

# Ochsner St. Anne Prenatal Education

Classes are Free! Registration Required.

## Birthing & Beyond

This one-time 2-hour class is designed to provide current evidence-based information on birth practices to ensure positive, healthy birth outcomes for the entire birthing family. Topics include how to identify common conditions in pregnancy and who can help, labor and delivery including labor positions, recovery, and postpartum care.

**Located in Ochsner Therapy & Wellness at 162 Acadia Park Dr. from 6pm to 8pm.**

### 2024 Dates:

January 17  
March 20  
May 15  
July 17  
September 18  
November 20

## 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.

**Located in the Large Classroom from 6-8pm.**

### 2024 Dates:

February 21  
April 17  
June 19  
August 21  
October 16  
December 18

## Sibling

Mommy's having a Baby:

We welcome children ages 3-10 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) 537-8297.**

## 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.**

### 2024 Dates:

January 3  
February 7  
March 6  
April 3  
May 1  
June 5  
July 10  
August 7  
September 4  
October 2  
November 6  
December 4

## 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.**

### 2024 Dates:

January 3  
February 7  
March 6  
April 3  
May 1  
June 5  
July 10  
August 7  
September 4  
October 2  
November 6  
December 4

## CPR/Infant Safety

This 1-hour course on CPR Friends & Family is provided through the AHA. This class teaches the basics for infant CPR. **To register please call Starla Callais at (985) 537-8297. Space is limited to Ochsner St. Anne patients only. Registration Required! Located in the Large Classroom from 6pm to 7:00pm.**

### 2024 Dates:

January 8  
March 4  
May 6  
July 1  
September 9  
November 4

Registration Required, please contact Maddy Bergeron at [Madelyn.bergeron@ochsner.org](mailto:Madelyn.bergeron@ochsner.org) or 985.537.8291.

