



Limited Classes

***To attend **Comfort Measures 4 Labor ~or~ Pregnancy 101** Classes you **MUST** be pregnant. To attend **Breastfeeding** class **YOU** must be breastfeeding or interested.

MON	Tuesday	WED	Thursday
<p>1. 12:00 Pregnancy 101 – “Medical Pain Relief, Interventions” -Ms. Katherine (5 Merits)</p> <p>1:10 Video Series: “Emotions of Pregnancy” -Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Strong Willed Children” -Ms. Katherine (4 Merits)</p>  	<p>2. 12:00 Pregnancy 101 – “Planning For Birth” Ms. Jesikah (5 Merits)</p> <p>1:10 Video Series: “Bonding With Your Unborn” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Child Anger” Ms. Jesikah (4 Merits)</p>	<p>3. Open 9:30-4:30</p> <p>Spanish Class 11:00</p>	<p>4. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 “T.A.M.A.R” – Ms. Donyell (6 Merits + 1 GWV + 1 Pkg. Diapers)</p> 
<p>8. OPEN 9:30 – 4:30</p> 	<p>9. 12:00 Pregnancy 101 – “Postpartum” -Ms. Katherine (5 Merits)</p> <p>1:10 Video Series: “Eye Contact Means Loves” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Sexual Behavior and Children” -Ms. Jesikah (4 Merits)</p>	<p>10. Open 9:30-4:30</p> <p>Spanish Class 11:00</p>	<p>11. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 “T.A.M.A.R”- Ms. Donyell (6 Merits + 1 GWV + 1 Pkg. Diapers)</p>
<p>15. OPEN 9:30 – 4:30</p>	<p>16. 12:00 Pregnancy 101 – “Prenatal Care” -Ms. Katherine (5 Merits)</p> <p>1:10 Video Series: “Your Ultrasound Appointment” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Toddler Illness” -Ms. Jesikah (4 Merits)</p>	<p>17. Open 9:30-4:30</p> 	<p>18. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 “T.A.M.A.R” – Ms. Donyell (6 Merits + 1 GWV + 1 Pkg. Diapers)</p>
<p>22. OPEN 9:30 – 4:30</p>	<p>23. 12:00 Pregnancy 101 – “Eating For Two” -Ms. Jesikah (5 Merits)</p> <p>1:10 Video Series: “Big Belly Mommy Hacks” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Sleeping, Bedtimes, & Mornings” -Ms. Jesikah (4 Merits)</p>	<p>24. Open 9:30-4:30</p> <p>Spanish Class 11:00</p> 	<p>25. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Special Session: CPR Training 8 Merits + 1 GWV + 1 Package of Diapers</p>
<p>29. OPEN 9:30 – 4:30</p> 	<p>30. 12:00 Pregnancy 101 – “Eating For Two” -Ms. Jesikah (5 Merits)</p> <p>1:10 Video Series: “Big Belly Mommy Hacks” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Sleeping, Bedtimes, & Mornings” -Ms. Jesikah (4 Merits)</p>	<p>31. Open 9:30-4:30</p> <p>Spanish Class 11:00</p> 	<p>Back to School</p> <p>CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105</p> 