

## PRENATAL CLASSES

- The classes are a series of 4 different classes that occur once a week and are offered every month. Registration is **NOT** required.
- They are free and are on Thursday nights from 7:00p.m.-9:00p.m. and are held at the Tulane-Lakeside Hospital Cafeteria (4700 I-10 Service Rd).
- Dads, grandparents, and other care-givers are welcome
- Tours of the Maternal-Child Unit are offered after most classes.
- It is recommended that you attend the classes starting at the beginning of the month and in order that they are given if possible.
- Below is the description of each class as well as the dates offered:

## CONCERNS OF PREGNANCY

In this class we review admissions procedures, selecting a pediatrician, and signs and symptoms of pre-term labor. A short DVD is shown as well as an orientation to the hospital including visitor guidelines and security. This class is offered the first Thursday of the month: January 6, February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3, and December 1.

## BIRTH AND BEYOND

In this class we review stages of pregnancy, stages of labor, types of anesthesia, vaginal births and cesarean births are also discussed. Post-partum instructions after delivery are also reviewed. A short DVD is shown. This class is offered the second Thursday of the month: January 13, February 10, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, and December 8.

## BREASTFEEDING BASICS

In this class the benefits of breastfeeding as well as the risks of formula feeding are discussed. Common challenges and recommendations are also reviewed. A DVD is shown. This class is offered the third Thursday of the month: January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, and December 15.

## SAFE AND SOUND

Characteristics of the newborn are reviewed, as well as basic newborn care, safety, and newborn health. A DVD is shown. Before every class there is a free car seat safety check (from 5:30-7:00p.m). This class is offered the fourth Thursday of the month: January 27, February 24, March 24, April 28, May 26, June 23, July 28, August 25, September 22, October 27, November 22\*, and December 22. \*PLEASE NOTE THAT THIS CLASS IS ON TUESDAY NOT THURSDAY DUE TO THE HOLIDAY.

**The following classes are not part of the prenatal class series. A separate registration is required. There is no fee for these classes.**

## BREASTFEEDING AND THE WORKING MOTHER

This class is not part of the monthly series because it is only offered 4 times a year. In this class we review breast pump selection, milk storage guidelines, as well as managing this important decision. This class is offered on the following nights from 7:00-9:00p.m. in the Tulane-Lakeside Hospital Cafeteria (4700 I-10 Service Rd). The dates are: March 31, June 30, September 29, and December 29.

## BIBS

This is another class that is taught once a month. It is for children ages 4-9 years of age. Children attend with their parents and the role of big brother and big sister will be discussed.

The class is on Tuesday nights at 6:30 p.m. in the Tulane-Lakeside Hospital Cafeteria (4700 I-10 Service Rd). The dates are: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20.

## GIVING BIRTH NATURALLY

- Natural childbirth education helps expectant couples work through childbirth in a way that is mutually knowledgeable, satisfying and supportive. There is no cost for this class. **Class size is limited and registration is required (print form from website and mail in).** Plan to begin classes eight weeks before due date. It is also recommended that the Prenatal Class Series is taken in addition to this class, preferably before. Please wear comfortable clothes. Bring pillows and exercise mats or a blanket. (Some parts of the program will be conducted on the floor.)
- Classes are held on Saturday mornings in the Medical Office Building (4720 I-10 Service Rd., Suite 200), the building directly adjacent to the hospital from 9:00a.m.-12:00p.m. Each session is two Saturdays.
- The dates are: July 9,16; August 6,13; September 10,17; October 8,15; November 5,12; December 3,10.

Guided Infant Feeding  
Techniques certified facility

