



For The Attending Adult:

## How to Have a Great “Heart to Heart” Experience with Your Child

Lucile Packard Children’s Hospital congratulates you for choosing to attend “Heart to Heart” with your child. Based upon our experience with the “Heart to Heart” program, we are certain that this will be a memorable experience for you and your child. The following tips will help to maximize your class experience.

**Registration opens 15 minutes before class time.** Please plan to arrive early both for parking convenience and for time for registration activities such as name badges, handouts, and a chance to be greeted by the instructor. Weekday evening classes begin promptly at 6:30pm and end promptly at 8:30pm; weekend classes begin promptly at 3pm and end promptly at 5pm.

**Do I need to bring anything?** Our class is designed to be low tech however we do use pencils. Please bring a pencil for each of you to each class.

**Directions and Parking:** We offer classes at Packard Children’s Hospital as well as at offsite locations in Belmont and Campbell and Menlo Park. Please visit the [“Heart to Heart”](#) website for specific directions to your class site. For classes offered at Packard Children’s Hospital, free after-hours parking (after 5pm on weekdays and on weekend) is available behind the clinics at [730 Welch Road](#) just across the street from the hospital main entrance. Pay parking is also available in the hospital parking garage at 725 Welch Road however those spaces are very compact and tend to fill early. Please check our [website](#) for construction updates as Welch Road will become a one-way road starting in October 2011. Parking behind the clinics at 730 Welch Road is the best parking option.

**No time for dinner?** A light snack will be provided during the break about halfway through each class. For classes offered in the Packard Children’s Hospital Auditorium, the hospital’s ground floor cafeteria, with healthy food options, is open until 7pm if you choose to arrive extra early and eat there. Please note: No food or drinks are allowed in the hospital auditorium. Unfortunately, there are no cafeteria options at our offsite locations.

**Plan to attend both classes with your child.** This is a relationship-building class so it will be especially important to your child to have the same adult attending both sessions with him/her. If you need to change your class date, please phone our coordinator at 650-724-4601 as soon as possible. We offer the program throughout the year so we can easily change your registration or make other accommodations.

**Plan to sit with your child throughout the classes.** Many children and some parents find a friend at class and would like to sit with them. Because the class includes interactive exercises for the adult and the child, our teachers ask that you please sit beside your child during the entire class.

**Cell phones, PDA’s and pagers should be turned off or, if absolutely necessary, on vibrate.** Our class is very low tech and we ask that you lower your technology as well.

**Report any issues to our staff right away.** If the room is too warm or you cannot hear the instructor...please let our staff know right away. This class is yours...we want you to be comfortable.

**ENJOY!**