

RPCC News

A Publication of the *Ramona Pregnancy Care Clinic*
May 2011 All Services are Provided Free of Charge

Three Things You Can Do Today to Be a Better Parent

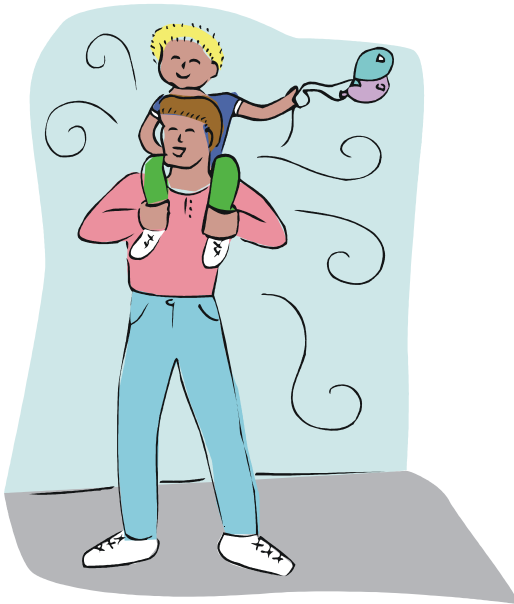
1. Be Available-When kids feel free to share what's on their hearts, they're less likely to experiment with risky behaviors, and they're more likely to develop strong character. During mealtimes, for example, get rid of the distractions (phone, TV, etc.) and make the effort to open up a meaningful conversation that demonstrates genuine interest in their lives.
2. Laugh Together-Laughter strengthens relationships by creating a natural bond. It enhances both the quality and health of your relationships. At some point in your evening, set aside the work you brought home from the office and just be silly, tell a knock-knock joke or a humorous story from your youth. Your kids will appreciate it!
3. Keep Your Promises-Nothing demonstrates how much you value your child than when you keep promises. Take advantage of everyday opportunities, make a promise to help with homework, read a book together, play a game, go for a walk. And then follow through. Keeping small promises each and every day reinforces their worth in your eyes.

From *Focus on the Family* 2011

BRIDGES

Bridges is a support group for teens and women who are either pregnant or have a baby under 12 months old. It is a great place to receive support, friendship and needed supplies. At **Bridges** a woman can shop for baby and maternity supplies with “Baby Bucks”. “Baby Bucks” are earned by attending the **Bridges** meetings, educating oneself on issues associated with pregnancy and children and by many other ways.

Bridges meetings are usually held the 1st & 3rd Thursdays of each month 6:30 to 8:00 p.m. at the clinic office. The meetings for the next months will be held on: (see the box)



D.A.D.S

All men are encouraged to come, share and learn from other dads. Together we have what it takes to be good dads, even if we didn't have a dad role model.

D.A.D.S. meetings are held the 1st & 3rd Thursdays of each month at 6:30 p.m. at the clinic office (during the **Bridges** meetings for women.) The meetings for the next months will be held on: (see the box.)

Cut out and post on your refrigerator, mirror, etc.

Bridges/D.A.D.S. Support Group 6:30-8:00 pm

May 5 and 19

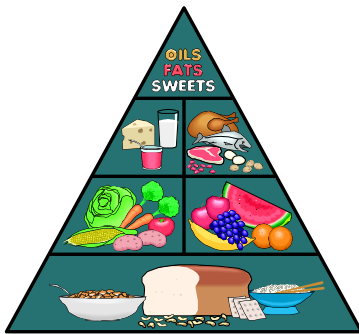
June 2 (Bar-B-Q) and 16

July 7 and 21

Nutrition

Nutrition Counseling is available Mondays, Wednesdays and Thursdays. You will be provided with tips on how to eat right for a healthy pregnancy and how to lose weight after the baby is born. A copy of "What to Expect When You are Expecting" is given to each woman attending a nutrition appointment. Call 789-7059 to set up an appointment. *Earns Baby Bucks*

To register call the office~760-789-7059



Breast Feeding Consultation

Breastfeeding is a skill that is easy to learn, low cost, convenient, best for baby and mother, but it doesn't come naturally. A breast pump will be given to each woman attending a Breastfeeding appointment. For an appointment with one of our nurses call 760-789-7059.

Earns Baby Bucks

Childbirth Preparation

During the last few months of pregnancy, it is recommended that you take a childbirth preparation class to get educated about the many processes that a woman's body goes through during labor and delivery.

RPCC offers a two-session childbirth preparation series. Class one will focus on the hospital experience, such as, when to go to the hospital, what will happen, tests and coping measures. Emergency birth will be discussed in case there isn't enough time to get to the hospital. Class two focuses on natural and drug free childbirth. Epidural, labor positions and how to write a birth plan are also discussed. Attendance at both classes is encouraged. *Call Anita in the RPCC office to sign up right away.*

Earns Baby Bucks



Next Child Birth Preparation Class:

June 7th and 14th

7:00-8:30 pm

*Ramona Pregnancy Care Clinic
1530 Main Street, Suite 6
Ramona, CA 92065
760-789-7059*

Non-Profit Bulk Rate

Return Service Requested

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- ◆ Bridges Bar-B-Que
- ◆ Prenatal Classes
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- ◆ Bridges and Puentes Meetings
- ◆ Childbirth Preparation Classes
- ◆ Scrapbooking Get-together

You Are Invited

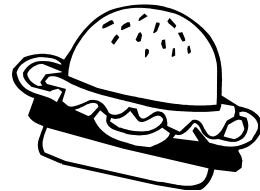
Potluck Picnic Barbeque and Games

Date: Thursday, June 2nd

Time: 6:00 – 7:45

Where: Collier Park, Ramona
6th and E Street

Ramona Pregnancy Care Clinic will provide hamburgers and hotdogs with the fixings, as well as table settings, and bottled water.



