

2024 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. You will receive instructions for accessing the class the day of or before class. Tours of Labor & Delivery and Mother Baby Unit are also available. Register for a tour by emailing 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.

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

January 2	January 30
March 5	April 2
May 14	June 18
July 16	August 13
September 10	October 8
November 5	December 3

Class 2 – Medical Interventions

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

Dates

January 9	February 6
March 12	April 9
May 21	June 25
July 23	August 20
September 17	October 15
November 12	December 10

Class 3 – Postpartum & Baby Safety

Care of new moms after delivery and newborn safety information

Dates

January 16	February 20
March 19	April 16
May 28	July 2
July 30	August 27
September 24	October 22
November 19	December 17

Class 4 – Newborn Care

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

Dates

January 23	February 27
March 26	May 7
June 4	July 9
August 6	September 3
October 1	October 29
November 26	

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

January 17	March 20
May 15	July 17
Sept 18	Nov 20

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.

Ochsner Baptist | 2700 Napoleon Avenue, New Orleans



A Campus of Ochsner Medical Center

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

January 22	February 19
March 11	April 8
May 20	June 17
July 8	August 12
September 23	October 14
November 11	December 9

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

January 18	March 21
May 16	July 18
Sept 19	Nov 21

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

January 11	February 1
March 14	April 11
May 9	June 20
July 11	August 1
September 5	October 3
November 14	December 12

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

January 8	February 5
March 4	April 1
May 6	June 3
July 1	August 5
September 9	October 7
November 4	December 2

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