

The Family Birth Place

2020 Maternity & Community classes

July–December

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

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| July 18 | August 15 |
| September 12 | October 10 |
| November 7 | December 5 |

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

August 8 & 22
October 3 & 17

ABC's of Breastfeeding

Discusses basics and concerns.

7–9:30pm

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| July 14 | August 4 |
| September 1 | October 13 |
| November 10 | December 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

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| July 25 | August 29 |
| September 19 | October 31 |
| November 21 | December 19 |

"Happy Baby on the Block" Seminar

Hosted by The Parenting Center from Children's Hospital. Classes held in the Foucher Room at Touro.

Saturdays: 10am–Noon

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| July 11 | October 10 |
| August 8 | November 14 |
| September 12 | December 12 |

Mondays: 6–8pm

August 10 October 12

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

Sibling T.L.C.

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

2:30–4pm

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| July 18 | August 15 |
| September 12 | October 10 |
| November 7 | December 5 |

Family and Friends CPR

Basic introduction course for family and friends.

\$15 per person or \$25 per couple

7–9:30pm

August 18 October 27

Infant Safety and First Aid

7–9:30pm

July 28 September 15

Mother–Daughter Rap

Breakfast discussion for mothers and pre-teen girls.

\$25 per couple

9–11 am

August 29 October 31

Grandparent Gathering

Breakfast discussion on "what's new?"

\$25 per couple

9–11 am

July 25 September 19

Free Car Seat Checkups

By appointment.

Call 504.349.2173 (Andrea)

Sign up for our classes today!
504.349.6200