSN#	TITLE
1/12	9.4	Happiest Baby on the Block
1/19	#0475	Understanding your Infant
1/26	#0477	Infant Expectations 0-3 Months
2/2	#0478	Infant Expectations: 3-6 Months
2/9	#0479	Infant Expectations: 6-9 Months
2/16	#0480	Infant Expectations: 9-12 Month
2/23	5.2	Infant Hygiene
3/2	5.3	Simple Infant Care
3/9	7.5	Preventing Child Sexual Abuse
3/16	#0352	Immunizations
3/23	9.2	Baby on the Move
3/30	P04.1a	Discovering What Kind of Parent You Are
4/6	P04.2a	Discovering Your Child's Personality Type
4/13	P04.3a	Overcoming the Major Destroyer of Families
4/20	P04.4a	Providing Loving Support for Your Child
4/27	#0448	Quality Child Care
5/4	PO 5.1a	Developing a Close-Knit Family
5/11	P05.2a	Ten Powerful Ways to Motivate Your Children

YOUR FINANCES - Kristi Mallett

Thursdays, 11:00 - 12:00

DATE	LSN#	TITLE
1/14	#0186	Fighting the Impulse to Spend
1/21	#0187	The Monster of Debt
1/28	#0188	Credit Cards, Friend or Foe?
2/4	#0189	Financial Emergencies
2/11	#0190	Budgeting 101
2/18	#0191	Budgeting Apps
2/25	#0192	Credit Scores
3/4	#0193	Buying a Car
3/11	#0194	Staying out of Debt
3/18	#0195	Your Financial Future
3/25		Intro to Baby Steps

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N E T W O R K

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BIRTH CLASS - LABOR 101

Techniques and information that help expectant parents prepare for their child's birth. Contact us to schedule this class to start about the 7th month of your pregnancy. 208-882-2370

11.1	Intro & Options	11.4	What to Expect
11.2	Interventions & Labor	11.5	Infant Care
11.3	Moving Through Labor		