



WINTER / SPRING 2012

PARENT & FAMILY EDUCATION PROGRAMS

Register online at www.AveraMcKenna.org and click "Events Calendar"
or call 1-877-AT-AVERA (1-877-282-8372) or in Sioux Falls (605) 322-6877.

HOT TOPICS FOR PARENTS

Hot Topics is a series of presentations on topics of interest to parents and caregivers with children from birth to age five. A one-hour lecture by a certified family life educator is followed by a question and answer session. The presentations are "parent friendly" and utilize an informal, relaxed format. Temperament classes are free (thanks to a grant from the Sioux Empire United Way); other classes are \$10 per family. Classes are located in the Avera Education Center.

IT'S ALL ABOUT TEMPERAMENT: UNDERSTANDING YOUR CHILD'S TEMPERAMENT

Every child responds differently to the world. There are no good or bad temperaments, but 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 temperament.

Tuesday, January 24, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: Free!

OH, THOSE TODDLERS!

Many parents are baffled, frustrated and even shocked by behaviors that occur during toddlerhood. Toddlers have unique developmental characteristics and thinking strategies that influence their behavior. Learning more about your terrific toddler will help you view this exciting stage in a positive light.

Tuesday, January 31, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

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.

Tuesday, March 20, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: FREE!

EVERYTHING YOU WANTED TO KNOW ABOUT POTTY TRAINING

Potty training can be one of the most stressful issues of parenting. This class will give you a developmental perspective on potty training as well as offer ideas on methods, equipment and attitudes.

Tuesday, March 27, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

IT'S ALL ABOUT TEMPERAMENT: PLEASANT DREAMS

Is bedtime at your house more of a nightmare than a dream? Did you know your child's temperament affects sleep? This class will discuss issues of sleep behavior in young children, and give you ideas for making bedtime a pleasant time.

Tuesday, April 17, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: Free!

HOT TOPICS CONTINUED

GUIDING CHILDREN THROUGH WORDS AND ACTIONS: POSITIVE DISCIPLINE TECHNIQUES

As parents and caregivers, our words and actions have a profound effect on our children. This class will explore communication techniques that positively influence children and lay the groundwork for guidance and discipline.

Tuesday, April 24, 2012 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

PARENTING TIPS FOR THE EARLY YEARS

Feedings, play, safety, health: There are so many things to think about when you have a new child in the family. Avera Children's, along with the Sioux Empire United Way are proud to bring you helpful tips and fun ways to help your child's development in these early years of life.

Visit www.AveraChildrens.org to view our fun child development newsletters. Click "Classes and Resources" for information on a variety of topics including safety, nutrition, and discipline, as well as current classes and events.

"GROWING UP"

CLASSES FOR TWEENS, TEENS AND THEIR PARENTS

The "Growing Up" classes are offered to give information on the changes of puberty, women's health, the development of sexuality, and issues facing young women today. Check individual class content to choose the class that is right for you and your daughter.

LET'S TALK FOR GIRLS (TWO SESSIONS)

This class provides information on the changes of puberty for girls ages 10-13 and their parents. Topics include: signs of puberty, body changes, anatomy, health, communication and self-esteem.

- **Thursdays, February 2 & 9, 2012 • 6:30-8:30 p.m.**
Education Center Classroom 3 • Cost: \$25
- **Thursdays, March 15 & 22, 2012 • 6:30-8:30 p.m.**
Education Center Classroom 3 • Cost: \$25
- **Thursdays, April 12 & 19, 2012 • 6:30-8:30 p.m.**
Education Center Classroom 3 • Cost: \$25

THE TALK FOR GIRLS (TWO SESSIONS)

Are you ready to have THE TALK with your daughter? Middle school-aged girls and their parents are invited to talk frankly about the issues facing young women today. This class will include factual and candid discussions on sexuality with a focus on abstinence. A parent must attend with each girl.

- **Mondays, March 12 & 19, 2012 • 6:30-8:30 p.m.**
Education Center Auditorium • Cost: \$25

NOTE: This class is DIFFERENT than the regular "Let's Talk for Girls" class.

For more information, call (605) 322-3663.

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**MORE OPPORTUNITIES AT AVERA MCKENNAN
HOSPITAL & UNIVERSITY HEALTH CENTER**

CHILDCARE PROFESSIONALS' TRAINING DAY

Home and center-based childcare professionals may earn up to three hours of training by attending this Saturday morning event. A variety of classes will be available to choose from. For more information or to receive a registration form, please call (605) 322-3663.

- **Saturday, April 21, 2012 • 8 a.m.–noon
Education Center • \$7 per session
or \$20 for all three sessions**

COOPERATIVE PARENTING AND DIVORCE

This unique, new program is designed to assist parents in minimizing the harmful effects of divorce on their children. By learning helpful skills, parents can help their children deal successfully with this stressful situation. The focus of this course is on the children, not on the divorcing partners. You may come with or without your co-parent. Participants meet weekly for two, four-week modules. Call (605) 322-3662 for details, dates and cost.

SUPER SITTER BABYSITTING CLASSES

The basics of babysitting are taught in this one day class for boys and girls ages 10-13. Child development, basic safety and first aid, nutrition, homemade toys and games and diapering are some of the topics covered. The class is offered summers, during the December holiday break and several weekends throughout the year.

Register online at www.AveraMcKenna.org and click "Events and Classes" or call 1-877-AT-AVERA (1-877-282-8372) or in Sioux Falls (605) 322-6877.

- **Saturday, March 3, 2012 • 9 a.m.–3 p.m.
Education Center Classroom 2 • Cost: \$30**

**Registration for summer 2012 classes opens May 1, 2012.
Summer Dates: June 11 & 25, July 17 & 24.**



PLAY THERAPY

Avera Behavioral Health Outpatient Center offers innovative, therapeutic services for children. Play Therapy addresses emotional and behavioral issues for those who have difficulty verbalizing problems, conflicts and struggles—seen most often with young children. Play Therapy is a form of counseling (or psychotherapy) by which licensed mental health professionals use play-based models and techniques to better communicate with and help clients, especially children, achieve optimal mental health.

Play Therapy addresses many issues in children's mental health including depression, anxiety, trauma and abuse, ADHD, opposition and aggression. It also helps with regard to adjustment to life stressors and changes such as coping with chronic medical illness, divorce, death of a loved one, adapting to new siblings or school and daycare transitions. The nature of the Play Therapy process is adaptive so that it can be tailored to the needs of each child.

This service is provided by a clinician with specific training, education and credentials in Play Therapy. For more information, contact Laura A. Schuldt Ed.S., LPC-MH, NCC, QMHP, Registered Play Therapist Supervisor (RPT-S) ACS Outpatient Therapist at (605) 322-4079.

CUSTOMIZED CHILDCARE TRAINING

Does your center or preschool need training opportunities? We can bring training classes to you. Our Certified Family Life Educators can provide training on a variety of topics:

- Positive Discipline
- Language Development
- Creativity
- Sensory Activities
- Understanding Temperament
- Infant/Toddler/Preschool Development
- Potty Training
- Children and Divorce
- Taming the Temper Tantrums
- Reading
- Learning Centers
- Diversity
- Childhood Obesity
- Communicable Disease
- Basic First Aid
- Aggressive Behavior in Children
- Or let us develop a topic for you!

Training cost is \$75.00 per one hour class with no limit on the number of attendees. Mileage costs may apply to locations outside of Sioux Falls.