

Women and Newborn Care

Healthier and happier mothers and babies



Family classes

- ABCs of Breastfeeding
- Babysitting Basics
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- Infant CPR
- It's Great to be a Girl
- Lamaze
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- Prenatal 1
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- Safe Sitter



*All classes have a minimum registration requirement that must be met in order to hold the class



Scan the QR code for event calendar, to register, or call **504.503.5992** for more information. See below for class descriptions.

Family classes

ABCs of Breastfeeding

Jan Gourgues, RN, IBCLC, RLC, Internationally Board-Certified Lactation Consultant at East Jefferson General Hospital. Dispelling myths and providing basics on preparing to breastfeed, along with feeding your newborn and pump pointers are discussed in this small informative class for women only. No fees - class is free and offered every other month.

Babysitting Basics

Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. Woman & Newborn Services invites young boys and girls to come learn an assortment of key babysitting tips. The information presented will include infant and child choking, essentials of childcare, problem behavior, entertaining ideas, and treating babysitting as a business. The event is designed off of the "Babysitter Cadette Badge" requirements, but is open to all that are 11 years and older. Class is offered once in the spring and once in the fall. Two hour class - \$20

Breastfeeding Class

Susie Amick, MSN, RN, IBCLC, LCCE, Internationally Board Certified Lactation Consultant at East Jefferson General Hospital.

The focus of this class is to help families achieve a successful breastfeeding experience both in the hospital and at home. Internationally Board Certified Lactation Consultants cover breastfeeding expectations in the early weeks and strategies for success. It is recommended that dad or other support persons attend as well. No fees - class is free and offered every other month.

Breastfeeding Support Group

Jan Gourgues, RN, IBCLC, RLC, Internationally Board Certified Lactation Consultant at EJGH & Cammy Goldberg, RN, IBCLC, Internationally Board Certified Lactation Consultant at East Jefferson General Hospital..

Bring your newborn with you, and let our lactation experts help you transition into successful breastfeeding. Learn about the nutritional value of breast milk, your baby's weight gain, milk supply concerns, and more. Share advice with other moms on ways to help a fussy baby, manage sore nipples, and breastfeeding in public. No fees - class is free and offered once a month.

Car Seat Safety Fitting

Free Child Safety Seat Fittings are available every Wednesday at LA State Police Troop B on the I-10 Service Rd off of Williams Blvd from 1pm-4pm. This program is designed to demonstrate proper installation of your child safety seat and ensure that seat type and fit are accurate for your vehicle. EMS can also be contacted at 504.503.7152 for questions.

Infant CPR

Elaine Boudreaux, BSN, RNC-NIC, Neonatal Intensive Care Nurse & Naomi Smith, BSN, RNC-OB, Labor & Delivery Nurse. This non-certifying program was created by the American Heart Association for anyone who wants to learn how to give CPR to an infant. CPR basics will be presented by a registered nurse through book and video instruction. Class is offered twice a month. \$15

It's Great to be a Girl

Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. So much happens to a young girl's body during puberty, both emotionally and physically. Learning how their bodies grow, what changes to expect, and how to take care of themselves

are valuable lessons for preteens. For girls ages 9-12, this seminar includes an informal, open discussion on self-esteem, self-care, puberty, and communication. A brief and simple introduction to the opposite sex is covered. A female parent or trusted female adult should accompany each preteen. Class is offered about every 3 months. Two hour class - \$20

Lamaze

Susie Amick, MSN, RN, IBCLC, LCCE, Internationally Board Certified Lactation Consultant at East Jefferson General Hospital.

This childbirth preparation program is designed to empower women to make informed choices in healthcare, to assume responsibility for their health, and trust their inner wisdom. Implemented in three sessions, this class will show women and their support person how to achieve as normal and natural a birth as possible. Information is provided on comfort measures, relaxation, medication and anesthesia. A partner (who will be with you in labor) is recommended to attend. Class series is one class per week for 3 weeks in a row and offered every other month. It should be completed by 36-37 weeks pregnant. \$100 - non-refundable

Newborn Essentials

Kim Conway, RN.

Get answers from the experts to the many questions about the first weeks at home with a newborn. Basics of bathing, diapering, swaddling, umbilical cord and circumcision care are just some of the critical concepts that will be addressed in this small, confidence-boosting class for expectant parents/support persons. No fees - class is free and offered every other month.

Prenatal

This class provides information on the changes to expect throughout pregnancy, and emphasizes birth as a normal, natural, healthy process. Signs and stages of labor are discussed, along with when to go to the hospital, where to go, and what to expect. Expecting parents take a tour of Woman & Newborn Services. No fees - class is free and offered every other month.

Prenatal 2

Interventions and medical options in childbirth are discussed in this second class of our prenatal series. Comfort measures, including natural, pharmacological, and epidural anesthesia are addressed. A film on Cesarean birth is shown. No fees - class is free and offered every other month.

Prenatal 3

The postpartum experience both in the hospital and beyond can be overwhelming. With an emphasis on the mother and her new baby, this class focuses on the role of the pediatrician, healthy relationships, postpartum emotions, and feeding your baby. No fees - class is free and offered every other month.

Safe Sitter

Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. This is a 2 day Safe Sitter certified babysitting class offered during the summer for teens 11-14 years old who are seriously interested in pursuing babysitting. Rescue breathing and rescue choking techniques are covered. 2 full days- \$120

All classes have a minimum registration requirement that must be met in order to hold the class