

AVERA MCKENNAN

CHILDREN AND PARENTING CLASSES



Avera 
Children's Hospital & Clinics

Look no further.

2010 AVERA MCKENNAN CHILDBIRTH EDUCATION

WELCOME

Avera Children's staff offers answers to your questions and concerns about parenting through a variety of classes. These classes are designed to assist you in creating a stimulating environment for your child's development, and to provide you with basic knowledge of the ways young children process information.

You can also find the schedule of a particular class by checking the Avera McKennan calendar in the Argus Leader each Sunday or call 1-877-AT-AVERA (1-877-282-8372) or (605) 322-6788. Or, visit our online calendar at www.AveraMcKennan.org. For additional information, or answers to specific parenting questions, call (605) 322-3663 or (605) 322-3662.

HOT TOPICS FOR PARENTS

Hot Topics is a series of presentations on topics of interest to parents with children birth to age five. A one-hour lecture is followed by a question and answer session. The presentations are “parent friendly” and utilize an informal, relaxed format. Cost is \$10.00 per class.

Pre-register for all classes online at www.AveraMcKennan.org or by calling Avera McKennan at 1-877-AT-AVERA (1-877-282-8372).

Hot topic classes will be offered:

- January 26
- February 2, 16 & 23
- March 2, 9 & 23
- April 6, 13 & 20
- September 21
- October 5, 12 & 19
- November 2, 9 & 16
- December 7

HOT TOPICS CLASSES

HDTV AND ME

With hundreds of channels to choose from, TV has become a major American pastime. Is it a good choice for children? Find out what the experts say and get good ideas for taming the television monster.

UNDERSTANDING YOUR CHILD’S TEMPERAMENT

Every child responds differently to the world. There are no good or bad temperaments, and learning about your child’s unique temperament will help you understand his or her approach to life. This class will help you match parenting techniques with your child’s individual temperament.

GUIDING CHILDREN THROUGH WORDS AND ACTIONS: POSITIVE DISCIPLINE TECHNIQUES

As parents and caregivers, our words and actions have a profound effect on our children. Learn a variety of techniques that help adults use words and actions to positively influence children and set the stage for guidance and discipline.

OH, THOSE TODDLERS

Few adults remember being a toddler. Perhaps that is why many parents are baffled, frustrated and even shocked by the behaviors that occur at this stage. Toddlers have unique thinking strategies that influence their behavior. Learning more about your terrific toddler will help you positively view this exciting stage.

THE SPANKING DILEMMA

Spanking is part of the American culture, but is it really an effective form of discipline? This class will explore the pros and cons of spanking and provide insight into the foundations of guidance and discipline.

PLEASANT DREAMS

Is bedtime at your house more of a nightmare? This class will discuss issues of sleep behavior in young children and give you ideas to help make bedtime a pleasant time.

IT'S ALL ABOUT TEMPERAMENT: TAMING THE TEMPER TANTRUMS

Temper tantrums are a common behavior in early childhood. Learning about your child's temperament will help you understand the reasons behind tantrums as well as effective ways to prevent or cope with this behavior.

IT'S ALL ABOUT TEMPERAMENT: ENJOYING THE CHALLENGE: **RAISING A SPIRITED CHILD**

Children whose temperaments are active, intense, hard to soothe and slow to adapt challenge all of our parenting skills. Understanding how temperament works and learning some simple parenting skills can help you meet the challenge of raising a spirited child and discover the magic of these children.

KIDSPEAK: **HOW CHILDREN DEVELOP LANGUAGE AND HOW PARENTS CAN HELP**

By age three, children have in place the basic language system for a lifetime. From the first cries of the newborn, language develops. Find out ways that parents and caregivers can encourage a child's language development throughout the early years.

SIBLING RIVALRY: **FACT AND FANTASY**

The sibling bond is one of the strongest in human relations. It can also be one of the strongest sources of distress for children and parents. Learn techniques to cope with sibling issues from the time that second baby comes home.

TURN OFF THE TV AND TURN ON THE H.E.A.T. (HEALTHY EATING AND ACTIVITY TOGETHER)

Childhood obesity has risen to alarming levels in the United States. Learn about the connection between media and obesity in children, and get ideas for developing healthy eating habits and activity goals for the family.

EVERYTHING YOU WANTED TO KNOW ABOUT POTTY TRAINING

Potty training can be one of the most stressful issues of parenting. Whether you're just thinking about this issue, or have already started training, this class is for you. It will give you a developmental perspective on toileting as well as ideas on methods, equipment and attitudes.

BEHAVIORAL HEALTH CLASSES FOR KIDS

We offer counseling for children and adolescents who are experiencing emotional and behavioral disorders. Contact Avera Behavioral Health Outpatient Services at (605) 322-4079 and talk with our receptionist about scheduling your appointment.

NEW PROGRAM! COOPERATIVE PARENTING AND DIVORCE

This class was designed to help parents navigate the troubled waters of divorce in order to provide their children with the best possible outcome.

Divorce is a painful experience for all involved, including the children. When divorcing (or separated) parents let their anger and pain influence their interactions with their children, it is damaging. This course teaches parents how to deal effectively with their frustration without causing undue difficulty for the children.

The course meets once a week for two, four-week sessions. Call (605) 322-3662 for schedule and cost information or register online at www.AveraMcKenna.org through the Events Calendar.

FAMILY FOUNDATIONS

This program is designed to support parents, enrich families and foster healthy growth for families with children from birth to kindergarten age. Parents and children come together to the learning center, participate in fun and interesting activities designed to encourage development and discuss parenting concerns with a knowledgeable professional. Meals are provided free of charge at every session.

Groups meet weekly for eight sessions. For more information, or to enroll, visit www.seuw.org or call (605) 367-7963. The program is free to all participants thanks to sponsorship by the Sioux Empire United Way, Sioux Falls Public Schools, Sioux Falls Catholic Schools and Avera McKennan.

INFANT LOSS SUPPORT GROUP

This group is for parents who have experienced a pregnancy loss (miscarriage), still birth or infant death. The loss of a baby is a significant loss to a family. This group focuses on exploring feelings, learning strategies to cope with the loss and communicate feelings and needs to others.

Meetings are held at the Avera Behavioral Health Center at 4400 West 69th Street in Sioux Falls. For more information, or to register, call (605) 322-4074.