

April 8, 2008

News media calls to David Hass at (630) 682-7979, ext. 7374.

Is parenting tougher than you thought? The DuPage County Health Department can help

Series of three helpful classes scheduled in April

The DuPage County Health Department is sponsoring a three-night series of parenting classes on Mondays in April for families with children ages one to four.

This class covers many of the challenges of being parents, including discipline, routines to make life easier, childproofing the home and suggestions for parents to take care of themselves.

The April classes are scheduled from 7 p.m. to 8:30 p.m. on April 14, 21 and 28. All classes scheduled at the health department's Central Public Health Center, 111 N. County Farm Road, Wheaton.

Call (630) 682-7400 to register. The cost is \$20 and that includes a workbook.

"We promote health, prevent illness, and provide quality service"