



Center City Pediatrics is committed to creating a medical home for our patients. Providing the highest quality pediatric care requires supporting the growth and development of your entire family. This is at the center of our education program. See our website for a full list of classes, dates, descriptions, and facilitator information. Advanced registration is required through our website for all classes, and additional fees may apply. A small sample of our workshops include:

Moms Supporting Moms: Postpartum Support

Having a baby is a major life change that presents surprising and overwhelming challenges. This group is facilitated by a licensed clinical social worker and provides both a space to vent and a system to support new parents during this exciting time.

Breast or Bottle Weekly Lactation Support Group

It is never too soon to develop a healthy feeding relationship with your child. This group is facilitated by an IBCLC certified lactation consultant, troubleshooting the issues that keep you from reaching your feeding goals. A scale is available for weight checks.

Sleep Foundations

There are several causes of sleep issues and – thankfully – a host of strategies to help combat them. Our certified sleep coach covers co-sleeping, swaddling, “bad” habits and more. A complimentary “sleep check-up” is also available to all new patients. Ask our staff for details!

Infant & Toddler CPR

Accidents happen suddenly, and the ability to provide immediate care is invaluable. This non- certification course, facilitated by an American Heart Association certified instructor, is perfect for caregivers and extended family members.

Oral Motor Feeding Skills

Promoting early, healthy motor skills is critical for efficient feeding, improved breast and bottle feeding, and introduction to solid foods. Facilitated by a CCC-SLP, special attention will be given to exercises, positioning and movement support.

Introduction to Solid Foods

Starting solids is an exciting – and stressful – part of your child’s development. Facilitated by a CCC-SLP, you’ll receive the tools, guidance and support to start healthy habits from day 1.

Preparing to Return to Work as a Working Mom

Join fellow moms transitioning back to work after the birth of a child. Led by an ICF-Certified Coach, you’ll learn what to anticipate and prepare for – both at work and at home.

Check the class calendar on our website for full descriptions, facilitator biographies and registration links. New classes are added regularly!