

2020 Childbirth and Parenting Class Schedule



Prenatal Classes

In these classes, you will learn about general prenatal health, choices of pain relief methods in labor, the process of labor and giving birth, delivery options and interventions, skin-to-skin contact and postdelivery care for mother and baby, including rooming-in. At the end of every class, we offer a tour of the Labor & Delivery and Mother-Baby units. Family and friends are welcome to attend. We recommend all four prenatal classes to our first time parents.

Cost: Free

Date: Tuesdays, 6:30pm – 8:30pm

Location: Auditorium, 1st floor

McFarland Medical Plaza

Registration is required. Register at ochsner.org/baptistclasses.

Email jducoing@ochsner.org for information on book & app options.

Class 1 – Labor and Delivery Part I

Pregnancy, when to go to the hospital and vaginal birth

Month	Day
January	7
February	4
March	10
April	7
May	5
June	2
July	7
August	4
September	1, 29
October	27
November	24

Class 2 –

Medical Interventions Inductions, pain relief options, fetal monitoring, C-sections and more

Month	Day
January	14
February	11
March	17
April	14
May	12
June	9
July	14
August	11
September	8
October	6
November	3
December	1

Class 3 –

Postpartum & Baby Safety

Care of new moms after delivery and newborn safety information

Month	Day
January	21
February	18
March	24
April	21
May	19
June	23
July	21
August	18
September	15
October	13
November	10
December	8

Class 4 – Newborn Care

Care of your baby in the hospital and when you get home

Month	Day
January	28
March	3, 31
April	28
May	26
June	30
July	28
August	25
September	22
October	20
November	17
December	15

Prenatal Refresher Class

For moms who have had a baby before, this class reviews key points concerning labor, birth, and the newborn baby. It also explains how things may have changed since your last birth experience and how Baptist is such a unique place to deliver. This class can also be an option for first time parents who cannot attend our recommended 4 prenatal class series.

Cost: Free

Date: Thursdays, 6:30pm – 8:30pm

Location: Harmony Room

Registration is required. Register at ochsner.org/baptistclasses. If classes are full, email jducoing@ochsner.org to be placed on waiting list.

Month	Day
January	9
March	19
April	30
July	9
September	17
November	19

Please park in the Jena Garage. Take the crosswalk on the 2nd floor to the McFarland Medical Plaza. Take the elevator or stairs to 1st floor for the auditorium, or take the elevator to the 3rd floor for the Harmony or Krewe Rooms.

Grandparents Class

Grandma & Grandpa, things are different than when you had a baby! Come learn about skin-to-skin, rooming-in, the latest on the labor curve, breastfeeding and safe sleep.

Registration is required. Register at ochsner.org/baptistclasses. If classes are full, email jducoing@ochsner.org to be placed on waiting list.

Cost: Free

Date: Thursdays, 6:30pm – 8:30pm

Location: Harmony Room

Month	Day
January	16
February	13
March	5
April	9
May	7
June	4
July	16
August	13
September	10
October	8
November	12
December	10

Sibling Class

This class is geared towards children ages 3 to 10, and is split into two classes (ages 3-5 and 6-10). It includes activities preparing the sibling(s) for their new brother or sister.

Register at ochsner.org/baptistclasses. If classes are full, email jazzinari@ochsner.org for waiting list info.

Cost: Free

Date: Mondays, 5:30pm – 6:30pm

Location: Krewe Room

Ages 3-5	Ages 6-10
January 6	January 20
February 3	February 17
March 2	March 16
April 6	April 20
May 4	May 18
June 1	June 15
July 6	July 20
August 3	August 17
September 7	September 21
October 5	October 19
November 2	November 16

Lamaze Class

In this class, you will learn about healthy birthing practices supported by research to ensure positive, healthy outcomes for both mom and baby. The series of four classes is led by a certified Lamaze Childbirth Educator. Expectant mothers and their labor support should attend.

Registration is required two weeks prior to the first class. Please register with Jane Savage, RN, PhD, CNE, LCCE at 504.559.9728 (cell) or jssavag@gmail.com.

Cost: \$150 with a \$75 deposit (\$75 due first class)

Date: Wednesdays, 6:30pm – 9:00pm

Location: Harmony Room

(Bring two pillows and wear comfortable clothing.)

Series	Class 1	Class 2	Class 3	Class 4
January 8 - 29	Jan 8	Jan 15	Jan 22	Jan 29
March 4 - 25	Mar 4	Mar 11	Mar 18	April 25
April 29 - May 20	April 29	May 6	May 13	May 20
June 24 - July 15	June 24	July 1	July 8	July 15
August 19 - September 9	Aug 19	Aug 26	Sept 2	Sept 9
October 14 - November 4	Oct 14	Oct 21	Oct 28	Nov 4
December 2 - 23	Dec 2	Dec 9	Dec 16	Dec 23

Breastfeeding Class

This class is designed to teach new moms the basics of breastfeeding including the benefits, early feeding, positioning, latching on and milk production. You will learn about breast anatomy, hormones, the importance of exclusive breast milk feeding for six months and the prevention and management of common concerns. Family members are encouraged to attend.

Register at ochsner.org/baptistclasses.

Cost: Free

Date: Mondays, 6:30pm - 8:30pm

*Location: Auditorium, 1st floor
McFarland Medical Plaza*

Month	Day
January	6
February	3
March	2
April	6
May	4
June	1
July	6
August	3
September	14
October	5
November	2
December	7

Happiest Baby on the Block

In this class, you will learn techniques to calm and soothe a crying baby.

Registration is required. Register at ochsner.org/baptistclasses. If classes are full, email Lauren Borgstede, RN at lborgstede@ochsner.org to be placed on the waiting list.

Cost: \$25, includes DVD

Date: Wednesdays, 6:00pm – 7:30pm

Location: Krewe Room

Month	Day
January	8
February	5
March	4
April	1
May	6
June	3
July	1
August	5
September	2
October	7
November	4
December	2

Please park in the Jena Garage. Take the crosswalk on the 2nd floor to the McFarland Medical Plaza. Take the elevator or stairs to 1st floor for the auditorium, or take the elevator to the 3rd floor for the Harmony or Krewe Rooms.

If you are deaf or hard of hearing and would like the use of a qualified interpreter or other auxiliary aids and services, please call the TDD line at 504.842.3719. When requesting a qualified interpreter, please give us three days advance notice if possible. These services are provided free of charge.