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, as well as at the Destination Maternity Learning Studio located on N. Causeway Blvd. in Metairie.

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.

Belly to Baby: Childbirth Education
Love your pregnancy and be empowered by your child’s birth! This class allows new and expectant moms to get to know local pregnancy, birth, and early parenthood resources and meet special guests in this five week natural childbirth course. We will cover everything from pregnancy woes to washing ten tiny toes!

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 (positions, frequency, length of feedings, signs of adequate feedings, etc.), techniques for prevention and management of problems, dealing with common concerns (mother’s diet, returning to work or school, medications, etc.), and tips on breastfeeding supplies.

Birth 101, Childbirth Education
A condensed class exploring the signs and stages of labor, medical interventions, options for pain management, breathing, natural comfort measures and postpartum to help you prepare for a confident birth experience. This class will meet on Friday evening and on Saturday. It is not only for first-time parents who need childbirth class quickly, but great as a refresher course for returning parents.

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. It should be taken after you have completed your childbirth class or as a refresher. A support person is suggested but not necessary to attend. 2-hour class.

Dancing for Birth
Dancing for Birth classes offer a fun and relaxing atmosphere for you to prepare for and celebrate your birth. Classes are designed to increase your comfort and confidence, as well as gain childbirth preparation skills, while becoming stronger and more comfortable with your pregnant body. No dance experience necessary. Mothers are welcome throughout pregnancy and postpartum. Wear baby in a wrap or sling or leave baby at home and enjoy some time for you.

Healthy Birth Practices
Lamaze practices are grounded in extensive research. Gain an understanding of how six simple steps can help you have a safer and healthier birth.

Healthy Eating During Pregnancy
Learn what your best food options are during pregnancy to stay healthy, avoid foodborne illnesses and gain the right amount of weight for a healthy pregnancy and baby.

HypnoBirthing® - The Mongan Method
HypnoBirthing is as much a philosophy as it is a birthing technique. The method teaches you that in the absence of fear and tension, severe pain does not have to accompany labor. You will gain an understanding of how the birthing muscles work in perfect harmony—as they were designed to—when your body is sufficiently relaxed. You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and you will learn to use your natural birthing instincts for a calm, serene and comfortable birthing process.

Lactation Nutrition and Infant Feeding
Learn about proper nutrition during breastfeeding in addition to learning what and how much to feed your baby as he/she grows. Also, learn how to transition your baby to solids, avoid food intolerances and deal with feeding issues.
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.

Losing Weight After Baby
Learn how to effectively lose weight in a healthy manner after giving birth. Receive weight loss tips that will ensure you lose your baby weight and keep it off.

Mommy Fit
During pregnancy, regular exercise, stretching, and relaxation can help alleviate some of the common aches and pains and help boost your energy levels. Maintaining strength and flexibility will also prepare you for the work of labor and delivery. This class will help you learn the correct ways to stretch and move while adjusting to your new size and shape. For all moms to be - regardless of experience. This class is safe and accommodating to all months of pregnancy.

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.

Happiest Baby on the Block
Learn to calm crying and help your baby sleep peacefully and for longer periods of time. You will learn step-by-step how to help your baby sleep better and how to soothe even the fussiest baby in minutes by using this proven method developed by pediatrician Dr. Harvey Karp that has been used for centuries.

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.

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
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, US Healthy People 2010 and other health care organizations as the superior infant food. East Jefferson Woman & Newborn 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.

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

Childcare Options
Making a decision on appropriate child care for your infant or young child can seem overwhelming as a parent. Come and learn about the different types of child care options in the New Orleans area. Topics covered include how to find a great daycare or care provider, how to spot bad ones, and how to choose the best type of child care for your family.

It’s Great to Be a Girl
This seminar includes an informal open discussion on self-esteem, self-care, puberty and communication. It is expected that conversation will continue at home between preteen and adult participants.

Sibling Class
This class is designed for 3 to 10 year olds and their parents. The goal is to begin to familiarize your children with their new sibling before the birth takes place. Topics covered include hands on training on how to hold and diaper a baby, changes that may occur when the baby arrives at home, and tours of both the nursery and mom’s hospital room. Please bring a doll or teddy bear so your child can learn how to properly hold and diaper a baby.