Preparing you for the most important moment of your life.

2023 Class Information
Visit ochsnerstore.org under “Classes and Events” or call 504-464-8365 to sign up

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.
January 21 | March 18 | May 20 | July 15 | September 16 | November 18

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 22 | April 16 | July 9 | November 12

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 10 | March 14 | May 9 | July 11 | September 12 | November 14

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 11 | March 15 | May 10 | July 12 | September 13 | November 15

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