

The Family Birth Place

# 2026 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!

## You're Pregnant...Now What?

In depth discussion of nutrition and healthy habits for the 1st and 2nd trimester expecting mom. Learn safe stretching and pregnancy yoga positions for the changing pregnant body.

### 2nd Saturday of every month: 3–4pm

July 11	October 10
August 8	November 14
September 12	December 12

## 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.

### 3rd Saturday of every month: 9 am–1 pm

July 18	October 17
August 15	November 21
September 19	December 19

## Caring for Your Newborn

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

### 4th Saturday of every month: 9–11 am

July 25	October 24
August 22	November 28
September 26	December 26

## 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.

### 4th Saturday of every month:

#### Noon–1 pm

July 25	October 24
August 22	November 28
September 26	December 26

## Breastfeeding Basics

Hands on instruction of the hows and whys of breastfeeding.

### 2nd Saturday of every month:

#### Noon–2pm

July 11	October 10
August 8	November 14
September 12	December 12

## Breastfeeding SOS

Private consultation for struggling moms and babies learning to breastfeed.

Lila Luster–Stipe, RN, IBCLC  
504.349.6004

Shannen Winfield, RN, CLC  
504.349.1301

## Sibling T.L.C.

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

### Weekdays and Saturdays by appointment

Call or email to schedule

## 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.

### Weekdays and Saturdays by appointment

Call or email to schedule



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@LCMHealth.org

26–44004

West Jefferson  
Medical Center  
LCMC Health

## Blooming After Birth: Nurturing You and Your Baby

Discussion focuses on the mental and physical healing process of the oft-neglected 4th Trimester and well as the importance of bonding with your baby in the first forty days of motherhood

### 4th Saturday of every month: 2-4pm

July 25	October 24
August 22	November 28
September 26	December 26

## The Parenting Center's Snuggles & Struggles

Free weekly hybrid 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.

**Hybrid group: Virtual or in-person**  
**Tuesdays: 10:30-11:30am**

## Baby and Me Newborn Massage Class

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

### First Wednesday of every month: 10-11:30 am

July 1	October 7
August 4	November 4
September 2	December 2

## Starting Solids: Baby-led Feeding and Making Baby Food at Home

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

### 3rd Saturday of every month: 2-4pm

July 18	October 17
August 15	November 21
September 19	December 19

## 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.

### Last Wednesday of every month: 9 am

July 29	October 28
August 26	November 25
September 30	December 30

## 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. Brunch provided.

### 2nd Saturday of every month: 9-11 am

July 11	October 10
August 8	November 14
September 12	December 12

