



2019

Childbirth Education Calendar





Family Birthing Center Information

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.



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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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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. 8, 15, 22, 29

Series 3: Mar. 12, 19, 26, Apr. 2

Series 5: Apr. 9, 16, 23, 30

Series 7: May 7, 14, 21, 28

Series 9: June 4, 11, 18, 25

Series 11: July 9, 16, 23, 30

Series 13: Aug. 6, 13, 20, 27

Series 15: Sept. 3, 10, 17, 24

Series 17: Oct. 1, 8, 15, 22

Series 19: Nov. 5, 12, 19, 26

Wednesday Series:

Series 2: Jan. 9, 16, 23, 30

Series 4: Mar. 13, 20, 27, Apr. 3

Series 6: Apr. 10, 17, 24, May 1

Series 8: May 8, 15, 22, 29

Series 10: June 5, 12, 19, 26

Series 12: July 10, 17, 24, 31

Series 14: Aug. 7, 14, 21, 28

Series 16: Sept. 4, 11, 18, 25

Series 18: Oct. 2, 9, 16, 23

Series 20: Nov. 6, 13, 20, 27

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 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.



Prenatal Breastfeeding Class

Thursdays, 6 p.m. — 8 p.m. | Presidents Room

January 17

July 18

February 21

August 15

March 21

September 19

April 18

October 17

May 16

November 21

June 20

December 19

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.



Understanding Your Newborn: Your Personal Journey Through Newborn Care

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

January 28 July 29

March 25 September 23

May 27 November 25

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

This class is FREE of charge.

To register, visit www.touro.com/events or call 504-897-7319.



Positive and Prepared Childbirth Class

Saturday & Sunday Series

9 a.m. — 2 p.m. | Presidents Room



Series 1: Jan. 19 & 20

Series 2: Mar. 23 & 24

Series 3: May 18 & 19

Series 4: June 29 & 30

Series 5: Aug. 17 & 18

Series 6: Oct. 12 & 13

Series 7: Dec. 7 & 8

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

Saturdays, 9:30 a.m. — 1:00 p.m. | Coliseum Room

Series 1: Jan. 12, 19, 27

Series 2: Mar. 9, 16, 23

Series 3: May 4, 11, 18

Series 4: July 3, 20, 27

Series 5: Sept. 1, 28, Oct. 5

Series 6: Nov. 2, 9, 16

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 and letgorelax@aol.com**



Happiest Baby on the Block

Presented by The Parenting Center at Children's Hospital

Saturdays, 10 a.m. — Noon | Foucher Room

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



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

February 11

April 15

June 10

August 12

October 14

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.

Sibling Class

Saturdays, 9 a.m. — 10:30 a.m. | Foucher Room

January 19

March 16

May 18

July 20

September 21

November 16

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/Foucher Room

January 24	July 18*
February 13	August 22
March 28	September 26
April 25	October 24
May 23	November 21*
June 27	December 12



Dates with an asterisk will be held in the Foucher Room

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 or call 504-897-7319.

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 available to Touro patients only.

Baby Food Making Class

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

January 7

March 11

May 6

July 8

September 9

November 4

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

January 23

April 24

July 24

October 23



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: Planning for a healthy pregnancy and beyond

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

February 6

April 17

June 19

October 16

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 www.touro.com/events or call 504-897-7319.



Diapers to Desk

Tuesdays, 9:30 a.m. to 11 a.m. | Coliseum Room

January 29

March 26

May 30

July 25

September 26

November 21



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. Babies, partners and support persons are welcome.

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 at 504-897-7319 or Cheryl.Tschirn@lcmhealth.org

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 www.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 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.



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.



Touro Infirmary | Family Birthing Center
1401 Foucher St. | New Orleans, LA 70115
504-897-7319 | www.touro.com/fbc

