

## March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>  Prenatal 1 630p-830p	<b>3</b>  Lamaze 1 6p-9p	<b>4</b>  Breastfeeding Support Group 11a-1215p	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>  Prenatal 2 630p-830p	<b>10</b>  Lamaze 2 6p-9p	<b>11</b>  Infant CPR 7p-8p	<b>12</b>  ABC's of Breastfeeding 11a-1215p	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>  Prenatal 3 630p-830p	<b>17</b>  Lamaze 3 6p-9p	<b>18</b>	<b>19</b>  Infant CPR 9a-10a  Car Seat Safety Fitting 230p-430p	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>  Sibling Class 9a-10a
<b>29</b>	<b>30</b>	<b>31</b>				

To register for classes, please visit our website at [www.ejgh.org](http://www.ejgh.org)

Class contact: Holly Williams, RN,BSN,CBC 504-503-5992

*\*Dates/Times are subject to change or cancellation. please call or check website frequently\**

ABC's of Breastfeeding - Jan Gourgues, RN, IBCLC, RLC, Internationally Board Certified Lactation Consultant at EJGH

Dispelling myths and providing basics on preparing to breastfeed, along with feeding your newborn and pump pointers are discussed in this small informative class for women only.

No fees - class is FREE and offered every other month.

Babysitting Basics - Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. Woman & Newborn Services invites young boys and girls to come learn an assortment of key babysitting tips. The information presented will include infant and child choking, essentials of childcare, problem behavior, entertaining ideas and treating babysitting as a business. The event is designed off of the "Babysitter Cadette Badge" requirements, but is open to all that are 11 years and older. Class is offered once in the spring and once in the fall. Two hour class -\$10.00

Breastfeeding Class – Susie Amick, MSN, RN, IBCLC, LCCE, Internationally Board Certified Lactation Consultant at EJGH. The focus of this class is to help families achieve a successful breastfeeding experience both in the hospital and at home. Internationally Board Certified Lactation Consultants cover breastfeeding expectations in the early weeks and strategies for success. It is recommended that dad or other support persons attend. No fees - class is FREE and offered every other month.

Breastfeeding Support Group - Jan Gourgues, RN, IBCLC, RLC, Internationally Board Certified Lactation Consultant at EJGH & Cammy Goldberg, RN, IBCLC, Internationally Board Certified Lactation Consultant at EJGH. Let our lactation experts help you transition into successful breastfeeding so that your baby can have a healthy start to life. Learn about the nutritional value of breast milk, your baby's weight gain, milk supply concerns and more. Share advice with other moms on ways to help a fussy baby, manage sore nipples and breastfeeding in public. Speak with a certified lactation specialist, have your baby's weight checked, get advice and tips, meet and share experiences with other mothers. No fees - class is FREE and offered once a month.

Car Seat Safety Fitting – EJGH's Woman & Newborn Services and EMS are partnering together with the LA Passenger Safety Task Force to offer FREE Child Safety Seat Fittings. This program is designed to demonstrate proper installation of your child safety seat and ensure seat type and fit are accurate for your vehicle. Seat Fittings are available the 3rd Thursday of every month from 2:30–4:30pm in the Wellness Center parking lot at 3726 Houma Blvd. For more information, please call 504-503-7152.

Infant CPR - Elaine Boudreaux, BSN, RNC-NIC, Neonatal Intensive Care Nurse & Naomi Smith, BSN, RNC-OB, Labor & Delivery Nurse. 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. Class is offered twice a month. \$15.00 per person

It's Great to be a Girl! - Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. So much happens to a young girl's body during puberty both emotionally and physically. Learning how their bodies grow, what changes to expect, and how to take care of themselves are valuable lessons for preteens. For girls ages 9-12, the seminar includes an informal open discussion on self-esteem, self-care, puberty and communication. A brief and simple introduction to the opposite sex is covered. A female parent or trusted female adult should accompany each preteen. Class is offered about every 3 months. Two hour class -\$20.00

Lamaze - Susie Amick, MSN, RN, IBCLC, LCCE, Internationally Board Certified Lactation Consultant at EJGH. Childbirth preparation program designed to empower women to make informed choices in healthcare, to assume responsibility for their health, and trust their inner wisdom. Implemented in three sessions, 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. A partner (who will be with you in labor) is recommended. Class series is 3 classes, and offered every other month, and should be completed by 36-37 weeks pregnant. \$100.00 - non refundable

Newborn Essentials – Monique Erzodain, RN & Melissa Minnis, BSN, RN, EJGH Woman & Newborn Services. Get answers from the experts to the many questions about the first weeks at home with a newborn. Basics of bathing, diapering, swaddling, umbilical cord and circumcision care are just some of the critical concepts that will be addressed in this small, confidence-boosting class. No fees - class is FREE and offered every other month.

Prenatal 1 - 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. No fees - class is FREE and offered every other month.

Prenatal 2 - 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. No fees - class is FREE and offered every other month.

Prenatal 3 - 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 the role of the pediatrician, healthy relationships, postpartum emotions, and feeding your baby. No fees - class is FREE and offered every other month.

Safe Sitter- Holly Williams, BSN, RN, CBC & Jan Gourgues, RN, IBCLC, RLC. This is a 2 day Safe Sitter certified babysitting class offered during the summer for teens 11-14 years old who are seriously interested in pursuing babysitting. Rescue breathing and rescue choking techniques are covered. 2 full days- \$85.00

Sibling Class – Mary Downum, BSN, RN, IBCLC, EJGH Woman & Newborn Services. This class is designed for 3 to 10 year olds and their parents. 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 a tour of mom and baby's room at the hospital as well. Please bring a doll or teddy bear so your child can learn how to diaper and properly hold a baby. No fees - class is FREE and offered every other month.

**\*\*All classes have a minimum registration requirement that must be met in order to hold class\*\***