



**THE PARENTING CENTER
AT CHILDREN'S HOSPITAL**

**2012 SPRING
CLASS SCHEDULE**



The Parenting Center at Children's Hospital

The Parenting Center at Children's Hospital helps parents and grandparents develop essential skills and offers practical suggestions to help with the ordinary stresses of raising children. The staff of parent educators includes clinical social workers, an early childhood educator and a registered nurse who help families grow from birth through adolescence. The Parenting Center provides classes, book and video lending libraries, playrooms in two locations, Uptown (with play yard) and Metairie. Watch our live parenting segment on WWL-TV every Tuesday morning at 8:50 a.m., and at 4 p.m. on WDSU NewsChannel 6 on the first Friday of each month.

Mission

The purpose of The Parenting Center is to provide a place where parents, through the help of professionally trained staff, can develop competence and confidence in rearing children. Membership is open to all parents and grandparents.

The Center serves as:

- an educational resource center where parents can learn about child development and related parenting skills,
- a support center where parents can discuss concerns with other parents and staff while their children enjoy the company of other children, and
- a referral center where parents can receive direction to appropriate community resources.

www.theparentingcenter.net

Annual Membership Levels & Benefits

Associate Membership \$50/year

- Designed for full-time working parents or parents of school-age children
- Counseling with The Parenting Center's professional staff
- Resource library privileges
- The Parenting Center mailings
- Reduced fees for evening classes

Active Membership \$100/year

- All previous benefits plus
- Members-only programs & morning classes
- Daily drop-in at The Parenting Center with children 3 years old and younger
- Installment payments and scholarships available

Circle of Friends \$200/year

- All previous benefits plus
- Support the center programs and scholarship fund
- Tax deduction



Ongoing Member Activities & Services

Drop-In Times (Birth – 3 Years)

Parents or grandparents can bring their children to enjoy the playroom and play yard. Provides children and parents an opportunity to make friends and socialize! Free for active members only.

Uptown: Monday – Friday, 9 a.m. – 4:30 p.m.

Metairie: Monday – Friday, 9 a.m. – noon

“Fathers Only” Saturdays (Newborn – 3 Years)

Make Saturday morning a special time for dads and their little ones! The Parenting Center is open just for dads and kids under 4 every other Saturday. Send us your e-mail address to receive reminders. Free for active members only.

Uptown: Every other Saturday, 10 a.m. – noon

Monthly Birthday Celebrations (1 – 3 Years)

Cookies and song for all young Parenting Center members with a birthday in that particular month. All are invited to celebrate.

Uptown: Third Friday of each month, 12:30 p.m.

Resource Library

Parents are welcome to check out books and videos on a wide variety of parenting topics from the multi-media library. Our staff is here to guide and assist you in selecting a book. For members only.

Referral Services

The Parenting Center staff is available to provide information and community referrals to parents depending on individual needs and family situations.

Parent Consultation and Coaching

We offer confidential consultations for individuals and couples, as well as ongoing parent coaching. Call 896-9591 or e-mail parenting@chnola.org to schedule an appointment or to talk to one of our parent educators by phone. One-time consultation is \$50 for members, \$75 for nonmembers.



Lactation Services

The lactation retail center has nursing bras, pumping supplies, nursing cover-ups and other items for purchase. Nursing mothers may also take advantage of our free walk-in weight checks and breastfeeding educational materials. *Uptown.*

Breastfeeding & Returning to Work Planning Sessions (Mothers & Nursing Babies)

Returning to work doesn't mean you have to give up breastfeeding. Mothers need a practical plan for an easier transition back into the workplace. An International Board of Lactation Consultant Examiners (IBLCE)-certified lactation consultant will help design a personalized plan that fits you. Call for an appointment at least two weeks before returning to work. \$20. *Uptown.*

Breastfeeding Support & Lactation Services (mothers & nursing babies)

An IBLCE-certified lactation consultant/registered nurse is available for consultations. Call 896-9591 for an appointment. \$20 half hour/\$40 hour (fees may be covered by insurance). *Uptown.*



Parent/Child Music, Art & Fun Programs

Let's Make Music (1 – 3 Years)

Hands-on lively music for parents and children. Free for active members only.

