

Topics of Trainings Conducted during the Pregnant Women's Care Center Meetings

Gynecologist:

- ✓ Pre-pregnancy care and preparing for pregnancy
- ✓ Pregnancy care in the three trimesters of pregnancy
- ✓ Preparing for childbirth (experience exchange)

Pediatrician:

- ✓ Specifics of baby hygiene in the first year
- ✓ Natural and artificial feeding
- ✓ National immunization calendar
- ✓ Risk signs of child disease and appropriate responses by mothers

Social Worker:

- ✓ Main parenting principles
- ✓ Sensitive periods in developing the social skills of children
- ✓ Discussion of parent-child relationship scenarios; transactional analysis

Psychologist:

- ✓ Specifics of child development by age and appropriate parental attitude
- ✓ Child temperament; the link between a child's birth order and personality and parental attitudes
- ✓ Specifics in the use of punishment and encouragement at various ages and stages
- ✓ Causes of child neuroses and how to cope with them
- ✓ Age-specific fears of children and how to cope with them

Cosmetologist

- ✓ Skin care of pregnant women; recovery after the changes to a woman's body during and after pregnancy

Lawyer

- ✓ Rights of pregnant women; the right to delivery and maternity leaves; types of social support to children

Physiotherapist

- ✓ The role of physical exercise during pregnancy; practical training