

EDUCATION calendar



Amazing People. Incredible Care.

Community Education Class Schedule

Classes take place all year long at Children's Hospital Central California, 9300 Valley Children's Place, Madera. All classes are held in our Conference Center located on the Ground Level (G). Look at the Conference Center Calendar in the lobby for the room number of your class. If you or your child have special needs please let us know when registering for any class. For more information call Clinical Education and Informatics at (559) 353-5902. CPR classes follow the American Heart Association Guidelines.

Asthma Basics

Open to families or other caregivers and patients old enough to understand about management of asthma. This class provides information about controlling asthma; proper use of medications; peak flow meters; MDIs and spacers; recognizing early warning signs of asthma; environmental control and what triggers an asthma attack. This class is not recommended for children under the age of eight..

Date/Time: Tuesdays from 1 – 2 pm

January: 6, 13, 20, 27	July: 7, 14, 21, 28
February: 3, 10, 17, 24	August: 4, 11, 18, 25
March: 3, 10, 17, 24, 31	September: 1, 8, 15, 22, 29
April: 7, 14, 21, 28	October: 6, 13, 20, 27
May: 5, 12, 19, 26	November: 3, 10, 17, 24
June: 2, 9, 16, 23, 30	December: 1, 8, 15, 22, 29

Fee: FREE

Registration: Call Children's Hospital Central California Clinical Education and Informatics at (559) 353-5902, or e-mail us with your name, phone number, and the name and date of the class for which you would like to register.

Boot Camp for New Dads

This is a national program that debuted in Fresno in April 2001. Offered monthly at local hospitals, this three and a half hour workshop features a unique lineup of teachers: "Veteran" dads with their new babies (up to 8 months old). These experts orient rookie dads expecting their first baby. Boot Camp prepares men to be dads in all respects, from the very beginning. Our mission is to help dads get connected and positively involved with their new baby. The Boot Camp

is open to any dad-to-be or veteran dad but this is a MEN ONLY workshop, no women over 2 feet tall allowed!

While dads are in Boot Camp, moms are invited to attend a separate discussion group at the same time.

Date/Time: Saturdays, 8:00 am - 12:00 pm

March 21	September 12
June 6	December 5

Fee: \$25/dad, \$10/mom, payable in advance.

Registration: Call Eagle Medical Services at (559) 275-9111.

Healthy Habits

This class is designed for parents and kids 8 years and older. Participants will learn the basics of nutrition, how to choose healthy meals and snacks instead of unhealthy ones and the importance of exercise. Participants will identify current eating patterns and leave class with a plan to make healthier food choices; how to choose from a wide variety of snack options to make quick, healthy snacks; and identify the types of fitness activities that impact health and come away with fun ways to increase their activity level.

Date/Time: Saturdays, 9:00 am - 12:30 pm

May 16
July 25
September 26

Fee: FREE

Registration: Call Children's Hospital Central California Clinical Education and Informatics at (559) 353-5902, or e-mail us with your name, phone number, and the name and date of the class for which you would like to register.

Community Education Class Schedule:

(See reverse side for more class dates and times)

Asthma Basics
 Bootcamp for New Dads
 Drunk Driving Prevention

Heartsaver AED and
 Heartsaver Pediatric First Aid
 Healthy Habits

Infant Care: Safety and Prevention
 Super Sitter

Heartsaver AED & Heartsaver Pediatric First Aid

The Heartsaver AED Course teaches how to do CPR, use an AED (Automatic External Defibrillator) and how to help an adult or child who is choking. You will also learn how to do CPR and how to help an infant who is choking.

The Heartsaver Pediatric First Aid Course teaches how to prevent, identify and care for bleeding, sudden illness and injuries during the first few minutes of an emergency until professional help arrives. This program meets the state-mandated training requirements for daycare workers and aids, coaches, teachers and adoptive and foster parents. Completion certificate is valid for two years, no written test is required.

Date/Time: One full Saturday, 8:00 am to 5:00 pm

January 3, 17, 31	July 18
February 21	August 1, 15, 29
March 14, 28	September 19
April 18	October 3, 24
May 2, 16	November 7, 21
June 6, 27	December 12

Or two evenings from 6:00 pm to 10:00 pm

January 5 & 7	July 7 & 9
February 17 & 19	August 3 & 5
March 2 & 4	September 1 & 3
April 21 & 23	October 19 & 20
May 4 & 6	December 14 & 16
June 15 & 17	

Fee: \$65/person, payable in advance.

Registration: Call Eagle Medical Services at (559) 275-9111.

Drunk Driving Prevention

Emergency Nurses CARE: Injury Prevention

One Saturday night in a hospital emergency department (ED) is enough to convince anyone that drinking and driving can have tragic consequences. Sponsored by Children's Hospital's Chapter of Emergency Nurses CARE, this program is designed to increase the awareness of the devastating consequences of drinking, driving and non-seatbelt compliance through the eyes of those who care for victims in the ED. Parents and teachers are strongly encouraged to attend with their pre-teens and teens.

Date/Time: Thursdays, 7:00 pm - 8:30 pm

TBD

Fee: FREE

Registration: Call Children's Hospital Central California Clinical Education and Informatics at (559) 353-5902, or e-mail us with your name, phone number, and the name and date of the class for which you would like to register.

Infant Care: Safety and Prevention

This is a class designed for couples who are expecting their first child or grandchild and are concerned about safety. Included topics are SIDS, baby proofing your home, car seat installation and safety, water safety, and CPR and choking for infants. There is hands-on practice with different types of car seats as well as CPR infant manikins.

Date/Time: Saturdays, 12:30 pm - 3:00 pm

March 21
June 6
September 12
December 5

Fee: \$25/couple, payable in advance.

Registration: Call Eagle Medical Services at (559) 275-9111.

Super Sitter

Open to kids ages 11 to 18. This class is designed to help teens, who work with young children, to be safe while having fun by learning CPR, first aid and fire safety.

Date/Time: Saturdays, 8:00 am - 5:00 pm

March 7
June 20
October 17

Fee: \$50/person, payable in advance.

Registration: Call Eagle Medical Services at (559) 275-9111.