Uptown: Mondays, 10 – 10:30 a.m. or 10:30 – 11 a.m.

Metairie: Thursdays, 10 – 10:30 a.m. (infants & crawlers) 10:30 – 11 a.m. (toddlers & walkers).

Let's Create! Art & Messy Play (1 – 3 years)

Enjoy the fine “art” of making a mess every week. Children and parents should come dressed for mess! Free for active members only.

Uptown: Wednesdays, 10 – 11 a.m.

Metairie: Mondays, 10 – 11 a.m.

Musikgarten® Classes (3 months – 3 years)

The internationally acclaimed music program designed to increase your child's curiosity about music, to develop listening skills and a sense of beat, and to establish the foundation for singing and musical thought. Space is limited, registration required, class time depends on child's age. Registration begins Jan. 9, classes begin Jan. 31 – Feb. 4. Discounts for siblings!

Family Music for Babies (3 months – 1 year)

15 sessions/40 minute class. \$208 members/ \$238 nonmembers (includes book and CD)

Uptown: Class A, Thursdays, 10:45 a.m.

Family Music for Toddlers (Level I or II)

15 sessions/40 minute class. \$208 members/
\$238 nonmembers (includes book and CD).

Level I (1 – 2 Years)

Metairie: Class B, Tuesdays, 9:15 a.m.

Uptown: Class C, Thursdays, 9:15 a.m.

Uptown: Class D, Saturdays, 9 a.m.

Level II (2 – 3 Years)

Metairie: Class E, Tuesdays at 10 a.m.

Uptown: Class F, Thursdays at 10 a.m.

Uptown: Class G, Saturdays, 9:45 a.m.

There will be no Musikgarten Classes

Jan. 31, Feb. 11, 16, 18, 21, 23 and April 3, 5, 7, 10, 12.



Parent/Infant Programs

Infant Massage (Newborn – 6 Months)

Learn how to massage your baby using gentle, nurturing touch. Three sessions, \$40 members/\$50 nonmembers.
Uptown: Fridays, Jan. 27, Feb. 3 & 10, 9:30 – 11 a.m.

Snuggles & Struggles New Parent Group (Parents and Newborns – 6 Months)

This weekly group provides learning opportunities and socialization with new parents and babies. Discussion topics include crying, sleeping, feeding, infant behavior and development. A staff member facilitates the group. Free and open to the public.
Uptown: Tuesdays, 10:30 a.m. – noon.

Busy Babies (6 – 12 Months)

Active babies play while parents meet and discuss topics such as separation anxiety, sleep issues, developmental milestones, dental care and nutrition. Parents will also learn how to encourage language development and provide appropriate play activities. Babies welcome!
Six sessions, free to members/\$100 nonmembers.
Uptown: Tuesdays, Feb. 28 – April 3, 10:30 a.m. – noon.

Let's Play, Baby (10 – 15 Months)

The way parents interact with young children and the activities they choose encourage healthy development and fun. Come join other parents and babies ... LET'S PLAY! Six sessions, for members only. \$20 fee for materials.
Uptown: Wednesdays beginning Feb. 1 – March 14, 10:30 – 11:30 a.m. No class on Feb. 22.

Babies, Parents and Sleep (6 Months – 1 Year)

Sleep is a basic need for humans — babies or adults. This class explores ways to establish nighttime habits that may help foster a better sleeping environment for both baby and parents.
Class only: \$10 members/\$20 nonmembers (childcare available).
Class plus personal consultation, sleep plan and follow up: \$50 members/\$70 nonmembers.
Uptown: Wednesday, May 23, 10 – 11:30 a.m.



