



# Childbirth Education 2024 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@LCMHealth.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.

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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.



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## Childbirth Education Series

Touro patients only

### Tuesdays

6–8 pm

Foucher Room

<b>Series 1*</b>	<b>January 9, 16, 23, 30</b>
<b>Series 2*</b>	<b>March 5, 12, 19, 26</b>
<b>Series 3</b>	April 2, 9, 16, 23
<b>Series 4*</b>	<b>May 7, 14, 21, 28</b>
<b>Series 5</b>	June 4, 11, 18, 25
<b>Series 6*</b>	<b>July 2, 9, 16, 23</b>
<b>Series 7</b>	August 6, 13, 20, 27
<b>Series 8*</b>	<b>September 3, 10, 17, 24</b>
<b>Series 9</b>	October 8, 15, 22, 29
<b>Series 10*</b>	<b>November 5, 12, 19, 26</b>

\*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](https://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](https://touro.com/fbc) or call 504.897.7319

This class is available to Touro patients only.

## Prenatal Breastfeeding Class

Touro patients only

**3rd Thursday of each month**

**6–8 pm**

**Virtual only**

**January 18**

**February 15**

**March 21**

**April 18**

**May 16**

**June 20**

**July 18**

**August 15**

**September 19**

**October 17**

**November 15**

**December 19**



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](https://touro.com/events) or call 504.897.7319

## Understanding Your Newborn Class

Your Personal Journey Through Newborn Care

Touro patients only

**4th Monday – every other month**

**6–8 pm**

**Virtual only**

**January 22**

**March 25**

**May 27**

**July 22**

**September 23**

**November 25**

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](https://touro.com/events) or call 504.897.7319

## Positive and Prepared Childbirth Class

Open to surrounding hospitals and Touro patients

### Saturday and Sunday Series

9 am–2 pm

Presidents Room

<b>Series 1</b>	January 13 and 14
<b>Series 2</b>	March 23 and 24
<b>Series 3</b>	April 20 and 21
<b>Series 4</b>	June 22 and 23
<b>Series 5</b>	August 10 and 11
<b>Series 6</b>	October 12 and 13
<b>Series 7</b>	November 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

Open to surrounding hospitals and Touro patients

### Saturdays

9:30 am–1 pm

Coliseum Room

<b>Series 1</b>	January 6, 13, 20
<b>Series 2</b>	April 13, 20, 27
<b>Series 3</b>	July 6, 13, 20
<b>Series 4</b>	October 5, 12, 19



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.

## Sibling Class

Touro patients only

**Every other month – 3rd Saturday**  
**9–10:30 am**  
**Virtual only**

**January 20**  
**March 16**  
**May 18**  
**July 20**  
**September 21**  
**November 16**



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](https://touro.com/events) or call 504.897.7319

## Infant/Child CPR Training

Touro patients only

**4th Thursdays**  
**6–7:30 pm**  
**Presidents Room**

**January 25\***  
**February 22**  
**March 28\***  
**April 25**  
**May 23\***  
**June 27**  
**July 25\***  
**August 22**  
**September 26\***  
**October 24**  
**November 21\***  
**December 12**



### \*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](https://touro.com/events) or call 504.897.7319  
This class is available to Touro patients only.

## Grandparenting 101 Class

Touro patients only

Four times per year

**Wednesdays**

6–7 pm

Virtual only

**January 17**

**April 17**

**July 17**

**October 16**



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](https://touro.com/events) or call 504.897.7319

## Baby Food Making Class

Touro patients only

**Mondays**

6–7 pm

Virtual only

**January 8**

**April 8**

**July 8**

**October 14**



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](https://touro.com/events) or call 504.897.7319



## Healthy Mom, Healthy Baby Class

Planning for a healthy pregnancy and beyond  
Touro patients only

**Wednesdays**  
6–8 pm  
Virtual only

**January 10**  
**April 10**  
**July 10**  
**October 16**



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](https://touro.com/events) or call 504.897.7319

## High Risk Pregnancy

Touro patients only

Once a month  
**Mondays**  
6–8 pm  
Foucher Room

**January 8**  
**February 5**  
**March 4**  
**April 15**  
**May 6**  
**June 3**  
**July 1**  
**August 5**  
**September 9**  
**October 7**  
**November 4**  
**December 2**



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](https://touro.com/events) or call 504.897.7319

## Understanding Fatherhood

Touro patients only

### Last Thursday of the month

6–8 pm

Foucher Room

March 28

June 27\*

September 26

December 19\*

\*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](https://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](https://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](mailto:letgorelax@aol.com)

Positive and Prepared Childbirth Class

- To register, contact Erin McCormick at 713.301.0882

### 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  
1401 Foucher St.  
New Orleans, LA 70115  
504.897.7319  
[touro.com/fbc](https://touro.com/fbc)