

COMMUNITY



COMMUNITY
MEDICAL CENTERS

PARENT Education

To educate future parents, Community Medical Centers offers instruction in issues vital to the childbirth and parenthood experiences. By taking part in these excellent programs taught by experienced professionals, parents-to-be can learn specific techniques as well as the most recent technological advancements in birthing care.

The following is a listing of Community's parent education classes. For more information and to register, call (559) 459-2423.

Breastfeeding

This course covers the following topics related to breastfeeding: overcoming common problems and difficulties, nutrition, positions/proper latch-on, how the breast functions, how to know if your baby is getting enough to eat, scheduling considerations, milk expression techniques, milk storage and preparation, self-care and resources.

Cost: \$25 per couple or person.

Newborn Care

This course offers instruction on the following topics: newborn characteristics and abilities, the newborn in the hospital, the circumcision decision and procedures, non circumcision care, the physical care of the infant, well-baby care, recognizing/treating common infant illnesses, choosing a doctor for your baby as well as car and crib safety.

Cost: \$30 per couple or person.

Sibling Birth Preparation

This is a class for big brothers- and sisters-to-be who are seven to 11 years old and are planning to attend the birth of their sibling. Children must be accompanied by their own "special support person." The class includes a tour of the Community Family Birth Center.

Cost: \$10 for one child and \$5 per each additional child.

Mommy and Me

This is an educational support group for moms and their infants as old as nine months. The course consists of four classes and covers the following: life during and after postpartum, bonding and the tie that binds, establishing effective parenting roles and methods, learning to set priorities, maintaining "coupleness," discovering your baby (growth, development and infant stimulation), toy selection, safety and health precautions as well as infant nutrition guidance.

Cost: \$40 per person.

Toddlin' Times

This is an educational support group for moms and their children, ages nine months to two years. The course consists of four classes that cover the following: the ups and downs of parenting a toddler, effective parenting techniques, effective discipline methods, toddler nutrition tips, health and safety, growth and development, toys and activities selection guidelines as well as thoughts on toilet training.

Cost: \$40 per person.

Infant and Child Lifesaver

This class emphasizes accident prevention. The course consists of basic first aid, car seat safety, home safety measures, poison prevention and immediate care, emergency preparedness, access to emergency care, CPR techniques for children ages eight years and under as well as choking prevention.

Cost: \$30 per person or \$35 per couple.