

Preparing you for the most important moment of your life.



2024 Class Information

Please call **504-464-8365** to sign up for classes. Space is limited.

Childbirth Class | Saturdays, 9:00 a.m. – 1:00 p.m. | Creole Room - Hospital, 1st floor

In this relaxed class, you will learn the basics of childbirth. It will cover what to expect when you are in labor, pain relief options, cesarean birth, medical procedures, the newborn and recovery after you deliver. Class includes a tour.

March 9 | May 18 | July 20 | September 21 | November 16

Sibling Class | Sundays, 3:30 p.m. – 5:00 p.m. | Labor & Delivery Unit - Hospital, 3rd floor

Sibling class is for big brothers and big sisters. This fun class will help explain what to expect when their baby comes home, what their baby will be like and what they will be able to do and not do. They will get a look at the hospital rooms where you stay after you deliver. We welcome children ages two and up.

January 21 | April 14 | July 21 | October 13

Breastfeeding Class | Tuesdays, 6:00 p.m. – 8:00 p.m. | Creole Room - Hospital, 1st floor

During this class, we will discuss breastfeeding techniques and what the American Academy of Pediatrics recommends for new mothers. Lactation nurses will be available to answer any questions you may have about this skill. Your support person (partner, family member or friend) is welcome to attend with you.

January 23 | March 12 | May 21 | July 23 | September 24 | November 19

Baby Care Class | Wednesdays, 6:00 p.m. – 8:00 p.m. | Creole Room - Hospital, 1st floor

Oh baby! It's an exciting time for new parents, but it might be a little overwhelming. Join us for this fun class that will give you information on basic baby care, normal behavior, comforting baby and how to keep baby safe. You will have time to ask questions and to practice bathing, diapering and swaddling.

January 25 (THURSDAY) | March 13 | May 22 | July 24 | September 25 | November 20

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504-464-8365

ochsner.org/newmom

