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.

**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.

**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 & Child 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**

**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.
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.

CHILDREN AND FAMILIES

ABC’s 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.

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.

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

Other ways to sign up:
Text your hospital code:
EJGH to 617.580.3050
or
Use your smart phone to scan this QR code: