

# 2011-2012 PARENT UNIVERSITY Class Schedule

All class dates include two sessions: an English session from 12-1 p.m. and a session with Spanish Interpretation from 1-2 p.m.

## **NUTRITION:**

### *Eat your best to feel your best*

Tips on proper nutrition and how to make healthy eating fun for the whole family.

**Saturday, October 8, 2011**

Teacher: Coleen Liscano, RD

## **COMMON CHILDHOOD ILLNESSES:**

### *When to call the doctor*

Know what to do when your child is sick with common health problems.

**Saturday, November 12, 2011**

Teacher: Resident

## **OVER-THE-COUNTER (OTC) MEDICINE:**

### *When and how to use OTCs*

Confused about how to safely give your child OTC medicine? Learn from our pharmacists.

**Saturday, December 10, 2011**

Teacher: Elsie Jalian

## **TALKING TO YOUR TEEN:**

### *Normal adolescent behavior*

Tips on how best to talk to your teen or soon-to-be teen, and what's typical versus what's not.

**Saturday, January 14, 2012**

Teacher: Danusia Nedilskyj, Ph.D.

## **THE WELL-CHILD VISIT:**

### *Vaccine myths, screening tests and more*

Learn about vaccine facts/myths, screening tests, and the reasons for common questions from the doctor.

**Saturday, February 11, 2012**

Teacher: Resident

## **BREASTFEEDING YOUR BABY:**

### *What you need to know*

Learn about the benefits of breastfeeding for mother and baby, and get tips for making breastfeeding a success.

**Saturday, March 10, 2012**

Teacher: Jessica Tenney, MD

## **GETTING A GOOD NIGHT'S SLEEP:**

### *Infants, toddlers and beyond*

Learn about the importance of sleep and tips for parents from infancy through childhood.

**Saturday, April 14, 2012**

Teacher: Jin Kim

## **THE HEALTHY TODDLER:**

### *Potty training, discipline and more*

Discover the joys and pitfalls of normal toddler behavior, and get tips on dealing with challenges.

**Saturday, May 12, 2012**

Teacher: Resident

## **CHILD SAFETY:**

### *Having fun and staying safe*

Learn about "child-proofing" your home, water safety, bike helmets and more.

**Saturday, June 9, 2012**

Teacher: Resident

To sign up or for questions, please contact us at 323.361.7698 or [patientfamilyeducation@chla.usc.edu](mailto:patientfamilyeducation@chla.usc.edu).