

The Family Birth Place

# 2025 perinatal and community classes

July–December

The Family Birth Place offers several classes to help you prepare for the birth of your baby. All classes are free and open to all patients. All classes are held in person in the Marrero Classroom at West Jefferson Medical Center. Pre-registration is required!

## Labor, Birth, and Beyond

Learn what to expect during labor, delivery, and postpartum. Hands on pain management and breathing exercises. Includes tour of The Family Birth Place.

### Saturdays: 9 am–1 pm

July 19	October 18
August 23	November 22
September 20	December 20

## Caring for Your Newborn

Provides information and skills for the first hours, weeks, and months of new parenthood.

### Saturdays: 9–11 am

July 12	October 11
August 16	November 15
September 13	December 13

## Breastfeeding Basics

Hands on instruction of the hows and whys of breastfeeding.

### Thursdays: 6–8 pm

July 17	October 16
August 21	November 20
September 18	December 18

## Infant and Child Safety and CPR

Strategies for preparing a safe environment for the family, including choking and CPR Instruction. Grandparents and caregivers encouraged to attend with parents.

### Saturdays: 11:30 am–1 pm

July 12	October 11
August 16	November 15
September 13	December 13

## Sibling T.L.C.

For children three years and older. Prepares them for arrival of mom's new baby.

### Saturdays: 2–3 pm

July 12	October 11
August 16	November 15
September 13	December 13

## Breastfeeding SOS

Assistance for struggling moms and babies learning to breastfeed. Private appointment.

Call 504.349.6004 (Lila)

## Mother–Daughter Brunch

Workshop for mothers and their daughters ages 8–13. Focus on building a strong relationship between mother and daughter while discussing the social, physical, and emotional changes of puberty.

### Saturdays: 9 am–Noon

July 5	October 4
August 9	November 8
September 6	December 6

## Puree Power: Making Baby Food at Home

Interactive workshop teaching the basics of introducing solids to baby and how to prepare your own baby food.

### Saturdays: 2–4 pm

July 19	October 18
August 23	November 22
September 20	December 20



Scan the QR code to learn more about The Family Birth Place

Sign up for our classes today!

504.349.6200

or email: [shannen.winfield@lcmchealth.org](mailto:shannen.winfield@lcmchealth.org)

25-28156-0626

West Jefferson  
Medical Center  
LCMC Health

### **Baby and Me Newborn Massage Class**

Group workshop focusing on nurturing touch and strengthening the bond between parent & baby aged three to six months

#### **2nd Thursday of Every month**

**10-11:30 am**

July 10	October 9
August 14	November 13
September 11	December 11

### **Grandparents Gathering**

Meet in the West Jefferson Cafe for a breakfast refresher course on the care of a newborn and navigating your new role as a grandparent. Breakfast options range in price from \$2-\$10.

#### **Third Thursday of every month 9 am**

July 17	October 16
August 21	November 20
September 18	December 18

### **Early Prenatal Health and Wellness**

In depth discussion of nutrition and healthy habits for the 2nd trimester expecting mom. Learn safe stretching and pregnancy yoga positions for the changing pregnant body.

#### **2nd Thursday of every month 6-8 pm**

July 10	October 9
August 14	November 13
September 11	December 11

### **The Complicated Pregnancy**

Private and group seminars providing comprehensive and detailed instruction and support for obstacles arising during pregnancy. Topics include: Gestational Hypertension and Preeclampsia, Gestational Diabetes Mellitus, Pregnancy After Loss, Expecting Twins and Multiples, and Skills for Teen Parents.

#### **2nd and 3rd Wednesdays each month: 1-3 pm**

July 9 & 16	October 8 & 15
August 13 & 20	November 12 & 19
September 10 & 17	December 10 & 17

### **Beyond Birth: 4th Trimester Support Circle**

Engage with other parents while discussing the ups and downs of postpartum and new parenthood.

#### **1st Thursday of every month 10-11 am**

July 3	October 2
August 7	November 6
September 4	December 4

### **The Parenting Center's Snuggles & Struggles**

Free weekly hybrid support group providing learning opportunities and socialization for new parents and babies. Held at Manning Family Children's and virtually.

Register at:  
[manningchildrens.org/snuggles](http://manningchildrens.org/snuggles)  
or call 504.896.9591.

In person meet Tuesdays  
10:30-11:30 am.

