

PREPARING FOR

# *Childbirth* & MORE

Classes  
for you  
and your  
family

*2012*

For information or registration  
call 504-780-4365

**Tulane-Lakeside**  
HOSPITAL



babies & counting

**Tulane-Lakeside**

HOSPITAL

Prenatal Education • 4700 I-10 Service Road • Metairie, LA 70001

## 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 in the hospital café on the first floor
- There are other classes offered that are not part of the series. Registration is required for these classes: “BIBS” and “Breastfeeding and the Working Mother”.
- Additional Maternal-Child Classes may be offered during the year that are not currently listed in this brochure. Please visit our website for updated class information: [www.tulanehealthcare.com](http://www.tulanehealthcare.com)
- Dads, grandparents, and other care-givers are welcome to attend classes.
- 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 the 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 5, February 2, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, and December 6.

## 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 12, February 9, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, and December 13.

## 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 19, February 16, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20.

## 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 26, February 23, March 22, April 26, May 24, June 28, July 26, August 23, September 27, October 25, Monday, November 19\*, and December 27.

**\*PLEASE NOTE THAT THIS CLASS IS ON MONDAY NOT THURSDAY DUE TO THE THANKSGIVING HOLIDAY**

**The following classes are not part of the prenatal class series. A separate registration is required. There is no fee for these classes. Register online at [www.tulane-lakeside.com](http://www.tulane-lakeside.com) or call 504-780-4365.**

## 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 hospital café on the first floor of the hospital. The dates are: March 29, May 31, August 30, and November 29.

## BIBS

- This is another class that is taught once a month (with the exception of February). 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. at the Medical Office Building (4720 I-10 Service Rd., Suite 200), the building directly adjacent to the hospital. The dates are: January 17, March 20, April 17, May 15, June 19, July 17, August 21, September 18, October 16, November 20, and December 18.

**Guided Infant Feeding  
Techniques certified facility**

