

PARENT UNIVERSITY

at CHILDRENS HOSPITAL LOS ANGELES



ChildrensHospitalLosAngeles
International Leader in Pediatrics



Childrens Hospital Los Angeles (CHLA) offers **free** monthly classes for parents of children of all ages. Learn from a CHLA doctor, nurse, and other health professionals about your child's health.

- Classes are held on the 1st Saturday of every month. Free parking and great giveaways.
- Classes start on time. Plan to arrive 15 minutes early to park and walk to class.
- Parking available at the garage at 4601 Sunset on the 4th level and above.

- **Teens & How They Work (January 16, 2010)**

Normal adolescent behavior, possible warning signs of problems, how best to talk to your teen

- **Nutrition: How to Eat Your Best to Feel Your Best (February 6, 2010)**

Tips on proper nutrition and how to make eating right fun for your kids and family

- **Safety: How to Have Fun & Stay Safe (March 6, 2010)**

Learn about home safety, proper car seat installation, bike helmets, and more!

- **The Healthy Toddler: Potty Training, Discipline, & More... (April 3, 2010)**

Discover the joys and pitfalls of normal toddler behavior and tips on common challenges.

- **Vaccine Myths/Facts & the Well-Child Visit (May 8, 2010)**

Learn the "how's and why's" of check-ups including routine screening tests, vaccine facts/myths, & more!

- **Demystifying Over-the-Counter Medications (OTCs) (June 5, 2010)**

Confused about when and how to give your child OTCs safely? Learn all about commonly-used drugs.

To sign up for the class & learn more, contact

CHLA Patient and Family Education

phone: (323) 361-7698

email: PatientFamilyEducation@chla.usc.edu

When & where?

First Saturday of Every Month

- 12-1 pm class taught in English
- 1-2 pm class with Spanish interpretation

Page Conference Room, Ground Floor

Childrens Hospital Los Angeles

4650 W Sunset Blvd, Los Angeles, CA 90027



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KOHL'S
expect great things

PARTNERS IN INJURY PREVENTION



OFFICE OF COMMUNITY AFFAIRS