

Ochsner St. Anne

Prenatal Education

Classes are Free!



Birthing & Beyond

This 8 hour class is offered as a four week series OR can be taken all in one day. It 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.

2018 Dates:

January 10th, 17th, 24th & 31st @ 6pm-8pm
February 24th @ 9am-5pm
March 7th, 14th, 21st & 28th @ 6pm-8pm
April 14th @ 9am-5pm
May 9th, 16th, 23rd & 30th @ 6pm-8pm
June 16th @ 9am-5pm
July 21st @ 9am-5pm
August 8th, 15th, 22nd & 29th @ 6pm-8pm
September 15th @ 9am-5pm
October 3rd, 10th, 17th & 24th @ 6pm-8pm
November 10th @ 9am-5pm
December 1st @ 9am-5pm

Grandparenting 101

This one time two-hour class is designed to get excited expectant grandparents familiar with their new role as “cheerleaders” as they watch their own children parent for the first time. Information on updated recommendations for childbirth, feeding, and safety concerns will all be presented. **Located in the Large Classroom from 6:00pm to 8:00pm.**

2018 Dates:

February 7th
April 18th
June 20th
August 1st
September 26th
November 7th

CPR/Infant Safety

This 3 hour course on CPR AED is provided through the AHA. This certifying class teaches the basics for adult, child & infant CPR, choking and using a mask. **To register please call Mae Hitt at 985.537.8350.**

2018 Dates: @ 5pm

January 10th
February 14th
March 14th
April 11th
May 9th
June 13th
July 11th
August 8th
September 12th
October 10th
November 14th
December 12th

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 6:00pm to 8:00pm.**

2018 Dates:

January 4 th	July 12 th
February 1 st	August 2 nd
March 1 st	September 6 th
April 5 th	October 4 th
May 3 rd	November 1 st
June 7 th	December 6 th

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 one. Open discussion with Q&A will be available. **Located in the Large Classroom from 1:00pm to 2:00pm.**

2018 Dates:

January 4th
February 1st
March 1st
April 5th
May 3rd
June 7th
July 12th
August 2nd
September 6th
October 4th
November 1st
December 6th

Sibling

Mommy's having a Baby:
We welcome children ages 2 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 held on the first floor of the hospital in the Large Classroom and/or the Managers Meeting Room.

For more information or to register, please contact:

Pam Folsie RNC-MNN, CCE, IBCLC at Pamela.Folsie@ochsner.org or **985.537.8291.**