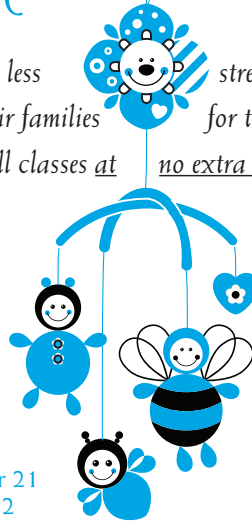


# 2019 Prenatal & Family Education Classes

A woman's journey to motherhood can be less stressful and more rewarding 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 bring a support person to all classes at no extra cost. Classes are discounted for those with Medicaid.



## ONE DAY PREPARED CHILDBIRTH CLASS

Bring 1 bed pillow to class.  
Saturdays • 9am - 4pm  
Guth Education Room 2  
\$40/Couple

January 26  
February 16  
March 16  
April 13  
May 18  
June 8

July 13  
August 17  
September 21  
October 12  
November 16

## ONE DAY PREPARED CHILDBIRTH CLASS

The Prepared Childbirth Class is a hands-on approach to dealing with labor, delivery, and recovery. Students will learn comfort, relaxation, positioning, breathing, and massage techniques to use during labor and delivery. Birth preparation is discussed for a natural vaginal delivery, birth with an epidural, and cesarean birth. Expectant parents are encouraged to take this class during the last 3 months of pregnancy.

Bring 1 bed pillow to class.

## BREASTFEEDING CLASS - One Class

Thursdays • 6pm - 8:30pm  
Guth Education Room 2  
\$10/Couple

January 24,  
February 21  
March 14  
April 11  
May 16  
June 13

July 11  
August 15  
September 19  
October 10  
November 14  
December 5

## BREASTFEEDING CLASS

Recommended for the last 3 months of pregnancy, the Breastfeeding Class provides important information on lactation and successful breastfeeding. Participants will learn about positioning, latch-on and the importance of assessing baby's intake. Information for moms who plan to continue breastfeeding when returning to work or school is included. Dads are welcome!

## SIBLING CLASS - One Class

Mondays • 6pm - 7pm  
Guth Education Room 2  
\$10 per family

February 18  
April 8  
June 3

August 26  
October 7  
December 2

## SIBLING CLASS

The Sibling Class is designed for children 2 to 10 years of age, who will learn how to interact with a new baby through hands-on practice with dolls. One or both parents are asked to attend, and everyone will tour the mother/baby unit. Families are urged to attend this class during the last three months of pregnancy.

## BABY CARE CLASS - One Class

Mondays • 6pm - 8pm  
Guth Education Room 2  
\$10/Couple

January 21  
March 18  
May 13

July 15  
September 16  
November 11

## BABY CARE CLASS

So many moms and dads feel uncertain and overwhelmed when they leave the security of the hospital with a new baby. The Baby Care Class helps answer those nervous "Now what do I do" questions and so much more. Parents-to-be are encouraged to attend this class in the last three months of pregnancy to learn more about newborn characteristics, general baby care, early parenting issues and community resources.



**REGISTRATION IS REQUIRED FOR ALL CLASSES.**

FOR MORE INFORMATION OR TO REGISTER, CALL 480-7243.

ALL CLASSES ARE HELD AT MEMORIAL HOSPITAL FOR WOMEN, 1900 W. GAUTHIER ROAD.

TOURS ARE AVAILABLE AFTER ALL PRENATAL CLASSES AND  
AT 1:30PM ON THE FIRST TUESDAY OF EACH MONTH.

More . . . . . ▶

# 2019 Prenatal & Family Education Classes

## FAMILY & FRIENDS – ADULT/CHILD AND INFANT CPR CLASS

### One Class

This CPR class is NOT a certifying or credentialing course.

Wednesdays • 6pm - 8:30pm

Guth Education Room 2

\$10 each person

February 13

April 10

June 5

August 14

October 9

November 13



## INFANT AND CHILD CPR FOR FAMILY AND FRIENDS

While this is not a credentialing course, expectant parents, new parents and support persons will learn rescue techniques and CPR for adults, children and infants. Class is limited to 10 students.

## SAFE SITTER® CLASS - One Class

Wednesdays • 8:30am - 3:30pm

Guth Education Room 2

\$40 per sitter

June 12

July 10

## SAFE SITTER® ESSENTIALS WITH CPR CLASS

Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students get to use CPR mannequins to practice choking rescue and CPR.

## Support Groups for Moms & Babies

### LA LECHE LEAGUE LAKE CHARLES

10am - 11:30am • Guth Education Room 2 • Free  
First Thursday of each month

January 3

February 7

March 7

April 4

May 2

No meeting in June  
or July

August 1

September 5

October 3

November 7

December 5

### LA LECHE LEAGUE LAKE CHARLES

A breastfeeding support group, La Leche offers monthly meetings 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 337.540.6179, or Mary Ellen 337.842.9896, or email [BreastIsBestLC@yahoo.com](mailto:BreastIsBestLC@yahoo.com) or visit our Facebook page - LaLeche of Lake Charles.



Lake Charles Memorial  
Hospital for Women  
FAMILY BIRTH CENTER



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TOURS ARE AVAILABLE AFTER ALL PRENATAL CLASSES AND AT  
1:30PM ON THE FIRST TUESDAY OF EACH MONTH.