

# Preparing you for the most important moment of your life.



## 2021 Class Information

Visit [ochsnerstore.org](https://ochsnerstore.org) and search "Class" 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.

**May 8 | July 10 | September 11 | November 20**

### **Evening Childbirth Class**

Two Consecutive Tuesdays, 6:00 p.m. – 8:00 p.m. | Creole Room - Hospital, 1st floor

**June 8 and 15 | August 3 and 10 | October 5 and 12 | December 7 and 14**

### **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.

**April 18 | July 11 | October 17**

### **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.

**May 11 | July 13 | September 14 | November 9**

### **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.

**May 19 | July 21 | September 22 | November 10**

### **Car seat installation by appointment, call 504-464-8345.**

Our certified technicians can help you install your baby's car seat or check your current installation free of charge.