For Parents with Young Children

Toddler Topics (1 – 2 Years)

Learn about reinforcing positive behavior and setting limits. Topics include development, behavior, appropriate activities and discussion of routines – eating, sleeping and toilet training. Two sessions, \$25 members/\$35 nonmembers.

Uptown: Tuesday, April 24 & May 1, 6:30 – 8:30 p.m.

From Walkers to Talkers (16 – 24 Months; must be walking)

Meet other parents and enjoy these informal discussions of developmental patterns, as babies become toddlers. Topics include: attachment and separation, establishing routines, early learning, language and social/emotional development. Five sessions, \$45 members/\$55 nonmembers (childcare available).

Uptown: Fridays, March 2 – 30, 10 – 11:30 a.m.

Terrific Twos (24 – 36 Months)

Learn more about toddlers and their ever-expanding world! We will discuss toddlers' struggle for independence and their developing social abilities. Toileting, sleeping and eating are among the topics covered. Six sessions, \$50 members/\$60 nonmembers (childcare available).

Uptown: Mondays, April 16 – May 21, 10 – 11:30 a.m.



Toddlers, Parents and Sleep (1 – 3 Years)

Adequate sleep is essential for overall growth and development. Discuss ways to approach the sleep dilemmas during the toddler years and find solutions that will work for your family. (Childcare available). Class only: \$15 members/\$25 nonmembers. Class plus personal consultation, sleep plan and follow up: \$50 members/\$70 nonmembers.

Uptown: Thursday, March 1, 10 – 11:30 a.m.

P.E.P. Talks! Principles of Effective Parenting (1 – 3 Years) “Roots of Success”

These classes will explore parenting techniques that have been researched and proven most effective. Learn, practice and perfect skills to use every day. Monthly sessions, \$15 member/\$20 nonmembers per session or \$30 members/\$40 nonmembers for all three paid in advance (Childcare available).

Uptown: 9:30 – 11 a.m.

Session I: Building Skills for Executive Function, Wednesday, March 21

Session II: Developing Empathy, Wednesday, April 25

Session III: Foundations for Early Learning, Wednesday, May 16

Play With Me! (1 – 4 Years)

Play provides the building blocks your child needs to succeed - in learning, in relationships, and in life. Understand the dynamics of play and learning and create time and space for play at home. One session, \$15 members/\$25 nonmembers.

Uptown: Monday, March 5, 9:30 – 11 a.m.

Avoiding Power Struggles (2 – 5 Years)

Is everything an argument at your house? Learn tips for how to get your kids to cooperate and give them positive ways to feel in control. One session, \$15 members/\$25 nonmembers.

Uptown: Wednesday, March 7, 6:30 – 8:30 p.m.

Positive Discipline (3 – 5 Years)

These classes explore ways of encouraging cooperation and redirecting the behavior of preschoolers. Learn how and when to discipline, alternatives to punishment, practical limit-setting techniques for common preschool problems. Three sessions, \$35 members/\$45 nonmembers, morning class or \$35 members/\$45 nonmembers, evening class. (Childcare available for morning class).

Uptown: Thursdays, Jan. 19, 26, Feb. 2, 10 – 11:30 a.m. or Thursdays, April 19, 26, May 3, 6:30 – 8 p.m.



For Parents with Children in Elementary, Middle School and High School

Active Parenting Now (6 – 10 Years)

Learn a proven approach to parenting that will lead to harmony and happiness for you and your children. This informative program uses video, activities and discussion to show you ways to raise responsible, cooperative children who are able to resist negative peer pressure. Three sessions, \$45 members/\$55 nonmembers (fee includes book).

Uptown: Mondays, March 12, 19 & 26, 6:30 – 8:30 p.m.

Growing Up for Girls (9 – 12 Years)

Practical information about female anatomy, what happens during puberty, body image, menstruation and feminine hygiene is presented in an informal, fun and hands-on manner. Girls attend with their mother or care giver. Taught by a parent educator. \$20 per child.

