2017 Childbirth Education Calendar

Prenatal Care

Labor and Delivery

Baby at Home
Congratulations expecting parents! Welcome to Touro Infirmary and to The Family Birthing Center – where babies come from! We are delighted you have chosen Touro Infirmary as the place to have your baby and we look forward to providing you with compassionate and heartfelt care during this special time in your life. Below are a few important phone numbers and websites you'll need before, during and after the arrival of your little bundle of joy.

**General Family Birthing Center Information**  
504-897-7319  |  www.touro.com/fbc  |  babies@touro.com

**Patient Information**  
504-897-8680

**Schedule a Tour**  
504-897-7319  |  www.touro.com/FBC-tour

**Find a Doctor**  
504-897-7777  |  www.touro.com/findadoc

**Maternal Fetal Medicine Clinic**  
504-897-8213  |  www.touro.com/fbc-tests-immunizations

**Register for Childbirth Classes**  
504-897-7319  |  www.touro.com/fbc-classes

**Lactation Boutique**  
504-897-8130  |  www.touro.com/ fbc-lactation

**Birth Certificate Office**  
504-897-7110  |  www.touro.com/ birth_certificates

**Online Patient Registration**  
www.touro.com/prereg

**Patient Financial Services**  
504-897-8350

**Main Hospital**  
504-897-7011  |  www.touro.com

**Information for visitors:** For the safety and security of our babies, all adult visitors to the FBC will be asked to show a picture ID and be given a visitor badge. Please pass this information along to your family and friends.
# Table of Contents

Childbirth Education Series ............................................................ 3  
Online Childbirth Education .......................................................... 4  
Prenatal Breastfeeding Class ........................................................... 5  
Joyful Parenting Class ..................................................................... 6  
Calm and Confident Childbirth Class ............................................. 7  
Positive and Prepared Childbirth Class ........................................... 8  
Hypnobirthing Childbirth Education Series ................................. 9  
Kohl’s Happiest Baby On the Block Class .................................... 10  
Sibling Class ................................................................................. 11  
Infant/Child CPR Training ............................................................. 12  
Baby Food Making Class ............................................................... 13  
Grandparenting 101 Class ............................................................. 14  
Healthy Mom, Healthy Baby: Nutrition & Wellness Class .......... 15  
Child Passenger Safety Class .......................................................... 16  
Important Class Information ......................................................... 17
Childbirth Education Series

Tuesdays, 6 p.m. — 8 p.m.  |  Presidents Room
Wednesdays, 6 p.m. — 8 p.m.  |  Presidents Room

Tuesday Series:
Series 1: Jan. 3, 10, 17, 24
Series 3: Mar. 7, 14, 21, 28
Series 5: Apr. 4, 11, 18, 25
Series 7: May 2, 9, 16, 23
Series 9: June 6, 13, 20, 27
Series 11: July 11, 18, 25, Aug. 1
Series 13: Aug. 8, 15, 22, 29
Series 15: Sept. 5, 12, 19, 26
Series 17: Oct. 3, 10, 17, 24
Series 19: Nov. 7, 14, 21, 28

Wednesday Series:
Series 2: Jan. 4, 11, 18, 25
Series 4: Mar. 8, 15, 22, 29
Series 6: Apr. 5, 12, 19, 26
Series 8: May 3, 10, 17, 24
Series 10: June 7, 14, 21, 28
Series 12: July 12, 19, 26, Aug. 2
Series 14: Aug. 9, 16, 23, 30
Series 16: Sept. 6, 13, 20, 27
Series 18: Oct. 4, 11, 18, 25
Series 20: Nov. 8, 15, 22, 29

The Childbirth Education Series is a four-class series recommended around 30 weeks or 6 ½ months gestation and can answer any looming questions.

The classes address the stages of labor, recognizing early labor signs, pain management, medical interventions, cesarean birth, postpartum and newborn care.

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Online Childbirth Education

The Online Childbirth Education Series is available for busy expecting parents. The date of the class is the date you register online. You will receive an email with instructions on how to access the class online.

The classes address the stages of labor, recognizing early labor signs, pain management, medical interventions, cesarean birth, postpartum and newborn care.

This class is FREE of charge.
To register, visit www.touro.com/fbc or call 504-897-7319.

This class is available to Touro patients only.
Touro’s Prenatal Breastfeeding Class is designed to teach mothers the basics of breastfeeding.

Designed for moms who already know they want to breastfeed and for moms who want to know more about breastfeeding.

- Anatomy and Physiology of the Breast
- Care and Preparation of the Breast
- Breastfeeding Techniques
- Pumping and Storage of Breast Milk

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Joyful Parenting
Your Personal Journey Through Newborn Care
Mondays, 6 p.m. — 8 p.m. | Presidents Room

Jan. 30  July 24  
Mar. 27  Sept. 25  
May 22  Nov. 27

This two hour class is designed for first time expecting parents to provide you with the information and skills you need to care for your newborn at home. Grandparents and other caregivers are also welcome to attend.

