



## TOPIC: PARENTING

### Pacific Time Program Schedule • September 26, 2011 - December 25, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM 1:30 PM 9:30 PM	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
12:00 AM 8:00 AM 4:00 PM	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
1:30 AM 9:30 AM 5:30 PM	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding	A Mother's Gift: Breastfeeding
3:30 AM 11:30 PM 7:30 PM	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics

### Related Lifestyle Programs

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 AM 8:30 AM 4:30 PM	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today
2:00 AM 10:00 PM 6:00 PM	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Acquired Infections: What You Need To Know	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital
6:00 AM 2:00 PM	Taking Antibiotics Properly	Preventing Flu and Pneumonia		Preventing Flu and Pneumonia	Nutritional Needs: Prescription For Health	Physical Activity: Improving Your Health	Tests That Can Save Your Life
10:00 PM	Preventing Flu and Pneumonia		Preventing Flu and Pneumonia	Nutritional Needs: Prescription For Health	Physical Activity: Improving Your Health	Tests That Can Save Your Life	Taking Antibiotics Properly