



No one knows more about the health and safety of children than Miami Children's.

Miami Children's Hospital offers many unique programs and services to the community. Here are a variety of classes and programs on health and safety issues that benefit both parents and their children. We're here for the children and the community.

### The Ear Puzzle: Basic Anatomy, Ear Infections, Types of Hearing Loss and Speech Delay

Wednesday, February 11  
6 p.m. to 7:30 p.m.

MCH Main Campus - Michael Fux Family Center



*Cost: Free with registration*

Does your child have difficulty hearing? Do you have to call your child's name several times before he or she answers? Does your child tell you that they hear as if they are underwater? Is your child turning the TV on too loud? If so, this may be a sign of undiagnosed hearing loss which can affect a child's speech, language and communication skills. Conducted by licensed Miami Children's audiologists, this class will help parents learn about the pediatric hearing system including basics related to the functions of a child's ear as well as details about tests performed by the audiologist. For more information or to register, please contact Wendy Johnson at 305-662-8282 or email [wendy.johnson@mch.com](mailto:wendy.johnson@mch.com).

### CPR Class

Tuesday, February 17 (English)  
6 p.m. to 8 p.m.

Babies R Us at 8755 SW 24 Street

Wednesday, February 18 (Spanish)  
6 p.m. to 8 p.m.

MCH Main Campus



*Cost: \$20.00 per person*

This course in pediatric CPR teaches parents, grandparents and caregivers how to administer CPR to infants and children. Please call 305-662-8282 for more details about classes or to register.

### Child Passenger Safety



*Cost: Free with registration*

Child safety is our priority. Child passenger safety technicians will check your child's seat for defects, recalls, installation and proper fit. Please call 305-663-6800 for additional information.

### F.O.C.U.S. Program

Mondays

5 p.m. to 6 p.m.

MCH Main Campus Division of Psychology



*Cost: Most health insurance is accepted. Please check with your provider for more details.*

Conducted by a licensed therapist, this group therapy program is for children ages 7 to 17 who have been diagnosed with ADHD. Each weekly session teaches innovative technique to assist children with managing feelings, developing organization skills, maximizing their concentration abilities and socialization skills. Parents are invited to participate in a portion of each session to gain a better understanding of the topics covered. The group will meet once a week for six weeks. For more information or to register please contact Jessenia Lopez at 305-669-6503 or email [Jessenia.Lopez@mch.com](mailto:Jessenia.Lopez@mch.com).

### Calm Kids

Wednesdays

5 p.m. to 6 p.m.

MCH Main Campus Division of Psychology



*Cost: Most health insurance is accepted. Please check with your provider for more details.*

This six-week group therapy program is designed for children ages 7 to 17 who have difficulty managing anxiety. Participants will learn how to cope with fear and worry, identify anxiety triggers and learn about different ways to reduce anxiety and increase self-confidence. Parents are invited to participate in a portion of each session to learn how to reinforce coping techniques at home. Parents that are interested in this program for their child will need to attend an evaluation session with a therapist prior to the start of the program. Groups will meet once a week. For more information or to register please contact Jessenia Lopez at 305-669-6503 or email [Jessenia.Lopez@mch.com](mailto:Jessenia.Lopez@mch.com).

### Diabetes Support Group

Second Wednesday of each month

7 p.m. to 8 p.m.

MCH Main Campus



*Cost: Free with registration*

This diabetes teen support group is open to those with type 1 diabetes ages 13 to 17. Topics of discussion include the latest in diabetes research to the latest in insulin pump therapy. The primary goal is familiarize teens with diabetes care and create opportunities for networking with their peers. Registration is required. Please call Angelica Donado at 786-624-4527 or email [angelica.donado@mch.com](mailto:angelica.donado@mch.com) for further information or to register.

### Nutrition Services

MCH West Kendall Center

13400 SW 120th Street, Suites 100 & 200

Miami, FL 33186



*Cost: \$53.50 for initial consultation. \$30 for each follow-up appointment*

Nutrition services for children are now offered at Miami Children's Hospital West Kendall Outpatient Center. A pediatric nutritionist is available to provide guidance on weight management, diabetes, food allergies and more. Nutritional experts provide each child and family with an individualized plan. A physician referral is required. Please call 786-624-4523 for more information.

### Swimming Classes

MCH Dan Marino Outpatient Center

2900 S. Commerce Parkway in Weston



*Cost: \$240 for eight individual lessons or \$160 for eight lessons in a group setting*

Knowing how to swim saves lives. Swimming and water safety lessons are offered by a trained instructor for babies as young as 6 months to adolescents up to 21 years old. For more details about classes, please call 954-385-6295 or email [aquatics@mch.com](mailto:aquatics@mch.com).