Children's Hospital Auditorium: Tuesday, March 20 or May 15, 6:30 – 8:30 p.m.

Metairie: Tuesday, Jan. 17 or April 17, 6:30 – 8:30 p.m.

Growing Up for Boys (10 – 13 Years)

A Children's Hospital staff member leads a two-hour program for boys and their fathers which covers male and female anatomy, physical and emotional changes during puberty and hygiene issues. \$20 per child.

Children's Hospital Auditorium: Tuesday, Jan. 24, 6:30 – 8:30 p.m.

Metairie: Tuesday, March 27 or May 22, 6:30 – 8:30 p.m.

Back Talk and Eye Rolling (11 – 13 Years)

A two-session discussion about developmental issues and communication techniques that put you in charge. Discover how you can resolve conflict with mutual respect between you and your child. Bring your latest power struggles for discussion. Two sessions, \$25 members/\$35 nonmembers.

Uptown: Wednesday, April 18 & 25, 10 – 11:30 a.m.

Active Parenting of Teens (13 – 16 Years)

This video-based program gives parents a handle on dealing with their teens effectively: instilling courage and self-esteem, developing responsibility, and winning cooperation through communication. Four sessions, \$45 members/\$55 nonmembers (fee includes book).

Metairie: Mondays, March 12, 19, 26, April 2, 6:30 – 8:30 p.m.



Community Programs

Focus on Children Divorce Program

A nationally acclaimed program to help divorcing parents lessen the impact of separation and divorce on their children. The importance of co-parenting skills is stressed. This course meets court requirements with certificate of attendance. Facilitated by a Parenting Center staff member. One-time class, \$25.

Uptown: Wednesday, Jan.11, Feb. 8, March 14, April 11, May 9, 6 – 8 p.m.

Infant & Child CPR (Newborn – 8 Years)

American Heart Association 3-hour “Family and Friends”® class. Class size limited to six students per instructor. Cost includes materials. Advance registration and payment are required. Taught by Certified CPR Instructors. \$25 members/\$35 nonmembers.

Uptown: Thursday, March 15 or May 17, 6 – 9 p.m.

Metairie: Thursday, Jan. 19 or April 19, 6 – 9 p.m.

Car Seat Checks

Nine out of 10 Louisiana families are using a child’s safety seat incorrectly. A certified child passenger safety technician will ensure proper installation and use of your child’s safety seat in your car. For dates and times of upcoming safety seat checks, call 896-9591. Free and open to the community. By appointment only.

Reaching Out

The Parenting Center at Children’s Hospital staff will hit the road with a program tailored to fit your needs! Our on-site classes may be presented at a local business or agency, school, place of worship or other group or professional organization. We offer a wide variety of one-time classes or a series of programs for working parents or specific teacher training on various popular topics. Fees vary with type of program. Call for more information.

Closings

Uptown: Jan. 2, 4, 16, Feb. 21, April 6, May 30

Metairie: Jan. 2, 4, 16, Feb. 20, 21, April 6, 9, 13, May 28, 30





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Locations

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(504) 896-9591 • Fax: (504) 896-3965
e-mail: parenting@chnola.org

Mailing address

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New Orleans, LA 70118

The Metairie Parenting Center at the Goldring-Woldenberg Jewish Community Campus

3747 W. Esplanade Ave.
Metairie, LA 70002

The Parenting Center Staff

Director Barbara B. LeBlanc, LCSW

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Debbie Regan, RNC, IBCLC, RLC

Parent Educators

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Lisa Phillips, MSW, LMSW

Courtney Costello, MSW, MPH, LMSW

Support Staff

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Childcare Coordinator

Maria Casanova

Registration is required for all classes. To register,
call (504) 896-9591 or e-mail parenting@chnola.org.

www.theparentingcenter.net Visit us on Facebook

