

**Classes are Free!  
Registration  
Required**

### **Birth & Beyond**

This one time 8 hour class is designed to provide current evidenced based information on birth practices to ensure positive, healthy birth outcomes for the entire birthing family. Topics include: general third trimester prenatal health, labor & delivery options, relaxation techniques; including breathing & massage, pain medication options, Cesarean Sections, and care for the mom & baby after delivery. A tour of the unit is included. Class is taught by a Certified Childbirth Educator. **Located in the Large Classroom from 9am to 5pm. Please register for this class.**

#### 2021 Dates:

January 9  
March 13  
May 15  
July 10  
September 11  
November 13

### **Baby Care**

This one-time two-hour class is designed for expectant parents & grandparents as they welcome their new Little One into their family. Class topics include everything you need to know in the early weeks, from A-Z. **This class is offered every other month in the large classroom from 6-8pm. Please register for this class.**

#### 2021 Dates:

February 4  
April 8  
June 3  
August 5  
October 7  
December 2

### **Breastfeeding**

Breastfeeding Basics is designed to teach the fundamentals of breastfeeding, including early feeding, positioning, milk production, and latch. A board-certified Lactation Consultant will take you through the basics of breast anatomy, hormones, dealing with common concerns, pumps and breast milk storage to ensure a good start for mom and baby. **Located in the Large Classroom from 6pm to 8pm on Thursdays or 9am to 11am on Saturdays. Please register for this class.**

#### 2021 Dates:

January 7 @ 6p-8p  
February 13 @ 9a-11a  
March 4 @ 6p-8p  
April 17 @ 9a-11a  
May 6 @ 6p-8p  
June 12 @ 9a-11a  
July 1 @ 6p-8pm  
August 14 @ 9a-11a  
September 2 @ 6p-8p  
October 16 @ 9a-11a  
November 4 @ 6p-8p  
December 11 @ 9a-11a

### **CPR/Infant Safety**

This 2-hour course on CPR Friends & Family is provided through the AHA. This class teaches the basics for child & infant CPR. **To register please call Starla Callais at 985.537-2335. Space is limited, Registration Required!**

#### 2021 Dates: @ 6:00pm

January 4  
March 1  
May 3  
July 5  
Sept 6  
Nov 1

### **Bayou Moms Support Group**

Attention new moms! This special support group is designed specifically for you and your baby. In a group setting with other new moms and their babies, our Board Certified Lactation Consultant will facilitate group discussions around topics specific to the health and well-being of all new families. A scale is available during this time if moms want to track the growth of their little ones. Open discussion with Q&A will be available. **Located in the Large Classroom from 1:00pm to 2:00pm.**

#### 2021 Dates:

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

### **Sibling**

Mommy's having a Baby: We welcome children ages 3 and up to come join the fun. Interactive activities and a tour of the mother baby unit. **Classes are available by appointment; please call Starla Callais at 985.537-2335.**

**Classes are now via  
Zoom, please email  
Pam Folsie to get the  
zoom information.**