

# 2017 Class Schedule The Family Birth Place



The Family Birth Place

## Labor and Birth

Learn what to expect during labor.  
Includes tour of The Family Birth Place.

9:00 am - 2:00 pm

January 14	April 8
February 11	May 13
March 4	June 3

## Lamaze/Prepared Childbirth

2 day course includes 4 meals  
and textbook. Call early in  
pregnancy to schedule.

10:00 am - 4:30 pm

January 7 & 21
February 18 & March 18
May 6 & 20

**\$100 per couple**

## Breastfeeding Courses

### ABC's of Breastfeeding

Discusses basics and concerns.

7:00 pm - 9:30 pm

January 3	April 4
February 7	May 4
March 14	June 6

### Breastfeeding SOS

Assistance for new moms and  
babies learning to breastfeed.  
Private appointment.

Call 504.349.6004 (Lila) or  
504.349-1301 (Pam)

## Caring For Your Newborn

Registered nurse discusses  
newborn behavior and care.

1:00 pm - 4:30 pm

January 28	April 22
February 25	May 27
March 25	June 17

## "Happy Baby on the Block" Seminar

Hosted by Parenting Center  
at Children's Hospital.  
Classes Held at WJMC.

7:00 pm - 9:00 pm

January 10	March 21
May 9	

To register, call 504.896.9591  
or e-mail  
chparenting@lcmchealth.org

## Sibling T.L.C.

For children 3 years and older. Prepares  
them for arrival of mom's new baby.

10 am / \*2:30 pm

January 14*	April 22
February 25	May 13*
March 4*	June 17

Ready to Register?

Have Questions? Leave a Message.  
(your call will be returned as soon as possible)

**504.349.6200**

## Other Community Services

### Family and Friends CPR

Basic introduction course for  
family and friends.

7:00 pm - 9:30 pm

January 24	April 11
February 21	May 23
March 28	June 20

**\$15 per person or  
\$25 per couple**

### Infant Safety and First Aid

7:00-9:30 pm

January 17	May 16
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### Free Car Seat Checkups

By Appointment

Call 504.349.2173

### Mother-Daughter Rap

Breakfast discussion for mothers  
and pre-teen girls.

9:00 am - 11:00 am

January 28	March 25
May 27	

**\$25 per couple**

### Babysitters Course for Teens/Young Adults

Must be at least 11 years old.  
Condensed Red Cross course. Fee in-  
cludes textbook, CD ROM and lunch.

11:00 am - 4:30 pm

February 27	April 14
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**\$55 per person**

## El Nuevo Centro De Maternidad Clases Prenatales En Espanol

Las clases seran ofrecidas para los actuales y futuros padres: Trabajo de Parto y Nacimiento, Tecnicas de Amamantamiento y Primeros Auxilios. Por favor llamar a Claudia al 504.349.1821 para las fechas de inscripcion.

Most classes are free.

Classes that require a fee are indicated. Pre-registration is required!