



Childbirth Education 2023 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

The Family Birthing Center general information

504.897.7319

touro.com/fbc

babies@LCMChhealth.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

Find a doctor

504.897.7777

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 Class 3

Prenatal Breastfeeding Class 4

Understanding Your Newborn Class 5

Positive and Prepared Childbirth Class 6



HypnoBirthing Childbirth Education Series 7

Calming Your Baby 8

Sibling Class 9

Infant/Child CPR Training 10

Grandparenting 101 Class 11



Baby Food Making Class 12

Healthy Mom, Healthy Baby Class 13

High Risk Pregnancy 14

Love After Labor 15

Coming of Age 16



Understanding Fatherhood Class 17

Important Class Information 18

The Family Birthing Center Reminders 19

Childbirth Education Series

Tuesdays

6–8 pm

Foucher Room

Series 1* **January 3, 10, 17, 24**

Series 2* **March 7, 14, 21, 28**

Series 3 April 4, 11, 18, 25

Series 4* **May 2, 9, 16, 23**

Series 5 June 6, 13, 20, 27

Series 6* **July 11, 18, 25**

Series 7 August 1, 8, 15, 22

Series 8* **September 5, 12, 19, 26**

Series 9 October 3, 10, 17, 24

Series 10* **November 7, 14, 21, 28**

***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 Class

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 Class

3rd Thursday of each month

6–8 pm

Virtual only

January 19

February 16

March 16

April 20

May 18

June 15

July 20

August 17

September 21

October 19

November 16

December 21



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 Class

Your Personal Journey Through Newborn Care

4th Monday – every other month

6–8 pm

Virtual only

January 23

March 27

May 22

July 24

September 25

November 27

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 Class

Saturday and Sunday Series

9 am–2 pm

Presidents Room

Series 1	January 14 and 15
Series 2	March 4 and 5
Series 3	May 20 and 21
Series 4	July 8 and 9
Series 5	October 21 and 22
Series 6	December 9 and 10



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

HypnoBirthing Childbirth Education Class

Saturdays
9:30 am–1 pm
Coliseum Room

Series 1	January 7, 16, 21
Series 2	March 4, 11, 18
Series 3	May 6, 13, 20
Series 4	August 5, 12, 19
Series 5	November 4, 11, 18



Dates and times are subject to change

HypnoBirthing is an age-old childbirth education method that uses hypnosis to eliminate the fear and tension that creates pain in the birthing experience.

Moms and their birth companions will learn how their mind and body can harmoniously communicate for a calmer, more confident and more comfortable birth.

There is a fee for this class.

To register and discuss pricing, contact Bonnie Miller
601.408.5983 or letgorelax@aol.com

*Dates and times of Zoom classes are subject to change.

Calming Your Baby

Presented by The Parenting Center at Children's Hospital

Saturdays

10 am–Noon

Foucher Room

January 14*

February 11* (virtual due to parades)

March 11*

April 8

May 13*

June 10

July 8*

August 12

September 9*

October 14

November 11*

December 9

Mondays

6–8 pm

Virtual only

February 13

April 10

June 12

August 14

October 16



*Denotes virtual class

Babies don't come with instructions... Learn how to have the happiest baby on your block! Based on Dr. Harvey Karp's breakthrough ideas, the parent educators at Children's Hospital's Parenting Center will teach pregnant couples, new parents, and caregivers calming techniques proven to quickly calm crying and boost infant sleep.

Come learn how to turn on a baby's "calming reflex" using five simple steps: the "5 S's" – swaddle, sway, side/stomach holding, and suck. It is appropriate for expecting parents as well as those with babies under three months.

This class is FREE of charge

To register, visit chnola.org

Please note: class size is limited and registration is required.

