

Family Foundations Prenatal and Family Education



A woman's journey to motherhood can be less stressful and more rewarding for herself and her family with knowledge and support. Prenatal classes help prepare mothers-to-be and their families for the incredible change that is taking place in their lives. Women are encouraged to share the experience by bringing a support person to all classes.

Class Series 2010

PREPARED CHILDBIRTH CLASS SERIES

Bring 2 bed pillows to every class.

5 Week Series

Tuesdays • 6:30pm - 8:30pm

Education Rooms 1 & 2

\$35/Couple

January 12, 19, 26, February 2, 9

March 2, 9, 16, 23, 30

April 20, 27, May 4, 11, 18

June 22, 29, July 6, 13, 20

August 17, 24, 31, Sept 7, 14

October 19, 26, Nov 2, 9, 16

ONE DAY PREPARED CHILDBIRTH CLASS

Bring 2 bed pillows.

Saturdays • 9:00am - 5:00pm

Education Rooms 1 & 2

\$35/Couple

January 23

July 10

February 20

August 28

April 17

September 25

May 15

October 30

June 12

November 20

BREASTFEEDING CLASS - One Class

Thursdays • 6:30pm - 8:45pm

Education Room 2

\$10/Couple

January 7

July 15

February 4

August 26

March 4

September 16

April 15

October 7

May 20

November 4

June 24

December 2

SIBLING CLASS - One Class

Mondays • 6:00pm - 7:00pm

Education Room 2

\$10/Family

January 18

September 13

March 22

October 18

May 3

November 15

July 19

PREPARED CHILDBIRTH CLASS SERIES

The Prepared Childbirth Class Series is highly recommended for its hands-on, and often fun, approach to dealing with labor, delivery and recovery. This series teaches comfort, relaxation, positioning, breathing, and massage techniques to increase the comfort level during the birth experience. Birth preparation is discussed regarding natural vaginal delivery, birth with an epidural, and cesarean birth. After everyone delivers, a class reunion is held. Bring your pillows, your questions and don't forget to breathe. These classes are recommended during the last 3 months of pregnancy.

Bring 2 bed pillows to every class.

ONE DAY PREPARED CHILDBIRTH CLASS

A condensed version of the Prepared Childbirth Class, the One Day Prepared Childbirth Class may better fit your schedule. The one day class is recommended during the last 3 months of pregnancy. A reunion will be scheduled for all class participants after everyone delivers.

Bring 2 bed pillows to class.

BREASTFEEDING CLASS

This class provides important information on the process of lactation and successful breastfeeding. Recommended during the last 3 months of pregnancy, participants will learn about positioning, latch-on, early feedings and the importance of assessing baby's intake. It even deals with working moms and their concerns about returning to work while breastfeeding. A list of important resources will also be available.

SIBLING CLASS

This class is recommended during the last 3 months of pregnancy. Preparing siblings for the arrival of a new baby can be as confusing as it is joyous. This class focuses on the unity of the family. Older siblings ages 2-10 are asked to attend with one or both parents. The children will have hands-on practice with dolls to learn how to interact with a new baby. Parents will receive informative guidelines and everyone will tour the mother/baby unit.

Class Series 2010

BABY CARE CLASS - One Class

Mondays • 6:30pm - 8:30pm

Education Room 2

\$10/Couple

January 25	July 26
February 22	August 30
March 29	October 11
May 10	November 29
June 21	

INFANT CPR - One Class

This CPR class is not a certifying or credentialing course.

Mondays • 6:30pm - 8:30pm

Education Room 2

\$5/each

February 1	August 2
April 12	September 27
June 7	November 8

SAFE SITTER CLASS - One Class

8:30am - 4:30pm • Education Rooms 1 & 2

\$35/Sitter

Saturday, March 20	Wednesday, July 7
Wednesday, June 16	Wednesday, July 14
Wednesday, June 23	

BABY CARE CLASS

Now what do I do? That's how so many new moms and dads feel when they leave the security of the hospital with their new baby. This class helps answer that question and so much more. Recommended during the last 3 months of pregnancy, Baby Care Class reviews newborn characteristics, general baby care, early parenting issues and community resources.

INFANT CPR FOR FAMILY AND FRIENDS

Participants will learn and practice rescue for choking and CPR for infants. The child and adult module is also offered, if desired. New guidelines for the child and adult module are more strenuous for participants, so it may be physically challenging for mothers in late pregnancy. This is not a credentialing course. This class is recommended for expectant parents, new parents and support persons.

SAFE SITTER® CLASS

The best sitter is a safe sitter! Safe Sitter® is a program designed for boys and girls ages 11 - 13. This class teaches sitters how to have fun with children. They will also learn safety tips, how to recognize a medical emergency, and what the appropriate action should be during an emergency, such as when a child or infant is choking.

Call 480-7243 to register for all classes.

Registration is required.

Registration fees are non-refundable.

Classes may be rescheduled for a later date.

Support Group for Moms & Babies

LA LECHE LEAGUE

LAKE CHARLES MEETINGS

Thursdays • 10:00am - 11:30am • Free

Education Room 2

January 7	August 5
February 4	September 2
March 4	October 7
April 1	November 4
May 6	December 2

LA LECHE LEAGUE LAKE CHARLES

A breastfeeding support group, La Leche League offers a series of meetings consisting of four classes that are helpful for pregnant moms and moms who are already nursing. Meetings are free and open to mothers and babies. For more information, call Courtney 540-6179, Amber 313-4303, or Tricia 477-7709.



**Lake Charles Memorial
Hospital for Women**
FAMILY BIRTH CENTER



All classes are held at Memorial Hospital for Women, 1900 W. Gauthier Road. Tours are available after each class.