



Pregnancy Solutions & Services

All classes are presented at
3136 Manchester Road
Akron, OH

Class size is limited so please call
330.644.4490
 for your reservation.

2010 CLASS SCHEDULE

PREGNANCY CARE CLASSES Tuesday, 5–6pm

| Class | Winter | Spring | Summer | Fall | Topic |
|-------|----------|----------|---------|--------|--|
| PC1 | Jan 5 | April 6 | July 6 | Oct 5 | First Trimester & Prenatal Care |
| PC2 | Jan 12 | April 13 | July 13 | Oct 12 | Nutrition & Going it Alone |
| PC3 | Jan 19 | April 20 | July 20 | Oct 19 | Your Developing Baby & Stop Smoking |
| PC4 | Jan 26 | April 27 | July 27 | Oct 26 | What's Safe, What Isn't & Bonding with Your Unborn Baby |
| PC5 | Feb 2 | May 4 | Aug 3 | Nov 2 | Your Changing Body & Second Trimester |
| PC6 | Feb 9 | May 11 | Aug 10 | Nov 9 | Your Unborn Baby's Secret World & Amazing Talents of the Newborn |
| PC7 | Feb 16 | May 18 | Aug 17 | Nov 16 | Third Trimester & Getting Ready for Baby |
| PC8 | Feb 23 | May 25 | Aug 24 | Nov 23 | Eye Contact Means Love & Infant Temperament |
| PC9 | March 2 | June 1 | Aug 31 | Nov 30 | Newborn Care |
| PC10 | March 9 | June 8 | Sept 7 | Dec 7 | The Importance of Bonding & infant Massage |
| PC11 | March 16 | June 15 | Sept 14 | Dec 17 | Crying, Colic and Sleep & Taking Care of Yourself |
| PC12 | March 23 | June 22 | Sept 21 | Dec 21 | Happiest Baby on the Block |
| GRAD | March 30 | June 29 | Sept 28 | Dec 28 | Graduation! |

INFANT CARE CLASSES Tuesday, 6–7pm

| Class | Winter | Spring | Summer | Fall | Topic |
|-------|----------|----------|---------|--------|---|
| IC1 | Jan 5 | April 6 | July 6 | Oct 5 | The First Years Last Forever |
| IC2 | Jan 12 | April 13 | July 13 | Oct 12 | Parent-Child Relationships |
| IC3 | Jan 19 | April 20 | July 20 | Oct 19 | Safe from the Start |
| IC4 | Jan 26 | April 27 | July 27 | Oct 26 | Self Esteem |
| IC5 | Feb 2 | May 4 | Aug 3 | Nov 2 | Quality Child Care |
| IC6 | Feb 9 | May 11 | Aug 10 | Nov 9 | Communication |
| IC7 | Feb 16 | May 18 | Aug 17 | Nov 16 | Emergency First Aid & Accidents and Illnesses |
| IC8 | Feb 23 | May 25 | Aug 24 | Nov 23 | Discipline & Teaching Limits of Love |
| IC9 | March 2 | June 1 | Aug 31 | Nov 30 | Feeding Your Baby & Breastfeeding Your Baby |
| IC10 | March 9 | June 8 | Sept 7 | Dec 7 | Your Baby's Development & Mind That Child |
| IC11 | March 16 | June 15 | Sept 14 | Dec 17 | Shaken Baby Syndrome |
| IC12 | March 23 | June 22 | Sept 21 | Dec 21 | To Be a Father |
| GRAD | March 30 | June 29 | Sept 28 | Dec 28 | Graduation! |

Babies are allowed to attend class if they are 6 months or younger. They must be maintained quietly in a car seat or carrier.

After completing all 12 classes in the Pregnancy or Infant Care Series, you will receive **120 credits** to use in our baby boutique, Emma's Closet. You will find wonderful items for you and your baby, such as cribs, clothing, blankets and diapers.

A support person may take the Pregnancy or Infant Care classes with you. This individual must complete all 12 classes in order to receive an additional **60 credits** to use at Emma's Closet. **Note:** a support person is defined as the spouse, father of the baby or legal guardian of the client. All other attendees must be approved by PSS staff.

You must be present for the entire class time. If you arrive more than ten minutes after the class has started or leave before the class has ended, you must make up the class to receive credit.

PLEASE NOTE: Make-up classes are on Wednesday afternoons between 1–4pm. We do have other times available by appointment, so if you miss a class, or need to make up a class, please call **330-644-4490** to check availability. If you are not able to keep your scheduled make-up session, it is expected that you call the office to cancel.