Sibling Class

Every other month – 3rd Saturday

9–10:30 am

Virtual only

January 21

March 18

May 20

July 15

September 16

November 18



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 or call 504.897.7319

Infant/Child CPR Training

4th Thursdays
6–7:30 pm
Presidents Room

January 26*

February 23

March 23*

April 27

May 25*

June 22

July 27*

August 24

September 28*

October 26

November 9* (due to Thanksgiving holiday)

December 7 (due to Christmas holiday)



***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 Class

Four times per year

Wednesdays

6–7 pm

Virtual only

January 18

April 19

July 19

October 18



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 Class

Mondays
6–7 pm
Virtual only

January 9
April 24
July 10
October 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

Wednesdays

6–8 pm

Virtual only

January 11

April 26

July 12

October 11



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

High Risk Pregnancy

Four time per year

Mondays

6–8 pm

Virtual only

March 6

June 5

September 11

December 4



This class focuses on preparation for the unexpected. It is designed to prepare moms and families to be advocates in high-risk situations. This class is suitable for anyone wanting to make informed and empowered decisions before, during, and after the birthing experience.

Topics include:

- Preterm and postterm labor
- Hypertension/high blood pressure/PreEclampsia
- Vaginal bleeding
- Meconium
- Cesarean delivery
- And more

This class is FREE of charge

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

Love After Labor

Four time per year

Mondays

6–8 pm

Virtual only

February 6 (Valentine's Day theme)

May 15

August 7

November 13



This course is about keeping and/or rekindling that intimate connection. It doesn't matter if you have a newborn, a toddler, or a teen, we are here for it. Let's talk about intimacy and keeping the love strong between you and your partner.

Topics include:

- Postpartum healing
- Sleep deprivation
- Loss of interest
- Shared responsibility
- Rejection
- Intimacy
- Foreplay
- Comfortable/creative positions
- Privacy from children

For pricing/booking, contact Labor and Love
504.215.8510 or **info@laborandlove.org**

Coming of Age

Four time per year

Saturdays

10–11 am

Virtual only

March 4

June 3

September 2

December 2



Fun, conversations, and education, all in a safe space. Coming of Age, Sex Education, and Girl Talk. Ages 12 and up.

Topics include:

- Puberty
- Sexual orientation
- Gender identity
- Personal safety
- Healthy relationships
- Reproduction
- Sexually transmitted infections
- Social media safety

For pricing/booking, contact Labor and Love
504.215.8510 or **info@laborandlove.org**

Understanding Fatherhood

Last Thursday of the month

6–8 pm

Foucher Room

March 30

June 29*

September 14

December 14*

***Denotes virtual class**

Designed with input from experienced fatherhood educators.
Covers pregnancy, birth, and babies from a dad's perspective.

This curriculum includes:

- The Importance of Fathers
- The Pregnant Dad
- Labor and Delivery
- Baby Care
- The Postpartum Dad
- A Look Ahead at Parenting

Builds confidence and it encourages group interaction and discussion.

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

- Baby Food Making Class
- Childbirth Education Series
- Infant CPR Training Class
- Understanding Your Newborn
- Calming Your Baby class
- Prenatal Breastfeeding Class
- Sibling Class
- Healthy Mom, Healthy Baby: Planning for a healthy pregnancy and beyond
- Grandparenting 101
- Understanding Fatherhood class
- High risk pregnancy

To register for any of these classes, call 504.897.7319 or visit touro.com/events

The following classes have a FEE

HypnoBirthing Childbirth Education Class

- To register, contact Bonnie Miller at 601.408.5983 or letgorelax@aol.com

Positive and Prepared Childbirth Class

- To register, contact Erin McCormick at 713.301.0882

Love After Labor

- For pricing/booking, contact Labor and Love 504.215.8510 or info@laborandlove.org

Coming of Age

- For pricing/booking, contact Labor and Love 504.215.8510 or info@laborandlove.org

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.

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



The Family Birthing Center
1401 Foucher St.
New Orleans, LA 70115
504.897.7319
touro.com/fbc