

# 2021 Childbirth and Parenting Class Schedule



## **Baby Basics**

### **6-8pm River Room**

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

We welcome one support person to join mom for class.

January 5  
March 2  
May 4  
July 6  
September 7  
November 2

**Cost: FREE**

## **Prenatal Class**

### **6:30-8:30pm River Room**

In this 4-part class, you will learn about general prenatal health, choices of labor pain relief methods, the process of labor and giving birth, delivery options and interventions, skin to skin for mom & baby, and rooming-in. At the end of every class we offer a tour of Labor and Delivery and Mother Baby units. We welcome one support person to join Mom for class!

#### **Class 1 - Delivery Part I**

Pregnancy, when to go to the hospital, and vaginal birth

January 6/March 3/May 5/July 7  
September 1/November 3

#### **Class 2 - Delivery Part II**

Medical interventions, epidurals, and C- Sections

January 13/March 10/May 12/July 14  
September 8/November 10

#### **Class 3 - Post Partum & Baby Safety**

Care of new moms after delivery and newborn safety information

January 20/March 24/May 19/July 21  
September 15/November 17

#### **Class 4 - Newborn Care**

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

January 27/March 31/May 26/July 28  
September 22/November 24

**Cost: FREE**

## **Safe Sitter**

Safe Sitter® is a medically accurate program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. This class teaches safe and nurturing childcare techniques, behavior management skills, and appropriate responses to medical emergencies.

Please bring lunch. A light snack will be provided.

For more information, visit  
[www.safesitter.org](http://www.safesitter.org)

June 14, 9am-2pm River Room  
July 20, 9am-2pm Cypress Room

**Cost: \$45 includes a Safe Sitter® Manual and Completion Card. Make check payable to Ochsner Medical Center - West Bank Campus**

## **Breastfeeding Classes**

### **6-8pm River Room**

Breastfeeding class is designed to teach the basics of breastfeeding, including early feeding, positioning, latch on and milk production. 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.

We welcome one support person to join mom for class.

January 12  
March 9  
May 11  
July 13  
September 14  
November 9

**Cost: FREE**

## **Sibling Class**

### **9-10am River Room**

This interactive class is geared toward children 3-11 years of age and prepares them for being a new brother or sister. Unit tour offered after class and light snack provided.

March 6  
May 1  
September 18  
November 6

**Cost: FREE**

## **Mommy to Be**

### **5:30-9pm River Room**

This open house event 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 unit tour, pre-registration, and an opportunity to win door prizes. Light refreshments provided.

April 7  
August 4

**Cost: FREE**

## **Child Safety Seat Fitting Station**

Our trained technicians will teach you everything you need to know to make sure your car seat is fitted and installed correctly. Contact us for an appointment.

**Cost: FREE**

## **Tour the Family Unit**

Tours are complimentary for all expectant parents. Please bring your questions. Tours are offered by appointment only.

**Cost: FREE**

**Register by contacting our OB Navigator at 504.391.5529 or [familyunitWB@ochsner.org](mailto:familyunitWB@ochsner.org)**

Class size is limited to comply with COVID-19 precautions, so sign up early to reserve your spot!

**Ochsner Medical Center - West Bank Campus**  
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 **Ochsner**  
**West Bank Campus**  
A Campus of Ochsner Medical Center