

Modern Parenting

ocls.info/parenting

What is a Doula?

Alafaya Branch

Tuesday, November 8, 10:15 a.m.

Have you ever wondered about the differences between a doula, midwife and doctor? Do you have questions about labor and delivery? Explore all your options and speak one on one with a local doula team, Mommy's Wombmate LLC.

Make Half of Your Grains Whole

West Oaks Branch

Thursday, November 10, 11 a.m.

Alafaya Branch

Thursday, November 17, 4 p.m.

Learn the importance of eating whole grains. We will discuss the health benefits of including whole grain and whole wheat in your diet. This class will teach you to identify whether or not a product is whole grain by learning to read labels. Seats are limited. Registration required.

How to Choose, Care For and Train Your Rescued Dog

Herndon Branch

Saturday, November 12, 11 a.m.

Many behavioral problems in dogs can be prevented with proper care and training. Todd Campbell, owner of South Orlando Dog Training, would like to inspire you to train your rescue the right way with no force and no pain. Learn new reward-based training methods that will make your new furry friend love to be with you and obey you. Please note pets are not permitted to attend.

Baby Relaxation

Winter Garden Branch

Monday, November 14, 10:15 a.m.

Local doula team, Mommy's Wombmate LLC, will teach basic relaxation techniques to help soothe your baby into a more peaceful state. Topics will include baby relaxation, aromatherapy and other methods to help you and baby achieve a more calm balance.

How to Handle Toddler Behaviors

Edgewater Branch

Tuesday, November 15, 10:15 a.m.

This class will teach effective positive parenting techniques on how to handle typical toddler behaviors such as tantrums, power struggles, conflict resolution and more. We will review brain development of a toddler and effective strategies to help them regulate their strong emotions.

Car Seat Safety

Chickasaw Branch

Tuesday, November 22, 10:15a.m.–12:15 p.m.

Is your child in the safest car seat? Stop by and find out! Certified technicians from Children's Safety Village will be on hand to check cars on a first-come, first-serve basis.