

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
(605) 328-7155

sanfordhealth.org
keyword: parenting

MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
Sioux Falls, SD 57108
(605) 328-7155

SANFORD
HEALTH

BABY'S FIRST YEAR
We're Here For You



SANFORD
& *Parenting*
YOUR PARTNER THROUGHOUT PARENTHOOD

SANFORD
HEALTH

Welcome to Parenting

EVERYDAY PARENTING BRINGS EVERYDAY QUESTIONS.

SANFORD CHILDREN'S OFFERS A VARIETY OF PARENTING SERVICES TO SUPPORT YOU AND YOUR FAMILY AFTER YOUR BABY IS BORN.

HOW CAN I BE SURE MY BABY IS OFF TO A GOOD START AND EATING WELL?

New Arrival Group

Just stop in and visit with infant feeding and newborn care experts at a time that works for you.

When: Monday – Friday (except holidays)

Time: 9 – 11:30 a.m. • Open House Format

Where: Women's Health Plaza (Enter on south side)
5019 S. Western Ave., Ste. 200, Sioux Falls

No appointment needed; just stop in.
Call (605) 328-7140 for more information.

WHO CAN ANSWER MY PARENTING QUESTIONS?

New Baby in the Home

With the arrival of a new baby in your home it is common to have new questions. Questions such as:

- How do I get my baby into a routine?
- How do I help my other child adjust to his or her new sibling?
- How can I make sure I am meeting my baby's needs?
- How can I calm my baby when he or she is fussy?

The New Baby in the Home service will help you get answers to your parenting questions.

This service is sponsored by the Sioux Empire United Way

HOW CAN I KEEP UP ON THE LATEST SAFETY RECALLS AND OTHER PARENTING NEWS?

Parenting eSource

Sign up for a parenting email club and receive eClasses, eNews, and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org keyword Parenting eSource to sign up.

HOW CAN I PROTECT MY CHILD FROM GETTING HURT?

Sanford Children's Safety Center

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W 41st St., Sioux Falls.

Safe Home = Safe Family

As your baby grows so does his or her curiosity and ability to move. This service will help you keep your home safe for your little explorer.

This service is sponsored by the Sioux Empire United Way

Family and Friends CPR

You hope you never have to use it; but knowing CPR and choking skills are some of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

WHY DOES MY CHILD ACT THIS WAY?

Getting to Know Baby Better

Babies are born with different personalities – different temperament traits. This service will give you tips and tools to help you:

- Guide your baby through stressful moments.
- Encourage your baby's self-confidence.
- Understand what your baby is telling you with his or her behaviors.
- Help your baby adapt to new places and people.

This service is sponsored by the Sioux Empire United Way

WHEN CAN MY CHILD'S CAR SEAT BE FORWARD FACING?

Car Seat Education and Inspections

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

WHAT CLASSES CAN I ATTEND DURING MY BABY'S FIRST YEAR?

Understanding Me Up to Age Three Classes

Classes focused on understanding children ages birth to three years old.

- Why I Do What I Do
- Keep Me Safe
- How I Learn
- Help Me Manage My Feelings

Easy-Peasy Homemade Baby Food Class

Making your own baby food isn't as complicated as you may think. We'll show you how simple and healthy it can be.

- Get tips for feeding babies ages 6 to 12 months.
- Learn how to make your own baby food from scratch.
- Find out how making your own food can be a cost effective way to keep your baby's diet preservative free.
- Receive recipes.

WHAT AGE SPECIFIC NEWSLETTERS ARE AVAILABLE?

Your Child Newsletter

You will receive a newsletter specific to your child's age up to 4 years post discharge from the hospital. This newsletter focuses on your child's growth and development, safety and health.

Dates available upon request