



# Childbirth education **2026 calendar**



# Family Birthing Center information

Congratulations expecting parents! Welcome to Touro and to the Family Birthing Center—where babies come from! We are delighted you have chosen Touro as the place to have your baby and we look forward to providing you with compassionate and heartfelt care during this special time in your life. Below are a few important phone numbers and websites you'll need before, during, and after the arrival of your little bundle of joy.

## **Main hospital**

504.897.7011

[touro.com](http://touro.com)

## **The Family Birthing Center general information**

504.897.7319

[touro.com/fbc](http://touro.com/fbc)

[babies@LCMHealth.org](mailto:babies@LCMHealth.org)

- OB Navigator
- OB related questions
- Schedule a tour
- Register for classes

## **Labor and Delivery**

504.897.8210

## **NICU**

504.897.8100

## **Postpartum**

M2: 504.897.8214

A2: 504.897.8181

## **Lactation**

504.897.8130

## **Maternal Fetal Medicine (MFM)**

504.897.8213

## **Birth certificate**

504.897.7110

## **Online patient registration**

[touro.com/preregistration](http://touro.com/preregistration)

## **Find a doctor**

504.897.7777

[touro.com/findadoc](http://touro.com/findadoc)

## **Patient financial services**

504.897.8350

## **Patient information**

504.897.8680

**Information for visitors:** For the safety and security of our babies, all adult visitors to the Family Birthing Center will be asked to show a picture ID and be given a visitor badge. Please pass this information along to your family and friends.



# Table of contents

When registering for classes, you do not need to create a separate registration request for your partner or support person. You are welcome to add their name with yours.



Childbirth Education Series 2



Online Childbirth Education 3

Prenatal Breastfeeding 4

Understanding Your Newborn 5

Positive and Prepared Childbirth 6

Sibling Class 7



Infant/Child CPR Training 8

Grandparenting 101 9

Baby Food Making 10

Healthy Mom, Healthy Baby Class 11



Important Class Information 12

The Family Birthing Center Reminders 13

# Childbirth Education Series

Touro patients only

**Tuesdays**

**6-8 pm**

**Foucher Room**

**Series 1\*** **January 6, 13, 20, 27**

**Series 2\*** **March 3, 10, 17, 24**

**Series 3** April 7, 14, 21, 28

**Series 4\*** **May 5, 12, 19, 26**

**Series 5** June 2, 9, 16, 23

**Series 6\*** **July 7, 14, 21, 28**

**Series 7** August 4, 11, 18, 25

**Series 8\*** **September 1, 8, 15, 22**

**Series 9** October 6, 13, 20, 27

**Series 10\*** **November 3, 10, 17, 24**

**\*Denotes virtual series**

The Childbirth Education Series is a four-class series recommended around 30 weeks or 6 ½ months gestation and can answer any looming questions.

The classes address the stages of labor, recognizing early labor signs, pain management, medical interventions, cesarean birth, postpartum, and newborn care.

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Online Childbirth Education

The Online Childbirth Education class is available for busy expecting parents. The date of the class is the date you register online. You will receive an email with instructions on how to access the class online.

The classes address the stages of labor, recognizing early labor signs, pain management, medical interventions, cesarean birth, postpartum, and newborn care.



## This class is **FREE** of charge

To register, visit **touro.com/fbc** or call 504.897.7319  
This class is available to Touro patients only.

# Prenatal Breastfeeding

Touro patients only

**3rd Thursday of each month**

**6-8 pm**

**Virtual only**

**January 15**

**February 19**

**March 19**

**April 16**

**May 21**

**June 18**

**July 16**

**August 20**

**September 17**

**October 15**

**November 19**

**December 17**



Touro's Prenatal Breastfeeding class is designed to teach mothers the basics of breastfeeding. Designed for moms who already know they want to breastfeed and for moms who want to know more about breastfeeding.

- Anatomy and physiology of the breast
- Care and preparation of the breast
- Breastfeeding techniques
- Pumping and storage of breast milk

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Understanding Your Newborn

Your Personal Journey Through Newborn Care  
Touro patients only

**4th Monday – Every other month**

**6-8 pm**

**Virtual only**

**January 26**

**March 23**

**May 18**

**July 27**

**September 28**

**November 23**

This two-hour class is designed for first-time expecting parents to provide you with the information and skills you need to care for your newborn at home. Grandparents and other caregivers are also welcome to attend.

The topics include:

- Newborn traits
- Newborn behaviors
- Crying and comforting
- Feeding and diapering
- Bathing and dressing
- Newborn health and safety



**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Positive and Prepared Childbirth

Open to surrounding hospitals and Touro patients

## Saturday and Sunday Series

9 am-2 pm

Presidents Room

**Series 1** January 24 and 25

**Series 2** March 28 and 29

**Series 3** May 23 and 24

**Series 4** August 8 and 9

**Series 5** October 10 and 11



The Positive and Prepared Childbirth class is a weekend class designed to give expectant couples the confidence, knowledge, and skills necessary for a safe and satisfying family-centered birth experience. The class offers birth education as well as hands-on practice of relaxation, breathing, and coping techniques for labor and birth. Partners will learn how to best comfort and support a laboring woman and moms will learn to utilize their own unique coping skills.

The classes will cover:

- Stages of labor
- Communicating birth preferences
- Relaxation and breathing for labor and birth
- Positions for labor and birth
- Partner participation and comfort measures

## There is a fee for this class.

To register and discuss pricing, contact Erin Majorie at 713.301.0882 or [erindreamtravel@yahoo.com](mailto:erindreamtravel@yahoo.com)

# Sibling Class

Touro patients only

**Every other month – 3rd Saturday**

**9-10:30 am**

**Virtual only**

**January 17**

**April 18**

**July 18**

**October 17**



The Sibling Classes are where children learn what to expect when a new baby enters the family. The class is designed for children four years to 11 years of age.

