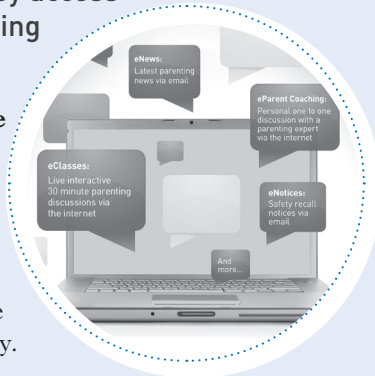


HOW CAN I KEEP UP ON THE LATEST SAFETY RECALLS AND OTHER PARENTING NEWS?

Fact: Today's parents are busy and need easy access to credible parenting information.

Parenting eSource

A parenting email club to receive eClasses, eNews, and eNotices such as safety recalls to help you balance life and raise your family.



Email parentingsource@sanfordhealth.org or go to www.sanfordhealth.org keyword Parenting eSource to sign up.

everyday parenting brings everyday questions.

How Do I....?

What's Normal?

Why Does He...?



Am I...?

Why Doesn't She...?

What Do I Do...?



have parenting questions?

GET ANSWERS



SANFORD
Children's

questions about parenting?

get answers

WHEN CAN MY CHILD'S CAR SEAT BE FORWARD FACING? IS IT TIME FOR A BOOSTER SEAT?

Fact: 9 out of 10 children's car seats are installed incorrectly.

Kohl's Kids Ride Safe

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.

HOW CAN I PROTECT MY CHILD FROM GETTING HURT?

Fact: Choking is a very common cause of unintentional injury in children under age one.

Family and Friends CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can do for your family. Class is designed for people who want to learn rescue skills for loved ones. This class is not designed for participants who must obtain a credential for CPR course attendance.

Fact: It only takes two minutes for a child to drown in as little as one inch of water.

Safe Home = Safe Family

Make your home a safe place for children to play and explore. Individual sessions designed to provide parents safety education along with a free safety kit. Available in the convenience of your own home or by phone. Visits are conducted by Sanford Family Life Specialists.

IS MY CHILD EATING TOO MUCH OR TOO LITTLE? IS HE GETTING ENOUGH PHYSICAL ACTIVITY FOR HIS AGE?

Fact: An overweight 3-year-old child is nearly 8 times as likely to become an overweight young adult compared to a non-overweight 3-year-old.

fit Kids

Connect your children to fun and engaging ways to learn about making healthy food and physical activity choices. Downloadable activities and portion size guides are available. Go to fit.sanfordhealth.org

HOW CAN I COMFORT MY BABY WHEN SHE IS CRYING? HOW CAN I TELL WHAT SHE NEEDS FROM ME?

Fact: Babies communicate by crying. Many babies go through a time between two weeks to four months old when crying increases.

New Baby in the Home

With a new baby comes many questions. Sanford Family Life Specialists provide individual sessions to help answer your questions to take the stress out of having a new baby in the home. New Baby in the Home visits are provided in the convenience of your home, by phone or office visit.

Responsive Parenting Classes

A class series designed specifically for parents of children birth to 3 years old. Learn about your child's temperament, safety points to keep in mind and effective discipline for this age.

For more information or to schedule an appointment, call Mutch Women's Center for Health Enrichment at (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org.

WHY DOES MY CHILD ACT THIS WAY? ARE THESE TEMPER TANTRUMS NORMAL FOR THIS AGE?

Fact: Understanding a child's temperament and developmental stages decreases parenting stress and enhances the parent/child relationship.

Parenting Coaching

Whining, not listening, biting – sound familiar to you? Sanford Family Life Specialists provide individual sessions to help you deal with your child's everyday challenging behaviors. Parenting Coaching is conveniently available by phone or office visit.

What's Your Child's Temperament?

Your child's temperament affects the way your child behaves and responds to people and certain situations. Knowing your child's temperament can help you discover effective discipline techniques, communicate easier and decrease some of the common every day stressors of parenting in your home. Complete an easy-to-do online questionnaire to find out about your child's temperament.

Everyday Parenting Classes

Get answers to common parenting questions. Classes are offered in the classroom and online. For current parenting class topics, dates and locations go to sanfordhealth.org and click on Find Classes and Events then change the category dropdown to Parenting.

