

Children's Preteen Classes

For Girls Only: A Heart-to-Heart

For Girls Only is recommended for girls ages 10 to 12 and a parent or guardian. This two-part class deals with the issues unique to young teens:

- Body changes and menstruation
- What girls should know about boys
- Social issues
- Sexuality

Instructors include Julie Metzger, RN, MN and Sue Heffernan, RN, MN of Children's Hospital and Regional Medical Center.

For Boys Only: The Challenges of Growing Up

For Boys Only is recommended for boys ages 10 to 12 and a parent or guardian. This two-part class uses an informal format to present and discuss information about:

- Body changes to expect during puberty
- Myths and facts
- What boys should know about girls
- How to talk about the experiences of adolescence

Instructors include Rob Lehman, MD, physician in Adolescent Medicine at Children's and Michael Madwed, MD, Family Physician at Group Health Cooperative.

The informal formats include discussion, lecture, video and group activities. Facts and practical information are given in a fun and open manner. Emphasis is on the importance of the family as a primary resource and communication between parents and children. Each preteen will receive a gift pack.

Cost: \$50 per parent/child pair, \$10 per additional child

Time: 6:30 to 8:30 p.m.

Place: Children's Hospital

Register: Visit www.seattlechildrens.org/classes for dates and to register online. Call the Children's registration line at (206) 789-2306 for more information or to register by phone.

Classes will be filled as registrations and fees are received. Due to limited class size, we encourage you to register early.