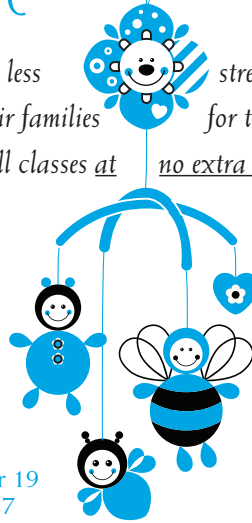


2020 Prenatal & Family Education Classes

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 25
February 15
March 14
April 18
May 16
June 13

July 11
August 29
September 19
October 17
November 14

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 23
February 13
March 12
April 16
May 14
June 18

July 9
August 20
September 17
October 15
November 5
December 3

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

January 27
March 16
May 11

July 6
September 14
November 16

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 20
March 9
May 18

July 13
September 21
November 9

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 ▶

2020 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 5

April 8

June 17

August 26

October 21

November 18



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® ESSENTIALS WITH CPR CLASS - One Class

Wednesdays • 8:30am - 3:30pm

Guth Education Room 2

\$40 per sitter

June 10

July 1

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 2

February 6

March 5

April 2

May 7

No meeting in

June or July

August 6

September 3

October 1

November 5

December 3

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.

Contacts:

Facebook Page: La Leche of Lake Charles

Email: BreastIsBestLC@yahoo.com

Courtney 337.540.6179 or Mary Ellen 337.842.9896



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



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.