The topics include:

• Preparing for your new baby  
• Your baby’s care at birth  
• Newborn appearance & characteristics  
• Getting to know your newborn  
• Keeping your baby safe  
• Your babies communication  
• Growth and Development  
• Feeding your newborn  
• Taking care of you  
• Baby Basics  
• Car Seat Guidelines

This class is FREE of charge. 
To register, visit www.touro.com/events or call 504-897-7319.
The Calm and Confident Childbirth Class is an six-class prenatal childbirth preparation series focusing on natural, family-centered birth and parenting preparation. During this “hands-on” class a range of topics will be explored and practiced. The classes stress partner involvement, birth as a natural process, knowledge of options, balancing choices, pain management, and finding the balance of family life.

**Class 1**  Introductions

**Class 2**  Here’s Baby: Transformations and early parenting

**Class 3**  Exercises and Labor

**Class 4**  Signs and Sensations of Labor

**Class 5**  Positions and Comfort Techniques

**Class 6**  Bearing Your Baby Out

There is a fee for this class, please call for pricing.
To register, contact Jessica LeBlanc at 504-669-3143.
The Positive and Prepared Childbirth Class is a weekend class designed to give expectant couples the confidence, knowledge and skills necessary for a safe and satisfying family-centered birth experience. The class offers birth education as well as hands-on practice of relaxation, breathing, and coping techniques for labor and birth. Partners will learn how to best comfort and support a laboring woman and moms will learn to utilize their own unique coping skills.

The classes will cover:
- Stages of Labor
- Communicating Birth Preferences
- Relaxation and Breathing for Labor and Birth
- Positions for Labor and Birth
- Partner Participation and Comfort Measures

There is a fee for this class, please call for pricing.
To register, contact Jessica LeBlanc at 504-669-3143.
Hypnobirthing Childbirth Education Class

Mondays, 6 p.m. — 8 p.m. | Foucher Room

Series 1: Jan. 9, 16, 23, 30, Feb. 6
Series 2: Mar. 6, 13, 20, 27, Apr. 3
Series 3: May 1, 8, 15, 22, 29
Series 4: July 10, 17, 24, 31, Aug. 7
Series 5: Sept. 11, 18, 25, Oct. 2, 9
Series 6: Nov. 13, 20, 27, Dec. 4, 11

HypnoBirthing is an age old childbirth education method that uses hypnosis to eliminate the fear and tension that creates pain in the birthing experience.

Moms and their birth companions will learn how their mind and body can harmoniously communicate for a calmer, more confident and more comfortable birth.

There is a fee for this class, please call for pricing.
For fee information or to register, contact Bonnie Miller at 985-726-9333 ext 118.
Babies don’t come with instructions… Learn how to have the happiest baby on your block! Based on Dr. Harvey Karp’s Breakthrough ideas, the parent educators at Children’s Hospital’s Parenting Center will teach pregnant couples, new parents and caregivers calming techniques proven to quickly calm crying and boost infant sleep.

Come learn how to turn on a baby’s “calming reflex” using five simple steps: the “5 S’s” – swaddle, sway, side/stomach holding and suck. It is appropriate for expecting parents as well as those with babies under 3 months.

This class is FREE of charge.
To register, visit www.chnola.org.

Please note: class size is limited and registration is required.
The Sibling Classes are where children learn what to expect when a new baby enters the family. The class is designed for children 4 years to 11 years of age.

- What Happens When Mom Goes to the Hospital
- What to Expect When the Baby Comes Home
- Explore Ways Older Siblings Cope with the New Arrival
- Explore Ways Older Siblings can Help with the New Baby
- Tour the Family Birthing Center

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Infant/Child CPR Training

Thursdays, 6:00 p.m. — 7:30 p.m. | Presidents Room

Jan. 26       Oct. 26
Feb. 9        Nov. 9
Mar. 23       Dec. 14
Apr. 27
May 25
June 22
July 27
Aug. 24
Sept. 28

Family and Friends CPR teaches the basic technique of CPR and relief of choking for a child and infant. It is perfect for new parents, grandparents, sitters and anyone involved in the care of an infant.

Each participant will receive a handbook. The course uses guidelines created by the American Heart Association. **This course is not for certification.**

**This class is FREE of charge.**
To register, visit [www.touro.com/events](http://www.touro.com/events) or call 504-897-7319.

Space is limited and registration is required. Please notify us if you cannot attend. We normally have a waiting list for this class.

**This class is available to Touro patients only.**
Baby Food Making Class
Mondays, 6 p.m. — 7:30 p.m. | Presidents Room

Jan. 9
Mar. 13
May 8
July 10
Sept. 11
Nov. 13

Join Touro Nutritionist Julie Fortenberry and Guest Speaker Erin Reho Pelias for an interactive baby food making class.

