

2026 Childbirth & Parenting Class Schedule



Prenatal Class I

In this class, you will learn about prenatal health, choices of pain relief methods in labor, the processes of labor and giving birth, delivery options and interventions. An anesthesiologist will be present for a Q&A session during the class. This is an interactive course where questions are welcome regarding your anticipated birthing experience here at Ochsner Westbank.

	<u>MONTH</u>	<u>DAY</u>
Cost: Free	March	10
Time: 5:30-7:30pm	June	9
Location: River Room 1st Floor	September	8
	November	3

Prenatal Class II

This class will cover the immediate period after delivery and post-delivery care for mother and baby. This includes rooming-in, newborn care of your baby in the hospital and when you get home. Education provided includes newborn behaviors, keeping your baby safe and recognizing feeding cues. This is a more in-depth understanding of your baby immediately after delivery and in the first few days after birth.

	<u>MONTH</u>	<u>DAY</u>
Cost: Free	March	17
Time: 5:30-7:30pm	June	16
Location: River Room 1st Floor	September	15
	November	10

Breastfeeding Class

This class is designed to teach new moms the basics of breastfeeding, including the benefits of breastfeeding, early feeding, positioning, latching on and milk production. You will learn about breast anatomy, hormones, the importance of exclusive breast milk feeding for six months and the prevention and management of common concerns. Family members are encouraged to attend.

	<u>MONTH</u>	<u>DAY</u>
Cost: Free	March	24
Time: 6-8pm	June	23
Location: River Room 1st Floor	September	22
	November	17

Topics Covered:

Labor & Delivery: Includes promoting healthy pregnancy, when to go to the hospital and vaginal birth processes

Medical Interventions: Inductions, pain relief options during labor, fetal monitoring, C-sections and more

Postpartum & Baby Safety: Care of new moms immediately after delivery and newborn safety information

To register for classes and/or schedule a tour, please email WBPNC@ochsner.org