

2026 Childbirth and Parenting Class Schedule

Based on patient feedback, we are continuing our classes virtually via Zoom. To register for classes, visit ochsner.org/baptistclasses. Tours of Labor & Delivery and Mother Baby Unit are offered on specific dates & times. For the latest tour schedule and to register, email jducoing@ochsner.org



Prenatal Classes

In these classes, you will learn about general prenatal health, choices of pain relief methods in labor, the process of labor and giving birth, delivery options and interventions, skin-to-skin contact and post-delivery care for mother and baby, including rooming-in. Family and friends are welcome to attend. We recommend all four prenatal classes to our first time parents.

Cost: Free

Date: Tuesdays, 6:30 p.m. – 8:30 p.m. (except where noted)

Virtual class via Zoom

Registration is required. Register at ochsner.org/baptistclasses. Email jducoing@ochsner.org for more information.

Class 1 – Labor and Delivery

Pregnancy, when to go to the hospital and vaginal birth

Dates

1/6	2/3	3/10	4/7
5/5	6/16	7/14	8/11
9/8	10/6	11/3	12/1

Class 2 – Medical Interventions

Inductions, pain relief options, fetal monitoring, C-sections and more

Dates

1/13	2/10	3/17	4/14
5/12	6/23	7/21	8/18
9/15	10/13	11/10	12/8

Class 3 – Postpartum & Baby Safety

Care of new moms after delivery and newborn safety information

Dates

1/20	2/24	3/24	4/21
6/2	6/30	7/28	8/25
9/22	10/20	11/17	12/15

Class 4 – Newborn Care

Care of your baby in the hospital and when you get home

Dates

1/27	3/3	3/31	4/28
6/9	7/7	8/4	9/1
9/29	10/27	11/24	

If you are deaf or hard of hearing and would like the use of a qualified interpreter or other auxiliary aids and services, please call the TDD line at **504-842-3719**.

When requesting a qualified interpreter, please give us three days advance notice if possible.

These services are provided free of charge.

The ABC's of Low Intervention Childbirth

Our goal is to provide you with valuable information and resources to prepare you for one of life's most miraculous events – the birth of your child. Topics will include: the mind-body connection, labor support techniques and resources for a low intervention birth.

Cost: Free

Date: Wednesdays, 6:30 p.m. – 8:00 p.m.

Virtual class via Zoom

Dates

1/21	3/18	5/13
7/15	9/16	11/18

Siblings Class

Your family is growing! Sibling class reviews baby basics about being a big brother or sister while also having some fun. Due to space constraints, only 1 adult is allowed to accompany your child.

Cost: Free

Date: Mondays, 5:30 p.m. – 6:30 p.m.

Location: Krewe Room in Baptist McFarland Medical Plaza

Registration is required.

Register at ochsner.org/baptistclasses.

Only 10 spots per class. Ages 3-8 years old only

Dates

1/12	2/2	3/16	4/13
5/11	6/15	7/13	8/10
9/21	10/12	11/16	12/7

Mommy Again / Prenatal Express Class

For moms who have had a baby before, this class reviews key points concerning labor, birth, and the newborn baby. It also explains how things may have changed since your last birth experience and how Baptist is such a unique place to deliver. This class can also be an option for first time parents who cannot attend our recommended 4 prenatal class series.

Cost: Free

Date: Thursdays, 6:30 p.m. – 8:30 p.m.

Virtual class via Zoom

Dates

1/22	3/12	4/16	7/16
9/10	11/19		

Grandparents Class

Mimi and Pops, things are different than when you had a baby! Come learn about skin-to-skin, rooming-in, the latest on the labor curve, breastfeeding, safe sleep, soothing crying, car seat safety and much more!

Cost: Free

Date: Thursdays, 6:30 p.m. – 8:30 p.m.

Virtual class via Zoom

Dates

1/8	2/5	3/5	4/9
5/7	6/4	7/2	8/13
9/3	10/8	11/12	12/17

Breastfeeding Class

This class is designed to teach new moms the basics of breastfeeding including the benefits, 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.

Cost: Free

Date: Mondays, 6:30 p.m. – 8:00 p.m.

Virtual class via Zoom

Dates

1/5	2/9	3/9	4/6
5/4	6/8	7/6	8/3
9/14	10/5	11/9	12/7

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