

# 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.



## Summer 2010 Class Dates:

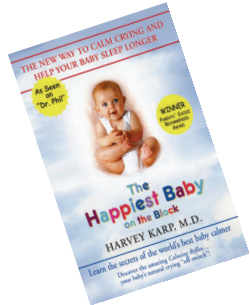
Classes conducted at RCPC  
Wednesday evenings, 6–8 p.m.

May 5

June 2

July 7

August 4



**Cost:** \$30 per family

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](http://www.alaskachildrenstrust.org).*



because kids don't come with instructions

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Summer 2010

# Mid-Day Parenting Workshops

A Proud Member of:





# 2010 Summer Parenting Workshops



**When:** Tuesdays and Thursdays 12 – 1 p.m. **Where:** RCPC, 726 26th Avenue, Suite 2 **Cost: FREE!!**

## Tuesday, May 25:

### **Summer Activities with Kids**

New, fun and no- to low-cost activities for you and your kids to do at home this summer.

## Thursday, May 27:

### **Raising Kids in a Junk Food World**

Why are healthy foods so important for growth and development? Find out here.

## Tuesday, June 1:

### **Nutrition and Pregnancy**

Ways to take care of yourself and your baby during your pregnancy.

## Thursday, June 3:

### **Bringing Your Baby Home**

Have questions about what to expect with your infant? Discussion will also cover importance of bonding.

## Tuesday, June 8:

### **Preparing Older Children for a New Baby**

Ways to help your children adjust to a new baby in the home.

## Thursday, June 10:

### **Car Seat Safety**

Is your child in the right car seat? Learn how to keep your children safe in the car.

## Tuesday, June 15:

### **Toddlers - Are They Really That Terrible?**

Behaviors you can expect to see and how to deal with challenges.

## Thursday, June 17:

### **How Do I Discipline My Toddler?**

Positive ways to enforce rules and avoid power struggles with your toddler.

## Tuesday, June 22:

### **Potty Training**

Need ideas on how to potty train? Find out ways that can work for you and your child.

## Thursday, June 24:

### **Bedtime and Morning Routines**

Ways to motivate your toddlers and school-aged children in the mornings and at bedtime.

## Tuesday, June 29:

### **Building Your Child's Self-Esteem**

Ways to help your child build a positive self-esteem.

## Thursday, July 1:

### **Dealing with Bullies**

Identify how you can help your child deal with bullying in their school and in the community.

## Thursday, July 8:

### **Parenting in Today's World**

Gain a better understanding of your child's safety regarding social media (i.e. texting, facebook, etc.)

## Tuesday, July 13:

### **Preparing Yourself for Deployment**

Ways to prepare yourself emotionally and mentally for your spouse's or partner's deployment.

## Thursday, July 15:

### **Preparing Your Child for Deployment**

Have questions about how you can prepare your child for an upcoming deployment? Find out here.

## Tuesday, July 20:

### **Disciplining Your School-Aged Children**

Communication tips and positive ways to encourage cooperation.

## Thursday, July 22:

### **Surviving Your Child's Adolescence**

Realistic expectations of your teen and ways to establish and enforce rules.

## Tuesday, July 27:

### **Coping with Changes in Your Family**

Discuss the impact of divorce or separation on your family and positive ways to cope.

## Thursday, July 29:

### **Single Parenting**

Practical advice and ideas for being a single parent and ways to take care of yourself.

## Tuesday, August 3

### **Preparing Your Children for Back-to-School**

Where did the summer go? Discuss ways to motivate your children to get ready to start school.

## **Registration Information:**

Please call Katie Mader at 456-2866 with questions or to register.

Limited child care is available!