Parenting Classes for New Parents
Free classes offered at IHCRC – free childcare provided

New babies don’t come with how-to manuals. Having a baby is one of the most natural and wonderful things in the world. But that doesn’t mean new parents automatically have all the answers.

Indian Health Care offers four separate sets of parenting classes and talks to help new and expecting parents learn how to capably and confidently care for their babies from infancy into toddlerhood.

- **Our Prenatal & Newborn** course is for parents who are expecting a baby – it provides information about the importance of good prenatal care and how to care for a newborn. Offered on **Tuesdays at 4 pm**.

- **Our Baby & Toddler** course is for parents with babies and young toddlers. This course and the “Prenatal and Newborn” course both include six classes which repeat continuously – if you miss a session you can catch it the next time it is offered. Offered on **Thursdays at 4 pm**.

- **Nurturing Families** talks provide parents with an opportunity to gain practical information about parenting and child care resources. **Offered on the 1st and 3rd Wednesdays at 1 pm**.

- **Traditional Native American Parenting** classes combine teachings about traditional Native American and modern parenting methods. Offered on the **1st and 3rd Wednesdays at 2 pm**.

**Contact Information**

- For more information about the **Prenatal & Newborn** course, the **Baby and Toddler** course or the **Nurturing Families Talks**, please **contact Susan Dudley-Spring**, IHCRC Nurturing Families Case Manager at **918-382-1292** or by email at sdudley@ihcrc.org

- For more information about the **Traditional Native American Parenting** classes, please **contact Pat Noah**, IHCRC Counselor at **918-588-1900 ext 3203** or by email at pnoah@ihcrc.org

**CHILDHCARE VOLUNTEERS NEEDED**: We are requesting volunteer support to provide childcare for parents attending our parenting classes during the scheduled times/days of the week.
Prenatal & Newborn Classes  
Offered on Tuesdays at 4 pm in the Conference Room

A set of six classes cover the basics, such as diapering, feeding, bathing and how to soothe, swaddle and dress your baby. The classes also explain newborn behaviors, newborn appearance, growth and development, sleep safety and when to call your baby’s health-care provider. You will also learn how about breastfeeding, preparing a bottle of formula and how to properly put an infant to sleep to lower the possibility of SIDS. Learn how to start your baby off right with a natural time management plan that helps infants synchronize their feeding, wake-time and night-time sleep cycles. The classes teach about the importance of interacting and bonding with your infant. You also will learn how to provide early learning opportunities. Parents are encouraged to complete this set of six classes before their baby is born.

Baby & Toddler Classes  
Offered every Thursday at 4 pm in the Conference Room

What a wonderful but sometimes challenging job it can be to parent young children. You want to encourage their curiosity and independence, but also find positive ways to manage your child and provide appropriate discipline. Parents will appreciate learning about the different stages of child development, as well as practical skills in child rearing to minimize parent-child power struggles. Parenting a toddler can be both terrifying and terrific!

This set of six classes starts with practical tips about introducing solid foods, managing mealtimes, nap transitions, potty training and traveling with your infant. As your baby begins to grow into a toddler, the classes will help you learn how to set reasonable limits for your young child, while still encouraging healthy exploration. You will learn about the basic concepts of child development and brain development. You will also gain an understanding of your baby’s temperament and its effect on the family. The classes provide tips on how to maintain good family communication so it feels good to be in the family for both the parent and the child. Parents are encouraged to complete this set of six classes before their baby reaches six months of age.

Nurturing Families Talks  
Offered on the 1st & 3rd Wednesdays at 1 pm in the Multi-use Room

IHCRC’s Nurturing Families talks provide new or expectant parents with an opportunity to gain practical information about parenting and child care resources that is available at Indian Health Care and in the general community. These talks provide an opportunity for parents to share experiences and to support each other. The twice a month get-togethers are a celebratory event that educate and promote healthy choices of living. The Nurturing Families talks are like a “Tips and Advice” forum where all participants learn from the guest speakers and from each other. We welcome expectant parents, single moms, grandparents and other family relatives. We always have very interesting and diverse speakers who give presentations relating to parenting topics, relationships, wellness and healthy living.

Traditional Native American Parenting  
Offered on the 1st & 3rd Wednesdays at 2 pm in the Behavioral Health Group Room

The Traditional Native American Parenting classes provide practical guidance on how to combine traditional Native American and modern parenting methods. Topics covered include harmony in child rearing, traditional behavior management and traditional praising. Traditional rituals are discussed, such as storytelling and receiving an Indian name. These classes can help Native parents regain a connection with their culture and learn a blend of traditional parenting ways and new skills. Parents attending the Native American parenting course will learn more about their Native cultural ways and spirituality. The classes promote respect, family unity and pride in Native American traditional ways. Parents are encouraged to drop in anytime to find out more about these classes.