

2019 Childbirth and Parenting Class Schedule



Prenatal

Day 1 focus topics include general prenatal health, labor, anesthesia and delivery options. Day 2 focus topics include post delivery care for mom and baby and breastfeeding education. This class includes a tour of the units. Light refreshments served.

Cost: FREE

Saturday-Sunday, 9:30am-12pm, River Room

January 19-20
March 30-31
May 18-19
July 20-21
September 21-22
November 16-17

Lamaze

This class, which is held in two sessions, focuses on healthy birthing practices supported by research to ensure a positive, healthy outcome for both mom and baby. The class is taught by a certified Lamaze instructor. Early registration is recommended. Wear comfortable clothing and bring 2 pillows. A morning snack and lunch is provided. To preview the class, visit www.lamaze.org

Cost: \$100 per couple (Includes both sessions. Pay online or by cash or check to the instructor)

Saturday-Sunday, 9am-3pm, River Room

March 23-24
June 22-23
September 14-15

Infant CPR

This non-certifying AHA class provides basic CPR skills for infants. This class is taught by a certified CPR instructor.

Register online at www.ochsnerstore.org and search CPR.

*Cost: \$15 per person/ \$25 per couple
Ochsner Baptist Harmony Room*

Breastfeeding

This class, taught by a certified lactation consultant, focuses on the basics of breastfeeding, including early skin-to-skin and feeding after delivery, proper positioning and latch techniques. It includes key practices in the first week that will promote a successful breastfeeding experience. Information on breast pumps and breast milk storage is included. Light snack provided.

Cost: FREE

6-8pm, River Room

January 15
March 12
May 14
July 9
September 10
November 12

Sibling

This interactive class is geared toward children 3-11 years of age and prepares them for being a new brother or sister. Unit tour is available. Light snack provided. *Cost:*

Cost: FREE

Saturdays 9:30-10:30am, River Room

February 23
August 17
November 2

Mommy to Be

This open house is held twice a year as an all-inclusive mini overview of what to expect when you deliver at Ochsner West Bank. It includes a panel discussion of medical experts, information on breastfeeding and car seat safety. The session includes a tour of unit as well as an opportunity to win door prizes. Light refreshments provided.

Cost: FREE

5:30-8:30pm, River Room

April 3
August 7

Baby Basics

Teaching includes newborn appearance and characteristics, basic infant care including feeding, bathing, sleep patterns, safety and more.

Cost: FREE

6-8pm, River Room

January 14
March 11
May 13
July 8
September 9
November 11

Safe Sitter

This class is open for boys and girls ages 11-13 years of age and teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. Light snacks provided; child to bring own lunch.

Cost: \$45 -1 day session. \$75 for 2 day which includes non-certifying AHA CPR skills. Cash or check payment made on day of class or online.

9am-2pm

January 3-4 (Orleans Room)
April 13 (River Room)
June 3-4 (Orleans Room)
July 10-11 (Orleans Room)

Child Safety Seat Fitting Station

FREE car seat safety checks by certified child passenger safety technicians. By appointment only.



Ochsner®

Medical Center – West Bank Campus

To register for classes, call 504.391.5529 or email familyunitWB@ochsner.org. FREE unit tours available upon request!