

Cuddle Cure Classes

Based on Dr. Harvey Karp's best-selling book and award-winning video, **The Happiest Baby on the Block**, the Cuddle Cure is a two-hour class which teaches five simple ways to turn on a baby's "*calming reflex*" - the extraordinary crying off-switch that all babies are born with. This class is for anyone who has an interest in the well being of infants from birth to 3 months of age. It is highly recommended for pregnant women, couples, parents, grandparents, and child care providers.

2011 Class Dates:

Classes conducted at RCPC
Wednesday evenings, 6—8 p.m.

August 3

October 5

December 7

Classes conducted at RCPC
Saturdays, 11 a.m.—1 p.m.

September 10

November 5



Cost: \$30 per family
(Scholarships are available)

Participants receive a **Parent Kit** which includes:

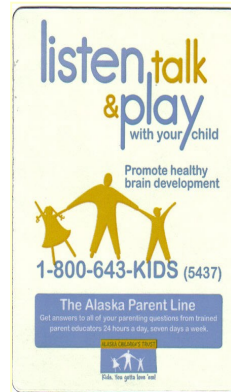
- ◆ RCPC bag
- ◆ Swaddling blanket
- ◆ The Happiest Baby on the Block DVD
- ◆ Soothing Sounds CD

"MA POOLE" LENDING LIBRARY



Visit our lending library Monday through Friday, from 9 a.m. to 5 p.m. and check out books and videos on topics such as positive discipline, sibling rivalry, loving your teenager, becoming a new parent and so much more. If you need assistance with a specific parenting topic, our staff is always willing to assist. Why? "*Because kids don't come with instructions.*"

THE ALASKA PARENT LINE 1-800-643-KIDS (5437)



The Alaska Parent Line is a statewide phone line for parents, guardians, or childcare providers to call and speak to a staff member about their parenting questions and concerns. This phone line is staffed *from 9 am to 9 pm, 7 days a week*. Callers will also receive referrals and find out what resources and services are available within their community.

The Alaska Parent Line is funded by the Alaska Children's Trust, www.alaskachildrenstrust.org.



726 26th Ave., Suite 2, Fairbanks, AK 99701



726 26th Avenue, Suite 2
Fairbanks, Alaska 99701

Phone: 907.456.2866

Fax: 907.451.8125

E-mail: parentwarmline@rcpcfairbanks.org



FALL 2011

FAMILY EDUCATION SERVICES



A proud member of...



2011 Family Education Services

Location: RCPC, 726 26th Avenue, Suite 2 Contact: Melanie—456-9003 or Meghan—456-9030

For Families with Young Children

Joys of the 1st Year

Meets every Thursday from
10:30-11:30 a.m. at RCPC

Come and share your thoughts, concerns, and joys of the first year with those who are in the first year as well. You can ask questions, get suggestions and even ask a nurse from time to time.

Looking forward to meeting you!

For more information, contact:
Melanie Hill 456-9003



Fairbanks Family Activities

Looking for more family-friendly activities around Fairbanks?

Check out the calendar at
fairbanksfamilies.com

Strengthening Families Parenting Classes

RCPC's Strengthening Families Parenting Program is a 13-week class that teaches effective discipline, clear communication, problem solving, & limit setting skills. The program also provides an opportunity for children to gain social and problem-solving skills.

When: Thursday evenings from 6-8 p.m.; starting September 8 and ending December 8

Where: RCPC

Cost: \$30/family

In the first hour, parents and children ages 6-12 will participate in separate skill-building classes, then will join together for family skill-building during the last hour. Having children in this age group is not required in order for you to participate—all parents are welcome!

Registration Information:

Please call Melanie or Meghan with questions or to register for all classes and workshops.

Limited child care for children ages birth - 6 may be available—please ask about availability when registering.

Groups Offered At RCPC

Parents of Twins Support Group

Meets the 1st Wednesday of each month from 12:00-1:00 p.m.

Join us to get parenting ideas, learn about resources, and network with other parents of twins!

For more information, contact:
Melanie Hill 456-9003

All Children and Parents who are expecting multiples are welcome! Feel free to bring a sack lunch for you and your kids.

Grands Raising Great Children Support Group

Meets the 2nd Monday of every month from 6-8 p.m.

This group is for grandparents, aunts, uncles—anyone who is raising children for the second time. Get support, share ideas, and network with other families who are sharing this experience. Participation in the group is free. Limited child care is available—please call 456-2866 for details.

For more information, contact:
Susan Bohart, group facilitator, 457-4146 or
Meghan at RCPC, 456-2866