Congratulations expecting parents! Welcome to Touro and to The Family Birthing Center—where babies come from! We are delighted you have chosen Touro 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.

The Family Birthing Center Information

The Family Birthing Center general information
504.897.7319
touro.com/fbc
babies@LCMCHealth.org

Patient information
504.897.8680

Schedule a tour
504.897.7319
touro.com/fbc-tour

Find a doctor
504.897.7777
touro.com/findadoc

Maternal Fetal Medicine Clinic
504.897.8213
touro.com/fbc-tests-immunizations

Register for childbirth classes
504.897.7319
touro.com/fbc-classes

Lactation Boutique
504.897.8130
touro.com/fbc-lactation

Birth certificate office
504.897.7710
touro.com/birth_certificates

Online patient registration
touro.com/prereg

Patient financial services
504.897.8350

Main hospital
504.897.7011
touro.com

Information for visitors: For the safety and security of our babies, all adult visitors to The Family Birthing Center will be asked to show a picture ID and be given a visitor badge. Please pass this information along to your family and friends.
When registering for classes, you do not need to create a separate registration request for your partner or support person. You are welcome to add their name with yours.

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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 touro.com/events or call 504.897.7319
Online Childbirth Education Class

The Online Childbirth Education Class 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 touro.com/fbc or call 504.897.7319

This class is available to Touro patients only.

Prenatal Breastfeeding Class

Thursdays
6— 8 pm
Presidents Room

January 16
February 13
March 19
April 16
May 21
June 18
July 16
August 20
September 17
October 15
November 19
December 17

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 touro.com/events or call 504.897.7319

This class is available to Touro patients only.
Understanding Your Newborn Class
Your Personal Journey Through Newborn Care

Mondays
6–8 pm
Presidents Room

January 27
March 23
May 25
July 27
September 28
November 23

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:
• Newborn traits
• Newborn behaviors
• Crying and comforting
• Feeding and diapering
• Bathing and dressing
• Newborn health and safety

Positive and Prepared Childbirth Class

Saturday and Sunday Series
9 am–2 pm
Presidents Room

Series 1 January 25 and 26
Series 2 March 28 and 29
Series 3 May 16 and 17
Series 4 July 18 and 19
Series 5 September 5 and 6
Series 6 October 17 and 18
Series 7 December 12 and 13

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

This class is FREE of charge
To register, visit touro.com/events or call 504.897.7319

There is a fee for this class. Please call for pricing.
To register, contact Jessica LeBlanc at 504.669.3143
Hypnobirthing Childbirth Education Class

Saturdays
9:30 am—1 pm
Coliseum Room

Series 1 January 11, 18, 26  
Series 2 March 7, 14, 21  
Series 3 May 2, 9, 16  
Series 4 July 11, 18, 25  
Series 5 September 19, 26, October 3  
Series 6 November 7, 14, 21

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  
601.408.5983 or letgorelax@aol.com

Happiest Baby on the Block
Presented by The Parenting Center at Children's Hospital

Saturdays
10 am—Noon
Foucher Room

January 11  
February 8  
March 14  
April 11  
May 9  
June 13  
July 11  
August 8  
September 12  
October 10  
November 14  
December 12

Mondays
6—8 pm
Foucher Room

February 10  
April 13  
June 15  
August 10  
October 12

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 chnola.org  
Please note: class size is limited and registration is required.
**Sibling Class**

**Saturdays**  
9–10:30 am  
Foucher Room

January 18  
March 21  
May 16  
July 18  
September 19  
November 21

The Sibling Classes are where children learn what to expect when a new baby enters the family. The class is designed for children four 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

**Infant/Child CPR Training**

**Thursdays**  
6–7:30 pm  
Presidents Room

January 23  
February 27  
March 26  
April 23  
May 28  
June 25  
July 23  
August 13  
September 24  
October 8  
November 12  
December 10

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.

Space is limited and registration is required. When registering, please indicate in the comments the number attending (including yourself). Please notify us if you cannot attend. We normally have a waiting list for this class.

This class is **FREE of charge**  
To register, visit touro.com/events or call 504.897.7319

This class is **FREE of charge**  
To register, visit touro.com/events or call 504.897.7319  
This class is available to Touro patients only.
Baby Food Making Class

Mondays
6–7 pm
Foucher Room

January 6
March 9
May 4
July 6
September 14
November 9

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 age
• And more!

Plus enjoy baby food tastings during the class and ask your nutrition questions.

This class is FREE of charge
To register, visit touro.com/events or call 504.897.7319

Grandparenting 101 Class

Wednesdays
6–7 pm
Foucher Room

January 22
April 22
July 22
October 28

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 touro.com/events or call 504.897.7319
Healthy Mom, Healthy Baby Class
Planning for a healthy pregnancy and beyond

Wednesdays
6–8 pm
Foucher Room

February 12
April 15
June 17
August 12
October 14

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

You will also learn about entering pregnancy in optimal health, if planning to become pregnant.

This class is FREE of charge
To register, visit touro.com/events or call 504.897.7319

Diapers to Desk Webinar

9:30–11 am

January 30
March 26
May 28
July 30
September 24
November 19

Are you nearing the end of your maternity leave? Diapers to Desk equips new moms with the confidence and support needed to return to work from maternity leave. Parents deserve support and stability. Creating balance as a new parent can reduce turnover and stress.

What we offer:
• Free resources to allow you to regroup, shift focus, and create a healthy, balanced life.
• Support from other professional working moms!

For more information, contact Cheryl Tschirn, RN
504.897.7319 or cheryl.tschirn@LCMHealth.org

To register, visit 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
- Diapers to Desk
- Infant CPR Training Class
- Understanding Your Newborn
- Happiest Baby on the Block Class
- Prenatal Breastfeeding Class
- Sibling Class
- Healthy Mom, Healthy Baby: Planning for a healthy pregnancy and beyond
- Grandparenting 101

To register for any of these classes, call 504.897.7319 or visit touro.com/events

**The following classes have a FEE**

Hypnobirthing Childbirth Education Class
- To register, contact Bonnie Miller at 601.408.5983 or letgorelax@aol.com

Positive and Prepared Childbirth Class
- To register, contact Jessica LeBlanc at 504.669.3143

**Complimentary Parking**

Complimentary parking is available for all classes. You may park in either the Prytania Garage (across the street from the Prytania 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.

**The 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 for patient, her support person, and grandparents during the patient’s entire stay.
- 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