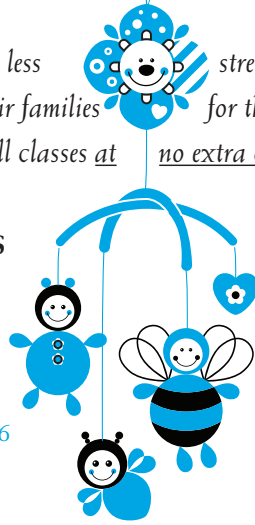


2018 Prenatal & Family Education Classes

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.



PREPARED CHILDBIRTH CLASS 4 WEEK SERIES

Bring 2 bed pillows to every class.

6pm - 8pm

Guth Education Room 2

\$40/Couple

Thursdays - May 3, 10, 17, 24

Wednesdays - September 5, 12, 19, 26

PREPARED CHILDBIRTH CLASS SERIES

The Prepared Childbirth Class Series is highly recommended for a hands-on 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 for a natural vaginal delivery, birth with an epidural, and cesarean birth. Expectant parents are encouraged to take these classes during the last 3 months of pregnancy.

Bring 2 bed pillows to every class.

ONE DAY PREPARED CHILDBIRTH CLASS

Bring 2 bed pillows to class.

Saturdays • 9am - 4pm

Guth Education Room 2

\$40/Couple

January 27

February 24

March 24

April 28

June 9

July 28

August 25

October 13

November 10

ONE DAY PREPARED CHILDBIRTH CLASS

A condensed version of the Prepared Childbirth Class Series, the One Day Prepared Childbirth Class is designed to fit busy schedules. Expectant parents are encouraged to schedule this class during the last 3 months of pregnancy.

Bring 2 bed pillows to class.

BREASTFEEDING CLASS - One Class

Thursdays • 6pm - 8:30pm

Guth Education Room 2

\$10/Couple

January 25,

February 22

March 22

April 26

May 31

June 21

July 19

August 23

September 20

October 11

November 8

December 6

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.

SIBLING CLASS - One Class

Mondays • 6pm - 7pm

Guth Education Room 2

\$10 per family

February 19

April 9

June 11

August 20

October 8

December 3

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.



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 THURSDAY OF EACH MONTH.

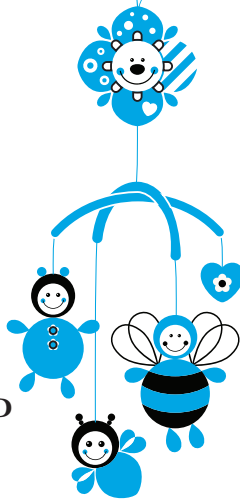
More ▶

2018 Prenatal & Family Education Classes

BABY CARE CLASS - One Class

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

January 22	July 16
March 26	September 17
May 14	November 5



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.

FAMILY & FRIENDS – ADULT/CHILD AND INFANT CPR CLASS

One Class

This CPR class is NOT a certifying or credentialing course.

Thursdays • 6pm - 8:30pm
Guth Education Room 2

\$10 each person

February 15	August 30
April 12	October 4
June 14	November 15

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 13
July 11

SAFE SITTER® ESSENTIALS WITH CPR CLASS

The best sitter is a safe sitter! The Safe Sitter® Class is designed for boys and girls ages 11 to 13. Sitters learn safety tips for when they are home alone or working with children, how to recognize a medical emergency, how to perform choking rescue or CPR for children and babies, and how to have fun entertaining children.

Support Groups for Moms & Babies

LA LECHE LEAGUE LAKE CHARLES

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

January 4	No meeting in July
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
No meeting in June	December 6

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 or visit our Facebook page - LaLeche of Lake Charles.



Lake Charles Memorial
Hospital for Women
FAMILY BIRTH CENTER



REGISTRATION IS REQUIRED FOR ALL CLASSES.

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

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