EJGH Woman & Newborn Services provides education, support and expert medical care for women and their families at every stage of life. We offer a wide variety of courses designed to help expectant parents prepare for birth and family life. Courses are held on campus at East Jefferson General Hospital. To register for any of these classes visit our website at www.ejgh.org. For dates, fees, or any additional information, call HealthFinder at 504-456-5000.

EXPECTING FAMILIES

ABC's of Breastfeeding
In this class, we dispel myths, provide the basic information you need for preparing to breastfeed, feeding your baby, and breast pump pointers. This is a small, informative class for women only.

Back to Work and Breastfeeding
Find out what to expect when you are breastfeeding and returning to work. Join us as we discuss how to manage breastfeeding, pumping at work, and maintaining your milk supply.

Best Beginnings: Early Pregnancy
Especially designed for expectant mothers and their partners during the early months of pregnancy. Parents-to-be can learn about fetal development, prenatal care and testing, common discomforts of pregnancy and what pre-term labor is. If you are planning a pregnancy, you are also welcome.

Breastfeeding Class
The breastfeeding class is an opportunity to learn the latest information from our Board Certified Lactation Consultants on a variety of topics. Some of these include how breastfeeding benefits both baby and mom, how to breastfeed, techniques for prevention and management of problems, dealing with common concerns, and tips on breastfeeding supplies.

Coping With Confidence – Labor Coping Skills
This class gives you and your support person additional practice and learning time to become comfortable with important labor coping techniques. A variety of labor coping skills are reviewed including relaxation, breathing patterns, attention-focusing, touch, visualization, position changes and rhythm and ritual. This class is recommended for all expectant families.

Infant Massage
A class for parents and caregivers to learn the ancient art of infant massage. This class is for anyone who wants to learn bonding with babies through touch and its many benefits. Parents are welcome to attend with baby or while expecting. The class is designed for pre-crawlers (0-6 months), although massage can be started at any age.

Lamaze
Childbirth preparation program designed to empower women to make informed choices in healthcare, to assume responsibility for their health, and to trust their inner wisdom. 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.

Naturally Prepared Birth
An exciting in depth Childbirth Class providing evidence based information on the physiological and emotional aspects of labor. We will explore labor and how to work naturally with your body throughout labor and delivery. Topics include the role of the partner (ways to help Mom!), labor coping techniques, positions for comfort, your options in pain management, creating a simple birth plan, and what to expect in postpartum and early breastfeeding.

Prenatal Aquatic Series
EJGH Woman and Newborn Services are partnering with the Wellness Center to bring you a 6-Week Prenatal Aquatic Series. The program allows expectant mothers to practice a combination of aerobic exercise, strength training, and gentle stretching in a cool, soothing aqua environment. Mothers can comfortably perform exercises without undue stress on their joints. This also relieves swelling. Class is open to all expectant mothers at any pregnancy stage. Permission from a Physician is required.

Prenatal I
Provides information on the changes to expect throughout pregnancy. This class 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.

Prenatal II
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.

Prenatal III
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 healthy relationships, postpartum emotions, and feeding your baby.
INFANT CARE

Dogs & Babies
This two hour seminar teaches parents-to-be how to successfully prepare the family dog for the arrival of a new baby. For many parents, their first “kids” were pets. Now that a baby is in the future, it is important that parents help their dog adapt to this new addition and create a safe environment for both the dog and the baby. This class is also recommended for grandparents, babysitters, or anyone who owns a dog that will be around the new baby.

Family and Friends CPR
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.

Newborn Essentials
Experts will address the many questions about the first weeks at home with a newborn. Basics of bathing, diapering, swaddling, umbilical cord and circumcision care, how to take a temperature, and feeding are just some of the critical concepts that will be addressed in this small, confidence-boosting class.

Safety Check: Keeping your Baby Safe
Keeping your baby safe, both inside and outside of your home, is an important part of parenting. This class presents general information on first aid, medical and environmental emergencies, car seat safety, and ways to prevent infant abduction.

CHILDREN AND FAMILIES

ABCs of Babysitting
A fun, basic, introductory session for those interested in learning how to provide nurturing childcare. The event is designed off the “Babysitter Cadette Badge” requirements, but is open to all girls 11 and older.

Safe Sitter®
is a medically accurate, hands-on class that teaches and prepares boys and girls ages 11 to 14 on how to provide nurturing childcare and handle various emergencies that may occur, including an introduction to infant and child CPR.

SUPPORT GROUPS

NICU Graduate—Parent Support Group
Resources, support and understanding. If you have experienced the birth of a premature infant, plan to attend this small, informal group to receive hope, encouragement and answers from others who have been through similar births and experiences.

Nurture Nursing – Breastfeeding Support Group
As parents, it is your responsibility to make sure your baby will get off to a good healthy start. Breastfeeding is recognized by the American Academy of Pediatrics, The World Health Organization, UNICEF, and other health care organizations as the superior infant food. EJGH lactation experts recognize that caring for a newborn can be challenging. This breastfeeding support group provides an opportunity to get your questions answered, and to receive valuable information about breastfeeding or caring for your baby.

You’re Not Alone
A group for individuals and their families as they journey through the grief experienced from the loss of a baby through miscarriage, stillbirth, or newborn death.

Expectant and New Parents...
Learn amazing things about your baby with our FREE weekly parenting e-mail and get all your questions answered.

sign up now at ejgh.org/parentreview