

*Questions
welcome.*

*Babies
welcome.*

*Questions
about babies
welcome.*

Parenting each baby
and each child is
different.

Where can you turn for
practical, relevant
advice, in plain words
and at a comfortable
pace?

Baby Belly workshops
create a relaxed and
informative space for
parents to find answers
to some of their most
frequent questions.

**Baby Belly workshops are suitable
for groups such as:**

- Preschools
- Elementary schools
- Parenting groups
- Faith groups
- Fitness centers
- Wellness centers

**Workshops relevant to older kids
and teens are also available.**

**Workshops are free of charge and
can be done throughout most of
San Diego County and south
Orange County.**

Contact Us

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Baby Belly

**Workshops for Parents
of Young Children**



**Rebecca Cherry, MD
Pediatric GI Specialist**

**Seth Pransky, MD
Pediatric ENT Specialist**

 **PEDIATRIC SPECIALTY
PARTNERS**



REBECCA CHERRY, MD, is a Harvard-trained pediatric gastroenterologist with 9 years of practice in the San Diego area. Until recently at Rady Children's Hospital, she has now opened Pediatric Specialty Partners along with Seth Pransky. Her approach emphasizes the use of different foods and feeding practices to treat digestive disorders. She is also the proud mother of 3 children.

SETH PRANSKY, MD, is the West Coast's senior pediatric ENT doctor, with over 30 years in practice. A Professor at UC San Diego, he is widely known for his expertise on tongue-tie. Dr. Pransky works closely with local lactation consultants and other care providers to help mothers and infants establish breastfeeding from the earliest days. He is in private practice along with Dr. Rebecca Cherry at Pediatric Specialty Partners.

These are sample 1-hour workshops, which can be tailored to your group's needs.

NUTRITION FOR TWO: **Feeding infants, nursing mothers**

- Nursing patterns: What is normal? and other puzzles
- Formula supplementation: Should I?
- Baby Poop: How often, how much, how orange, how green?
- Challenges: Tongue-tie, spit-ups, and feeding refusal
- Introducing solids: when, what, and how?
- Allergies and sensitivities: identifying and avoiding them
- Mother's diet: caring for yourself

TOO HARD, TOO SOFT, OR JUST RIGHT? Kids and constipation

- Frequency, color, and form: What is normal?
- Toilet anxiety
- Soiling after toilet training
- Straining and pain with stooling
- "Holding it"

FEEDING CHILDREN: **Navigating the new world of food**

- Picky eaters: what to do and when to ask for help
- Allergies, reactions, sensitivities: what we know, and what remains unknown
- Organics and GMO's: does it matter?
- Milk: is there a right kind?
- Creating healthy gut biomes: probiotics, prebiotics, and must I make my baby eat sauerkraut?

EAR INFECTIONS: **Not again??!!**

- Ear pain: when is it an infection?
- Repeat infections: normal?
- Risk factors: what they are and how to decrease them
- Hearing loss and permanent injury: when to worry, how to check
- Treatment: antibiotics and the alternatives