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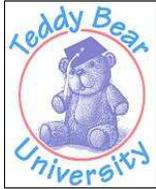
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C4P News

Focus on Parenting Infants

Featured Family Program

The anticipation of a baby can be an exciting and challenging time in someone's life. Many hospitals offer programs for pregnant women and their partners to help allay some of the fears and anxieties of childbirth and early parenting. One such program featured in Knoxville is **Teddy Bear University (TBU)**. This program offers childbirth classes at Fort Sanders Regional Medical Center in the department of women's services. TBU provides assistance to parents in obtaining the knowledge, skills, and confidence necessary to meet these challenges. Attending the classes will help parents prepare for the birth of their child. The five week series covers topics including variations of labor and birth, breathing and relaxation, tips for the support person, pain relief, and care for the new mom and baby. In addition TBU provides a breast-feeding class to learn basics such as how to get started, correct positioning and technique, tips for returning to work, and an overview of breast pumps. Fathers-to-be are encouraged to attend! Also recommended is the class on CPR/Safety for Infants and Children. This class teaches parents how to deal with airway obstruction and full cardiopulmonary resuscitation. Car seat safety, fire and poison awareness information are included in this class. Visit www.teddybearu.com for more information about other classes offered and dates. You may want to check on prenatal programs offered by hospitals in your area to provide referrals for program participants. If no such program is available, work with your hospital to begin a prenatal parenting program.



Featured Books

- **Heading Home with Your Newborn: From Birth to Reality** by Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP is a comprehensive guide for new parents. It focuses on dealing with the reality of parenting by providing "parent-tested, pediatrician-approved" advice to allay parent's fears. This guide covers a wealth of topics that often prove daunting in the first eight weeks of a child's life.



- **Your Baby's First Year** by the American Academy of Pediatrics is state-of-the-art advice you can trust from a professional organization for pediatricians. The book contains reassuring advice on baby care that covers everything from preparing for childbirth to family issues such as adoption and stepfamilies to age-appropriate toys.



Meetings, Trainings, and Events

- A free workshop led by National Parent Educator and writer Bill Corbett on Tips for Handling Power Struggles and Getting Cooperation will be held at Woodmont Christian Church in Nashville, TN on Monday April 19, 2010 from 6:30-8:30PM. Refreshments will be served! Seat reservations are appreciated but not required. Call toll free (866) 570-6824 or send an email to liz@cooperativekids.com
- The National Center on Shaken Baby Syndrome invites you to join them in Buckhead/Atlanta for the Eleventh International Conference on Shaken Baby Syndrome/Abusive Head Trauma to be held at the InterContinental Hotel on September 12-14, 2010. More info can be accessed at <http://www.dontshake.org/>

C4P Trivia Question

When do a baby's fingerprints begin to appear?

- A. as a three month fetus
- B. as a six month fetus
- C. shortly after birth
- D. three months after birth

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift!

Featured Resources

- **Text4Baby** provides timely and expert health information through SMS text messages to pregnant women and new moms through their babies' first year. By texting BABY to 511411 (or BEBE for Spanish), women receive three free SMS text messages each week timed to their due date or baby's date of birth. Find more info at <http://text4baby.org/>
- **Parents Know Kids Grow** is a new website for parents, supported by Tennessee DHS and the Child Care Resource and Referral Network. The website will provide parents, grandparents, and others concerned about raising children with resources and information about children's safety, well-being, and learning. Find more information at <http://parentsknowkidsgrow.org/>
- **Lifeline and Link-Up Programs** offers low income households assistance with paying their telephone bills and getting service in their homes. Please visit the Tennessee Regulatory Authority's website at <http://www.tn.gov/tra/consumerfiles/teleassist.html> for more information.

Tell Us What You Think

What do you want to see in future C4Pnews emails?

Please send your response to:
center4parenting@utk.edu

Also email us if you have a personal success story, or an organization, program, or book that you would like to have featured in an upcoming Center for Parenting newsletter. We would love to hear from you!

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