

2023 Childbirth and Parenting Class Schedule



Based on patient feedback, we are continuing our classes virtually via Zoom. Tours for Labor & Delivery and Mother Baby will also be available. To register for all classes and tours, visit ochsner.org/baptistclasses. You will receive instructions for accessing the virtual class via email prior to the scheduled class time.

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 post-delivery care for mother and baby, including rooming-in. 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

Virtual class via Zoom

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

Email jducoing@ochsner.org for more information.

Class 1 – Labor and Delivery

Pregnancy, when to go to the hospital and vaginal birth

Month	Day
January	3, 31
March	7
April	4
May	2, 30
June	27
August	1, 29
September	26
October	24
November	28

Class 2 – Medical Interventions

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

Month	Day
January	10
February	7
March	14
April	11
May	9
June	6
July	11
August	8
September	5
October	3
November	7
December	5

Class 3 – Postpartum & Baby Safety

Care of new moms after delivery and newborn safety information

Month	Day
January	17
February	14
March	21
April	18
May	16
June	13
July	18
August	15
September	12
October	10
November	14
December	12

Class 4 – Newborn Care

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

Month	Day
January	24
February	28
March	28
April	25
May	23
June	22 (**Thursday)
July	25
August	22
September	19
October	17
November	21
December	19

The ABC's of Low Intervention Childbirth

Our goal is to provide you with valuable information and resources to prepare you for one of life's most miraculous events – the birth of your child. Topics will include: the mind-body connection, labor support techniques and resources for a low intervention birth.

Cost: Free

Date: Wednesdays, 6:30pm – 8pm

Virtual class via Zoom

Month	Day
January	18
March	15
May	17
July	19
September	20
November	15

Mommy Again / Prenatal Express 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

Virtual class via Zoom

Month	Day
January	19
March	16
May	18
July	20
September	21
November	16

Grandparents Class

Mimi and Pops, things are different than when you had a baby! Come learn about skin-to-skin, rooming-in, the latest on the labor curve, breastfeeding, safe sleep, soothing crying, car seat safety and much more!

Cost: Free

Date: Thursdays, 6:30pm – 8:30pm

Virtual class via Zoom

Month	Day
January	12
February	9
March	9
April	6
May	11
June	8
July	13
August	10
September	14
October	12
November	9
December	14

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.

Cost: Free

Date: Mondays, 6:30pm – 8:00pm

Virtual class via Zoom

Month	Day
January	9
February	6
March	6
April	3
May	1
June	5
July	10
August	7
September	11
October	2
November	6
December	4

Tours of Labor & Delivery and Mother Baby Unit

Dates/time vary

To register for all classes and tours, visit ochsner.org/baptistclasses.

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.



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