



# cornerstone

## Life Ed U Class Schedule 2020

**Brand New Class Offerings! The classes below are available on an individual basis.**

**To register, please contact our Family Advocate at 440-284-1010.**

Class	Description
Early Pregnancy I	1st Trimester, prenatal care, eating for two, ultrasound appointment
Early Pregnancy II	Developing baby, smoking, understanding pregnancy, emotions, safety
Early Pregnancy III	Bonding with baby, your changing body
2 <sup>nd</sup> Trimester Pregnancy I	Pregnancy during second term, understanding baby's cry part 1
2 <sup>nd</sup> Trimester Pregnancy II	Baby's secret world, understanding baby's cry part II, big belly mom hacks
Pregnancy Health	Preventing birth defects, prenatal nutrition, managing pregnancy symptoms
3rd Trimester Pregnancy I	3rd trimester pregnancy, getting ready for your baby
3 <sup>rd</sup> Trimester Pregnancy II	Eye contact means love, infant temperament, importance of bonding
Infant Care I: 1-6 months	Infant expectations, infant hygiene, simple infant care
Infant Care II: 1-6 months	Caring for yourself after childbirth, childhood immunizations
Toddler Care I: 6-12 months	Infant nutrition, infant growth
Toddler Care II: 6-12 months	Infant cognitive development and learning, toilet training
Early Child Development I	0-6 months: raising your baby alone, CPR training, safe pregnancy
Early Child Development II	0-6 months: quality childcare, learning through play
Child Development I	6 months and beyond: food for growth, sudden infant death (SIDS), baby's development
Child Development II	6 months and beyond: infant CPR, shaken baby syndrome
Breastfeeding	Goals of breastfeeding, techniques of a good latch, getting enough milk, growth spurts and essentials
Breastfeeding and Work	Returning to work
Childbirth I	Introduction and birthing options, interventions and labor, moving through labor, what to expect, childcare: bring baby home
Childbirth II	Breathing techniques, relaxation, massage techniques
Pediatric Care I	Managing routine illnesses, pediatric emergencies
Pediatric Care II	Managing your child's safety, routine pediatric illnesses
Pediatric Care III	Child safety, car seat safety, sleep (7-9 months), preventing child abuse

### **Registration is required for all classes.**

Class topics and dates are subject to change without notice.

Childcare, ages 4 months through 5 years old, may be available.

Please check when registering. To register, call 440-284-1010.

**364 Griswold Road □ Elyria, OH □ 44035 □ 440.284.1010**  
**[www.cornerstonepregnancy.org](http://www.cornerstonepregnancy.org)**



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Class	Description
Developmental Milestones I	Newborn milestones
Developmental Milestones II	3-6 month milestones
Developmental Milestones III	6-9 months, 9-12 month milestones
Your Growing Toddler I	Toddler milestones: 12-15 months, 15-18 months
Your Growing Toddler II	Toddler milestones: 18-24 months, 24-36 months
Life With Your Toddler I	Your toddler's world, life with toddler, tantrums and attitude adjustment
Life With Your Toddler II	Tantrums: battle plan, your toddler and siblings

## January

Mom's Club	January 8, 22	Wednesdays	1:00-3:00
Moms: Find connections, support, activities, and resources to help you become the best mom you can be.			
Systematic Training for Effective Parenting <b>NEW Series – JOIN TODAY!!!</b>	January 9, 16, 23, 30 February 6, 13	Thursdays	10:00-11:30
Parenting children 8 months or older: Learn positive way to approach communication, cooperation, and discipline.			

## February

Systematic Training for Effective Parenting continued	February 6, 13	Thursdays	10:00-11:30
Mom's Club	February 12, 26	Wednesdays	1:00-3:00

## March

The Joshua Code Bible Study <b>NEW Series – JOIN TODAY!!!</b>	March 10, 17, 24, 31 April 7	Tuesdays	10:00-11:00
Mom's Club	March 11, 25	Wednesdays	1:00-3:00
Parenting is HEART Work <b>NEW Series – JOIN TODAY!!!</b>	March 12, 19, 26	Thursdays	1:00-2:30
Need individual help? This series is designed as a coaching and problem solving class.			

## April

Mom's Club	April 8, 22	Wednesdays	1:00-3:00
Systematic Training for Effective Parenting <b>NEW Series – JOIN TODAY!!!</b>	April 30 May 7, 14, 21, 28 June 4	Thursdays	10:00-11:30

## May

The Joshua Code Bible Study continued	May 5, 12, 19, 26	Tuesdays	10:00-11:00
Systematic Training for Effective Parenting continued	May 7, 14, 21, 28	Thursdays	10:00-11:30
Mom's Club	May 13, 27	Wednesdays	1:00-3:00

## June

Systematic Training for Effective Parenting continued	June 4	Thursdays	10:00-11:30
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