



# Parenting Classes



## 2023 Parenting Classes Schedule

### March Classes

3/7, 3/14, 3/21, 3/28, 4/4 & 4/11  
Tuesdays 9:30 am - 11:30 am

### May Classes

5/2, 5/9, 5/16, 5/23, 5/30 & 6/6  
Tuesdays 6:00 pm - 8:00 pm

### August Classes

8/1, 8/8, 8/15, 8/22, 8/29 & 9/5  
Tuesdays 9:30 am - 11:30 am

### November Classes

11/7, 11/14, 11/21, 11/28, 12/5, 12/12  
Tuesdays 6:00 pm - 8:00 pm

## Learn parenting skills using Biblical principles

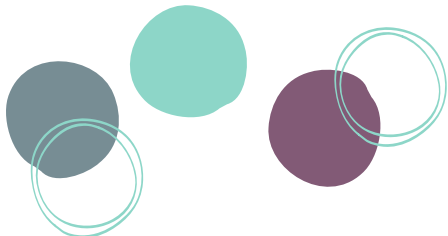
- By completing the class, you will earn your choice of a new crib and mattress OR infant car seat and stroller combo. (Must attend all 6 classes. One crib & mattress/car seat & stroller per family.)
- Please attend the classes closest to your due date.
- Check the time for your class. Some sessions are evening and some are morning.
- **Complete a registration form and submit it the month before the class begins.**
- A registration form can be mailed to you or you can pick it up at the RPS office.
- Parents (or parents-to-be) only. Please do not bring children or babies to class, as this is an education environment.



1560 West Fourth Street  
Mansfield, Ohio 44906  
(419) 522-8862

**Registration form must be completed by 30 days before start of class**

**Richland County Transit stops at RPS**



# Parenting Class Topics

## **Preparation for Childbirth**

The birth of your child is a highly anticipated event. The information in this class includes how to know if you are in labor, and what options to plan for the experience. Our hope is that you will be more equipped and prepared for the birthing experience.

## **Basic Infant Care**

Practical baby care including: basic "how to" (bathing, feeding, etc.), information on choices you will make regarding your baby's care (bottle feeding vs. breast feeding), and much more.

## **Car Seat Safety**

A presentation of up-to-date car seat installation and tips.

## **Sharing the Gospel with Your Children**

As a teacher and a Spiritual leader to your children, this class will help you to guide your children into finding a personal relationship with Jesus.

## **10 Commandments**

A walk through the 10 Commandments in the Bible and showing how Behavior and Character Development is established in parents and in their children.

## **Basic Infant CPR**

As a parent, it is important to assure the physical safety of our children. This class will help parents be prepared for potential life threatening emergencies, such as drowning or choking.

*\*Note: This class does not certify you in Infant CPR.*

## **Discipline**

Webster define parenting as "the skill of a parent in raising a child", and one of those necessary skills includes discipline. In this class, clients learn the "who, what, when, where, why and how" of discipline according to the Bible, while playing a game of bingo.

## **Reading to Your Children and Brain Development**

Covers early brain development and how interacting with your child will improve his/her intellect and future success in school. This class shows examples of how to integrate reading as a fun, bonding part of your routine.

## **Stress Management**

As a parent, your stress level will increase as you care and provide for another person. This class helps you identify stress in your life and gives you ideas on how to manage stress.

## **Just for Dads**

This class is offered just to fathers. This class takes a look at developing healthy relationships.

## **Just for Moms**

This class is offered just to mothers. An experienced mother discusses the joys and struggles of raising children, including taking an honest look at different ages and personalities of children.

## **What to Expect at the Pediatrician**

"What to Expect at the Pediatrician" will prepare new parents for childhood medical care. Finding your family's right fit for a provider is important for the future health of your child. This course will provide information about well child checks, developmental milestones, safety, immunizations, and more to help parents feel empowered to make medical decisions.