Families whose last names begin with:

A-G bring a fruit salad or tray

H-M bring a side dish

M-R bring a vegetable salad or tray

S-Z bring a dessert

Sign up by calling the office at 760-789-7059

Programas en Español

Juntas de Puentes

Nos reunimos para las juntas de **Puentes** el primer y el tercer martes de cada mes. Ven a pasar un buen tiempo con nosotros y a la misma vez aprender algo nuevo que edifica. Este grupo de apoyo también ofrece mucha información para las mujeres. Amiga, allí te esperamos! Siempre hay compras antes de la clase.

Futuras fechas de Puentes:

La Clínica para el Embarazo~ 9:00 a.m.
3 y 17 de mayo
7 y 21 de junio
5 y 19 de julio

Requisitos del Programa:

Los requisitos para participar en nuestros programas son los siguientes:

- ◆ Estar embarazada,
- ◆ Tener un bebé menor de un año



¡Infórmate! Aprende como escoger los mejores alimentos durante tu embarazo. Llama a Anita para una cita individual sobre la nutrición. 789-7059. Gana "Baby Bucks"

Si Tu Bebé Padece De Eccema

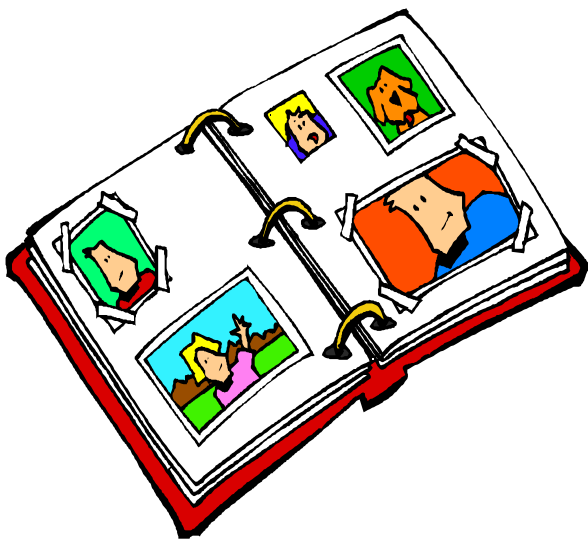
Debes saber que la Administración de Drogas y Alimentos de Estados Unidos (FDA, por sus siglas en ingles) circulará una advertencia sobre el aumento en el aumento en el riesgo de cáncer por el uso de cremas como Elidel y Protopic, que se utilizan para aliviar los sintomas de esta condición de la piel. Sin embargo, no hay que alarmarse, pues según explica Amy Paller, asesora de la revista *Parents* y profesora de dermatología y pediatría en la Feinberg School of Medicine de la Northwestern University, "la advertencia se basa en estudios realizados en animals expuestos a concentraciones muy altas del medicamento. Yo no he dejado de recetar estas drogas tan útiles."



Join In For Scrapbooking

When: Every Friday from 10:30 am-1:00 pm at the **RPCC** office.

Scrapbooking is a fun way to get your photos into an album. Then it turns your photo album into a storybook that becomes a keepsake that you and your



family will treasure forever.

All materials are provided, just bring in your photos of you, your baby, ultrasound pictures, etc. and you'll be on your way to creating a masterpiece.

For more info about the scrapbooking classes, call Anita in the office at 789-7059.

No experience needed.

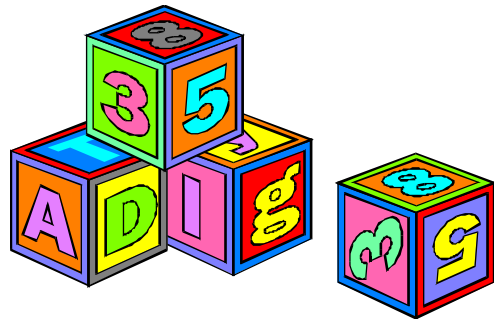
Cheap toys do the trick!

Many parents think they need to buy the latest fad toy. In reality, simple toys are just as beneficial. Some active toys, the ones with the bells and whistles, prompt kids to sit back and be entertained by pushing buttons. But passive toys make for active kids. When the toy is simple, a child is forced to be creative, dynamic and engaged on an entirely different level, which enables and promotes development. Here are some simple and inexpensive toys and their developmental benefits.

Toy

What it Prompts

Blocks	Fine and gross motor skills
Bubbles	Eye development, visual tracking
Dolls	Socio-dramatic, pretend play
Boxes	Imagination and creativity
Bowls	Auditory stimulation, cause/effect



Prenatal Classes

RPCC has available classes on each of the three trimesters of pregnancy. It's a great way to learn about what to expect in each trimester. Call the office at 789-7059 to make an appointment to take a prenatal class with your counselor.

Earns Baby Bucks