

Family Foundations Prenatal and Family Education



A woman's journey to motherhood can be less stressful and more rewarding for herself and her family with knowledge and support. Prenatal classes help prepare mothers-to-be and their families for the incredible change that is taking place in their lives. Women are encouraged to share the experience by bringing a support person to all classes.

Class Series 2009

PREPARED CHILDBIRTH CLASS SERIES

Bring 2 bed pillows to every class.

6 Week Series

Tuesdays • 6:30pm - 8:30pm • Education Rooms 1 & 2
\$35/Couple

January 13, 20, 27, February 3, 10, 17

March 24, 31, April 7, 14, 21, 28

May 19, 26, June 2, 9, 16, 23

August 11, 18, 25, September 1, 8, 15

October 13, 20, 27, November 3, 10, 17

ONE DAY PREPARED CHILDBIRTH CLASS

Bring 2 bed pillows.

Saturdays • 9am - 5pm • Education Rooms 1 & 2
\$35/Couple

January 24

June 13

February 21

July 11

March 21

September 5

April 18

October 3

May 16

November 21

BREASTFEEDING CLASS - One Class

Thursdays • 6:30pm - 8:45pm • Education Room 2
\$10/Couple

January 29

July 16

February 26

August 13

March 26

September 17

April 23

October 15

May 21

November 12

June 18

December 3

SIBLING CLASS - One Class

Mondays • 6:00pm - 7:00pm • Education Room 2
\$10/Family

January 12

August 10

March 9

September 21

April 13

November 2

June 1

December 7

July 13

PREPARED CHILDBIRTH CLASS SERIES

The Prepared Childbirth Class Series is highly recommended for its hands-on, and often fun, approach to dealing with labor, delivery and recovery. This series teaches comfort, relaxation, positioning, breathing, and massage techniques to increase the comfort level during the birth experience. Birth preparation is discussed regarding natural vaginal delivery, birth with an epidural, and cesarean birth. After everyone delivers, a class reunion is held. Bring your pillows, your questions and don't forget to breathe. These classes are recommended during the last 3 months of pregnancy.

Bring 2 bed pillows to every class.

ONE DAY PREPARED CHILDBIRTH CLASS

A condensed version of the Prepared Childbirth Class, the One Day Prepared Childbirth Class may better fit your schedule. The one day class is recommended during the last 3 months of pregnancy. A reunion will be scheduled for all class participants after everyone delivers.

Bring 2 bed pillows to class.

BREASTFEEDING CLASS

This class provides important information on the process of lactation and successful breastfeeding. Recommended during the last 3 months of pregnancy, participants will learn about positioning, latch-on, early feedings and the importance of assessing baby's intake. It even deals with working moms and their concerns about returning to work while breastfeeding. A list of important resources will also be available.

SIBLING CLASS

This class is recommended during the last 3 months of pregnancy. Preparing siblings for the arrival of a new baby can be as confusing as it is joyous. This class focuses on the unity of the family. Older siblings ages 2-10 are asked to attend with one or both parents. The children will have hands-on practice with dolls to learn how to interact with a new baby. Parents will receive informative guidelines and everyone will tour the mother/baby unit.

Class Series 2009

BABY CARE CLASS - One Class

Mondays • 6:30pm - 8:30pm • Education Room 2
\$10/Couple

January 26	July 27
March 2	August 24
April 6	September 28
May 18	October 26
June 29	November 30

INFANT CPR - One Class

This CPR class is not a certifying or credentialing course.
Mondays • 6:30pm - 8:30pm • Education Room 2
\$5/each

January 19	August 3
March 16	October 12
April 27	November 9
June 8	

SAFE SITTER CLASS - One Class

8:30am - 4:30pm • Education Rooms 1 & 2
\$35/Sitter

Saturday, March 14	Wednesday, July 8
Wednesday, June 10	Wednesday, July 15
Wednesday, June 17	

BABY CARE CLASS

Now what do I do? That's how so many new moms and dads feel when they leave the security of the hospital with their new baby. This class helps answer that question and so much more. Recommended during the last 3 months of pregnancy, Baby Care Class reviews newborn characteristics, general baby care, early parenting issues and community resources.

INFANT CPR FOR FAMILY AND FRIENDS

Participants will learn and practice rescue for choking and CPR for infants. The child and adult module is also offered, if desired. New guidelines for the child and adult module are more strenuous for participants, so it may be physically challenging for mothers in late pregnancy. This is not a credentialing course. This class is recommended for expectant parents, new parents and support persons.

SAFE SITTER® CLASS

The best sitter is a safe sitter! Safe Sitter® is a program designed for boys and girls ages 11 - 13. This class teaches sitters how to have fun with children. They will also learn safety tips, how to recognize a medical emergency, and what the appropriate action should be during an emergency, such as when a child or infant is choking.

Call 480-7243 to register for all classes.

Registration is required.

*Registration fees are non-refundable.
Classes may be rescheduled for a later date.*

Support Group for Moms & Babies

LA LECHE LEAGUE LAKE CHARLES MEETINGS

Thursdays • 10:00am - 11:30am • Free
Education Room 2

January 8	August 6
February 5	September 3
March 5	October 1
April 2	November 5
May 7	December 3

LA LECHE LEAGUE LAKE CHARLES

A breastfeeding support group, La Leche League offers a series of meetings consisting of four classes that are helpful for pregnant moms and moms who are already nursing. Meetings are free and open to mothers and babies. For more information, call Courtney 217-8056, Amber 313-4303, or Tricia 477-7709.



Lake Charles Memorial
Hospital for Women
FAMILY BIRTH CENTER

All classes are held at Memorial Hospital for Women, 1900 W. Gauthier Road. Tours are available after each class.