



WORKSHOP DESCRIPTIONS

Maternal Mental Health:

What to Expect & Prepare for Emotionally

Maternal mental health is a growing concern for pregnant women and their families. Participants along with support partners will learn ways to recognize and cope with pregnancy and postpartum depression, anxiety, the "baby blues" and other mental health complications. Support partners are strongly encouraged to attend.

Infant CPR

This workshop is for expectant couples, parents, community members who are caregivers of infants and children. It teaches the basic techniques of infant CPR and how to give first aid for choking. This class is led by a certified CPR instructor.

Nine Months and Beyond:

Importance of Nutrition & Breastfeeding

Like any new skill, breastfeeding takes knowledge and practice to be successful. The breastfeeding portion of the class is taught by a certified Florida Outreach Childbirth Educator Program instructor who will teach the benefits of breastfeeding. Other topics covered are; breastfeeding positions, the use of a breast pump, safe formula feeding, when to switch to solids, safe preparation of a bottle, and the importance of a birthing plan. Participants in this workshop will also learn about proper nutrients during and after pregnancy, how to maintain a balanced diet, and the importance of exercise during pregnancy.

Infant Mental Health: Baby Sense

Did you know that your baby while in the womb is developing their senses? Your baby's sense of touch, taste, hearing, and sight is being developed right now. Participants will learn about brain development, the importance of baby bonding and emotional development. Stimulation strategies and increased awareness of literacy and brain development will also be covered.

Financial Planning for Baby's Future...and Your Own

Finance is one topic that most new parents worry about. How are you going to financially adjust to the new addition to the family? How do you start a savings or retirement plan? How do I decrease/eliminate debt? When is a power of attorney needed? Wells Fargo will answer these questions and educate you on basic money tools, information to assist with managing finances, tips to create a retirement/savings plan, and budgeting for your newborn. We'll educate you on the costs of having a baby and you'll even create a budget during the workshop.

Child Safety Around the Home

What car seat is the safest? Do you have a carbon monoxide detector? What temperature is safe to bath a child? Do you have all your medications out of sight and clearly labeled? Have you planned how to safely set up your home for your new edition? We'll provide tips on how to make your home safe during each stage of your baby's development. You'll receive a FREE home safety kit to help get you started and make your home safe. Being prepared and educated is a great way to ensure that your baby will grow up curious, active and safe.

Caring for your Newborn

This workshop will educate you about the basics of taking care of a newborn infant, diapering and cord care, how to calm an infant, the importance of immunizations, getting infants into a sleep routine and awareness of safe sleep. Dads are important too! Learn about the importance of fatherhood and what to expect as a new dad. We'll provide tips to get you on the road to succeeding at this job of a lifetime.

Child Safety Around Water

Living in South Florida we have water all around us; beaches, pools, lakes, and in the home. Did you know that a child can drown in an inch of water? This workshop is for expectant parents and community members who are caregivers of infants and children. It will teach you the basic techniques of how to protect your most precious cargo around water.

