

# THE Nanny's SEMINAR

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HCA SPRING BRANCH MEDICAL CENTER PRESENTS:

# THE Nanny's SEMINAR



May 16, 8:00 a.m. - 12:45 p.m.



Parents, grandparents, childcare providers— welcome to Spring Branch Medical Center's free NANNY SEMINAR. Learn together how to maximize the time your child spends in his or her own "Nanny" situation. Whether your child attends a church-sponsored Mother's Day Out program, private day care, or spends time one-on-one with a live-in Nanny, everyone can benefit from attending THE NANNY SEMINAR.



taught in two separate sessions **in English and in Spanish**, THE NANNY SEMINAR will cover first aid, poison control, and how to make your home child-friendly. Your nanny will also learn how to make smart choices about nutrition and personal safety. You'll learn how to avoid potential pitfalls in the nanny-parent-child relationship. There's a free goodie bag for all participants, and you will have the opportunity to register for other classes.

It's free, it's topical, and it's presented by HCA Spring Branch Medical Center— your community health care resource. For more information and to register, call Marketing at (713) 984-3556. Space is limited. Reservations required.

**General Safety: Linda Honeycutt, H. F. D.**

Linda Honeycutt, Texas' first woman firefighter, addresses the hazards of fire, swimming pools, and electricity. How to make your home a safe place for your children. Q & A.

**Poison Control and Emergency Care: Dr. Michael Reiner, F. P. • Dr. Ricardo Grillo, Pediatrics**

How to protect against household poisons– what to do in an emergency, baby and child CPR– did you know there was a difference? Learn first aid for broken limbs, animal bites, burns, scrapes and cuts, allergic reactions, and how to recognize a possible concussion. Q & A.

**Personal Safety: Officer Julie Hardin-Wick, H. P. D. • Officer Adrian Garcia, H. P. D.**

Houston police officers talk about avoiding muggers, pickpockets and intruders in the house. Officers Hardin-Wick and Garcia also discuss protecting children from sexual molestation and abduction. Q & A.

**Active Parenting: Cris Arevala of Active Parenting**

Two fifteen-minute sessions, in English and in Spanish, teach how to listen, communicate, discipline and promote self esteem in your children.

**Childhood Health: Dr. Mary Geda, Pediatrics • Dr. Ricardo Grillo, Pediatrics**

Poison ivy, diaper rash, colds, flu and strep throat! Learn how to treat these common but worrisome childhood ailments, and how to decide when a condition is severe enough to take your child to the doctor. Also, news on immunizations and the re-emergence of TB. **Suzanne Alexander**, a registered dietician, has the facts about nutrition and diet. Q & A.

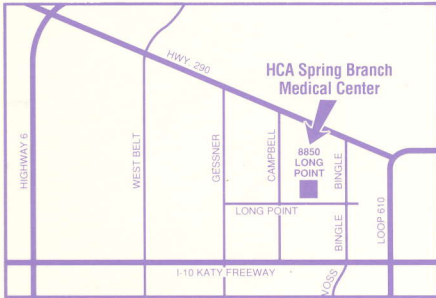
**Bringing Up Baby: Dr. Eileen Starbranch, Psychiatrist • Dr. Jaime Ganc, Psychiatrist**

Child outbursts, sibling bickering, and recognizing unusual behavior such as depression or aggressiveness. The doctor will also address positive discipline and quality versus quantity time. Q & A.

**When baby calls Nanny, “Mommy.” Dr. Eileen Starbranch, Psychiatrist • Dr. Jaime Ganc, Psychiatrist**

How to keep the roles of mother and nanny separate and distinct. **Lamar Matthews**, nanny placement center director, discusses how to choose a nanny, and make the relationship work.

# HCA Spring Branch Medical Center



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