- What happens when mom goes to the hospital
- What to expect when the baby comes home
- Explore ways older siblings cope with the new arrival
- Explore ways older siblings can help with the new baby
- Tour the Family Birthing Center

**This class is FREE of charge**

To register, visit [touro.com/events](http://touro.com/events) or call 504.897.7319

# Infant/Child CPR Training

Touro patients only

**4th Thursday**

**6-7:30 pm**

**Presidents Room**

**January 22\***

**February 26**

**March 26\***

**April 23**

**May 28\***

**June 25**

**July 23\***

**August 27**

**September 24\***

**October 22**

**November 19\***

**December 17**



**\*Denotes virtual class**

Family and Friends CPR teaches the basic technique of CPR and relief of choking for a child and infant. It is perfect for new parents, grandparents, sitters, and anyone involved in the care of an infant. Each participant will receive a handbook. The course uses guidelines created by the American Heart Association. This course is not for certification.

Space is limited and registration is required. When registering, please indicate in the comments the number attending (including yourself). Please notify us if you cannot attend. We normally have a waiting list for this class.

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

This class is available to Touro patients only.

# Grandparenting 101

Touro patients only

Four times per year

**Wednesdays**

**6-7 pm**

**Virtual only**

**January 21**

**April 15**

**July 15**

**October 21**



First time grandparents, a lot has changed in newborn care over the last few decades! From tummy time to safe sleep (back only), and swaddling to car seat safety, we are here to teach you the basics.

Learn how to best support your children as new parents and feel refreshed in newborn care skills that you will quickly put to use as doting grandparents.

The Grandparenting 101 class will cover:

- Current trends in childbirth and updated standards on infant care
- Tour the Family Birthing Center and learn important information for families
- Important vaccination information for grandparents and caregivers
- Advice for new grandparents including trends in parenting, raising children, and conflicts in discipline styles
- How to best support your children as new parents
- Clarifying expectations to maintain relationships

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Baby Food Making

Touro patients only

**Mondays**

**6-7 pm**

**Virtual only**

**February 2**

**April 6**

**August 10**

**November 2**



Join Touro nutritionist Julie Fortenberry and guest speaker Erin Reho Pelias for an interactive baby food making class.

Introducing solid foods is a fun (and messy) milestone during your baby's first year of life. But, it can be overwhelming for a new parent to decide what, when, and how often.

We'll teach you the basics of baby food, including:

- When and how to introduce solids
- The benefits of making homemade baby foods
- How to make and store baby foods at home
- Adding new flavors and combinations as your baby age
- And more!

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Healthy Mom, Healthy Baby Class

Planning for a healthy pregnancy and beyond  
Touro patients only

**Wednesdays**

**6-8 pm**

**Virtual only**

**February 4**

**April 8**

**August 12**

**November 4**



Maintaining a healthy lifestyle is one of the most important things you can do for both yourself and baby during pregnancy and after delivery. Join Touro dietitian Julie Fortenberry for an informative class on nutrition and wellness for expectant and new mothers.

The class will cover basics of:

- Healthy meal planning
- Eating for two
- Healthy weight gain
- Important nutrients
- Foods to avoid
- Fitness during pregnancy
- Breastfeeding nutrition
- Healthy weight loss post baby
- Body image
- Meal planning for a busy lifestyle
- Finding time for fitness after baby and more

You will also learn about entering pregnancy in optimal health, if planning to become pregnant.

**This class is FREE of charge**

To register, visit **touro.com/events** or call 504.897.7319

# Important class information

## **The following classes are FREE of charge**

- Childbirth Education Series
- Online childbirth education
- Prenatal Breastfeeding
- Understanding Your Newborn
- Sibling Class
- Infant/Child CPR Training
- Grandparenting 101
- Baby Food Making
- Healthy Mom, Healthy Baby Class

**To register for any of these classes, call 504.897.7319 or visit [touro.com/events](http://touro.com/events)**

## **The following classes have a FEE**

Positive and Prepared Childbirth

- To register, contact Erin McCormick at 713.301.0882

## **Complimentary parking**

Complimentary parking is available for all classes. You may park in either the Prytania Garage (across the street from the Prytania Street entrance to the hospital) or the Delachaise Garage (across the street from the Emergency Room entrance to the hospital). Please bring your ticket to the class for validation. Lost tickets will incur the full \$12 parking fee upon exit.

# **The Family Birthing Center reminders**

- The Family Birthing Center offers three group tours per month that do not require an appointment. We are happy to schedule individual tours during the week.
- We will validate your parking for tours of the Family Birthing Center.
- All adult visitors (18 and older) must show a photo ID to enter the Family Birthing Center patient units.
- Children (under 18) must be accompanied by an adult at all times (the adult cannot be the patient).
- If your delivery is scheduled, please call Labor and Delivery at 504.897.8210 to verify that the time has not changed before you leave for the hospital.
- You are not required to bring your car seat into the hospital unless requested by the nursing staff.
- Visitors/support persons will be asked to step out of the room for placement of an epidural.
- Parking will be validated for patient, her support person, and grandparents during the patients entire stay.
- Postpartum patients may have one adult overnight visitor.
- Please leave your valuable belongings at home.
- The average length of stay for a vaginal delivery is 24 to 36 hours. The average length of stay for a cesarean delivery is 48 to 72 hours. Once you deliver, this will allow you to plan transportation accordingly and notify the person who will be helping you home.

**For additional information, please visit [touro.com/fbc](http://touro.com/fbc)**

## Notes

## Notes



The Family Birthing Center  
1401 Foucher St.  
New Orleans, LA 70115  
504.897.7319  
[touro.com/fbc](http://touro.com/fbc)