Birthing & Beyond
This 8 hour class is offered as a four week series OR can be taken all in one day. It is designed to provide current evidenced based information on birth practices to ensure positive, healthy birth outcomes for the entire birthing family. Topics include: general third trimester prenatal health, labor & delivery options, relaxation techniques; including breathing & massage, pain medication options, Cesarean Sections, and care for the mom & baby after delivery. A tour of the unit is included. Class is taught by a Certified Childbirth Educator. Located in the Large Classroom from 9am to 5pm.

2019 Dates:
January 19th
March 16th
May 18th
July 20th
September 21st
November 16th

Grandparenting 101
This one time two-hour class is designed to get excited expectant grandparents familiar with their new role as “cheerleaders” as they watch their own children parent for the first time. Information on updated recommendations for childbirth, feeding, and safety concerns will all be presented. Located in the Large Classroom from 6:00pm to 8:00pm.

2019 Dates:
February 7th
April 4th
June 6th
August 1st
October 3rd
December 5th

Breastfeeding
Breastfeeding Basics is designed to teach the fundamentals of breastfeeding, including early feeding, positioning, milk production, and latch. 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. Located in the Large Classroom from 6pm to 8pm on Thursdays or 9am to 11am on Saturdays.

2019 Dates:
January 3rd @ 6p-8p
February 16th @ 9a-11a
March 7th @ 6p-8p
April 27th @ 9a-11a
May 2nd @ 6p-8p
June 15th @ 9a-11a
July 18th @ 6p-8pm
August 17th @ 9a-11a
September 5th @ 6p-8p
October 12th @ 9a-11a
November 7th @ 6p-8p
December 14th @ 9a-11a

CPR/Infant Safety
This 1-hour course on CPR Friends & Family is provided through the AHA. This class teaches the basics for child & infant CPR. To register please call Starla Callais at 985.537-2335.

2019 Dates: @ 6:30pm
February 4th
April 1st
June 3rd
August 5th
October 7th
December 2nd

Bayou Moms Support Group
Attention new moms! This special support group is designed specifically for you and your baby. In a group setting with other new moms and their babies, our Board Certified Lactation Consultant will facilitate group discussions around topics specific to the health and well-being of all new families. A scale is available during this time if moms want to track the growth of their little one. Open discussion with Q&A will be available. Located in the Large Classroom from 1:00pm to 2:00pm.

2019 Dates:
January 3rd
February 7th
March 7th
April 4th
May 2nd
June 6th
July 18th
August 1st
September 5th
October 3rd
November 7th
December 5th

Sibling
Mommy’s having a Baby:
We welcome children ages 2 and up to come join the fun. Interactive activities and a tour of the mother baby unit. Classes are available by appointment; please call Starla Callais at 985.537-2335.

For more information or to register, please contact:
Pam Folse RNC-MNN, CCE, IBCLC at Pamela.Folse@ochsner.org or 985.537.8291.