

The Family Birth Place

# 2021 Maternity and Community classes

January–June

The Family Birth Place offers several classes to help you prepare for the birth of your baby. Most classes are free. Classes that require a fee are indicated. Pre-registration is required!

## Labor and Birth

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

### 9 am–2 pm

January 9	April 3
February 6	May 8
March 6	June 12

## Lamaze/Prepared Childbirth

Two day course includes four meals and textbook. Call early in pregnancy to schedule.

**\$100 per couple**

### 10 am–4:30 pm

January 16 & 30  
March 13 & 27  
May 15 & 29

## ABC's of Breastfeeding

Discusses basics and concerns.

### 7–9:30pm

January 5	April 13
February 2	May 11
March 2	June 8

## 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.

### 1–4:30pm

January 23	April 24
February 27	May 22
March 20	June 26

## "Happy Baby on the Block" Seminar

Hosted by The Parenting Center from Children's Hospital. Classes held at Touro.

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

## Sibling T.L.C.

Classes on hold at this time. Sibling education available by mail.

Call 504.349.6200 for information.

## Family and Friends CPR

Basic introduction course for family and friends.

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

### 7–9:30pm

January 19  
March 16  
May 25

## Infant Safety and First Aid

### 7–9:30pm

February 16	June 22
April 27	

## Mother–Daughter Rap

Breakfast discussion for mothers and pre-teen girls.

**\$25 per couple**

### 9–11 am

February 27	June 26
April 24	

## Grandparent Gathering

Breakfast or supper session discussing 'what's new?' with baby care.

**\$15 person/\$25 couple.**

Call 504.349.6200 for information.

## Free Car Seat Checkups

By appointment.

Call 504.349.2173 (Andrea)

**Sign up for our classes today!**  
**504.349.6200**