Introducing solid foods is a fun (and messy) milestone during your baby’s first year of life. But, it can be overwhelming for a new parent to decide what, when and how often.

We’ll teach you the basics of baby food, including: when and how to introduce solids, the benefits of making homemade baby foods, how to make and store baby foods at home, adding new flavors and combinations as your baby ages, and more! Plus enjoy baby food tastings during the class and ask your nutrition questions.

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Grandparenting 101 Class

Wednesdays, 6 p.m. - 7 p.m. | Foucher Room

Jan. 25
Apr. 26
July 26
Oct. 25

First time grandparents, a lot has changed in newborn care over the last few decades! From tummy time to safe sleep (back only), and swaddling to car seat safety, we are here to teach you the basics.

Learn how to best support your children as new parents and feel refreshed in newborn care skills that you will quickly put to use as doting grandparents. The Grandparenting 101 class will cover:

• Current trends in childbirth and updated standards on infant care

• Tour the Family Birthing Center and learn important information for families

• Important vaccination information for grandparents and caregivers

• Advice for new grandparents including trends in parenting, raising children and conflicts in discipline styles

• How to best support your children as new parents

• Clarifying expectations to maintain relationships

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Healthy Mom, Healthy Baby:

nutrition and wellness during pregnancy and beyond

Wednesdays, 6 p.m. - 8 p.m.  |  Foucher Room

Apr. 19
June 21
Aug. 16
Oct. 18
Dec. 13

Maintaining a healthy lifestyle is one of the most important things you can do for both yourself and baby during pregnancy and after delivery. Join Touro dietitian Julie Fortenberry for an informative class on nutrition and wellness for expectant and new mothers.

The class will cover basics of healthy meal planning, eating for two, healthy weight gain, important nutrients, foods to avoid, fitness during pregnancy, breastfeeding nutrition, healthy weight loss post baby, body image, meal planning for a busy lifestyle, finding time for fitness after baby and more.

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Child Passenger Safety Class

Mondays, 6 p.m. - 7 p.m. | Presidents Room

Jan. 23  | July 17
Feb. 13  | Aug. 21
Mar. 20  | Sept. 18
Apr. 17  | Oct. 16
May 15   | Nov. 20
June 19  | Dec. 18

This class will present the basic types of Child Restraint Systems for Infants and Children, and information on the proper fitting of Infant/Child seats in your vehicle. We will provide you fitting station location information if you would like to have someone install your car seat for you.

This class is FREE of charge.
To register, visit www.touro.com/events or call 504-897-7319.
Important Class Information

The following classes are FREE of charge:

Baby Food Making Class
Childbirth Education Series
Infant CPR Training Class
Child Passenger Safety Class
Joyful Parenting Class
Kohl’s Happiest Baby on the Block Class
Prenatal Breastfeeding Class
Sibling Class
Healthy Mom, Healthy Baby: Nutrition & Wellness Class
Grandparenting 101

To register for any of these classes, call 504-897-7319 or visit www.touro.com/events.

The following classes have a FEE:

Calm and Confident Childbirth Class
To register, contact Jessica LeBlanc at 504-669-3143.

Hypnobirthing Childbirth Education Class
To register, contact Bonnie Miller at 985-726-9333.

Positive and Prepared Childbirth Class
To register, contact Jessica LeBlanc at 504-669-3143.

Complimentary parking is available for all classes. You may park in either the Prytania Garage (across the street from the Prytainia St. entrance to the hospital) or the Delachaise Garage (across the street from the Emergency Room entrance to the hospital). Please bring your ticket to the class for validation.
Family Birthing Center Reminders:

- The Family Birthing Center offers three group tours per month that do not require an appointment. We are happy to schedule individual tours during the week. We will validate your parking for tours of the Family Birthing Center.

- All adult visitors (18 and older) must show a photo ID to enter the Family Birthing Center patient units.

- Children (under 18) must be accompanied by an adult at all times (the adult cannot be the patient).

- If your delivery is scheduled, please call Labor and Delivery at 504-897-8210 to verify that the time has not changed before you leave for the hospital.

- You are not required to bring your car seat into the hospital unless requested by the nursing staff.

- Visitors/support persons will be asked to step out of the room for placement of an epidural.

- Parking will be validated one per family on the day of delivery and one per family on the day of discharge.

- Postpartum patients may have one adult overnight visitor.

- Please leave your valuable belongings at home.

- The average length of stay for a vaginal delivery is 24 to 36 hours. The average length of stay for a cesarean delivery is 48 to 72 hours. Once you deliver, this will allow you to plan transportation accordingly and notify the person who will be helping you home.

For additional information, please visit touro.com/fbc.