

The Parenting Center at Children's Hospital



2019 Fall Class Schedule



Children's Hospital
New Orleans
LCMC Health

The Parenting Center at Children's Hospital

The Parenting Center at Children's Hospital helps parents and grandparents with the ordinary challenges of raising children. Our staff of parent educators come from a variety of backgrounds to help families grow from birth through adolescence. The Parenting Center offers classes, information, and playrooms in two locations. Watch our live parenting segment on WWL's cable network, WUPL 54, every other Tuesday morning at about 8:40 am

The Center serves as:

- a resource center where parents can learn about child development and parenting strategies
- a support center where parents can discuss concerns with other parents and staff
- A referral center where parents can receive direction to community resources
- a **place** to **play**!

Annual Membership Levels & Benefits

- Membership includes parents and grandparents; only parents and grandparents may bring children to play.
- First visit is always free.
- Scholarships available.

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 notifications
- Reduced fees for select classes
- More for 4's

Active Membership

\$125/year

All previous benefits plus

- Members-only programs and morning classes
- Daily drop-in at The Parenting Center with children 3 years old and younger

Circle of Friends

\$200/year

All previous benefits plus

- Support the center programs and scholarship fund
- Tax deduction

* Gift Certificates

A membership to The Parenting Center is a wonderful gift for expectant, new parents and current members who want to renew their membership – it gives families access to parenting support and guidance, classes, social time and the opportunity to make new friends! To purchase a special gift for someone you love, call The Parenting Center or email chparenting@lcmchealth.org.

Ongoing member activities and services

Drop-In Times (Birth–3 years)

Parents or grandparents can bring their children to enjoy the playroom and play yard, make friends and socialize! Free for Active Members.

Uptown: Monday–Friday, 9 am–4:30 pm, Saturday 9 am–noon

Metairie: Monday–Friday, 9 am–noon

Monthly Birthday Celebrations (1–3 years)

Cookies and “the 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 pm

Resource Library

Parents are welcome to check out materials on a wide variety of parenting topics from the multi-media library. Our staff is here to assist you in selecting a book.

Parent Consultation and Coaching

We offer confidential consultations for individuals and couples, as well as ongoing parent coaching. Call 896.9591 or email chparenting@LCMChhealth.org to schedule an appointment. One-time consultation is \$50 for members, \$75 for nonmembers. Or talk to one of our parent educators by phone any time.

Parent/child music, art, and fun activities

Let’s Make Music (1–3 years)

Hands-on lively music for parents and children. Free for Active Members only.

Uptown: Mondays, 9:30–10 am and 10–10:30 am

Let’s Have Fun! Art & Messy Play (1–3 years)

Enjoy the fine “art” of making a mess.

Free for Active Members only.

Uptown: Wednesdays, 10–11 am

Metairie: Mondays, 10–11 am



Toddler BUMP!

Engage the senses – for fun and learning.

Free for Active Members.

Uptown: Thursdays, 3–4 pm

Metairie: Thursdays, 10–11 am

More for 4’s

Four year olds are invited to play two afternoons a week. Free for Active or Associate Members.

Uptown: Thursdays and Fridays, 1–4:30 pm

Special events

Family Fun Night! Friday, September 27

5–7 pm

Join us to hang out, have some pizza, visit with friends. Guests welcome!



Parent/infant programs

Register: 504.896.9591 or
theparentingcenter.net

Snuggles & Struggles New Parent Group (Parents and newborns–6 months)

This weekly group provides information and socialization with new parents and babies. A Parent Educator facilitates the group.

Free and open to the public.

Uptown: Tuesdays, 10:30 am–noon

new

Breast & Bottle: An Infant Feeding Clinic

Join a certified lactation counselor from the New Orleans Breastfeeding Center for an informal peer support group to discuss everything from latch and breastfeeding positioning to returning to work and safe bottle feeding. Private consultations available during this 3 hour clinic.

Free and open to the public.

Uptown: Fridays, 9 am–noon

Happiest Baby On The Block (Prenatal–4 months)

Learn techniques proven to quickly calm crying and boost infant sleep based on the ideas in the popular book by Dr. Harvey Karp.

FREE, pre-registration required.

Touro Infirmary: Saturdays, September 14, October 12, November 9, December 14, 10 am–noon; Monday, October 14, 6–8pm

Infant & Child CPR (Newborn–8 years)

American Heart Association's "Family and Friends"® non-certification class. Learn how to perform CPR and obstructed airway management for infants and children. Registration and payment are required. Taught by Certified CPR Instructor. One-time class. \$25 members/\$35 nonmembers.

Uptown: Thursday, September 19, or November 21, 6:30–9 pm

Metairie: Thursday, October 24 or December 12, 6:30–9 pm

Car Seat Fitting Station

Have your child's car seat installed correctly by a nationally certified technician. **Free, drop ins welcome, appointments preferred.**

Uptown: Tuesdays, September 17, October 15, November 19, December 17, between 9–11 am

Grandparenting 101

A lot has changed in newborn care! From tummy time to safe sleeping, learn the basics to best support your children as parents.

One session. **Free, pre-registration required**

Touro Infirmary: Wednesday, October 23, 6–7 pm

To register for this class only, visit touro.com/events or call 504.897.7319

Busy Babies (6–10 months)

Active babies play while parents meet and discuss topics such as separation, sleep, development, nutrition, and appropriate play activities. Babies welcome! Six sessions, free for members (registration required)/\$125 nonmembers.

Uptown: Tuesdays, September 10–October 15, 10:30 am–noon





From the program that brought you Snuggles and Struggles: A new parent support group...

Breast & Bottle: An infant feeding group

- Feeding is a great time to connect and enjoy your baby. But when it's not going well, it can be really stressful for parents – and babies!
- Come for the peer support group and stay for the consultation with a certified lactation counselor from the New Orleans Breastfeeding Center.
- Topics and issues addressed may include latch, positioning, feeding/hunger cues, troubleshooting breastfeeding complications, pumping, safe bottle feeding, supplementing, returning to work, introducing solids, weaning, and more.

**Every Friday morning at the Uptown Parenting Center
9 am–noon**

Free and open to the public

For parents with young children

Register: 504.896.9591 or
theparentingcenter.net



Musikgarten New Orleans: Family Music (10 months–3 years)

The internationally acclaimed music program designed to bridge the natural connection between music and movement, and develop your child's musical aptitude and listening abilities. 10 sessions, \$190 includes materials/\$150 sibling, tuition only. For Active Members; parent or grandparent attends with the child.

Uptown: Thursdays, October 3–December 12 (no class November 28), 9:50–10:30 am



Parent Cafe

A discussion group about issues and challenges of raising young children, facilitated by a Parent Educator. Interested? Call to register or to get on the e-mail list for future topics. For members only. \$5 for childcare. Registration required, childcare available.

1. Mindful Parenting and How It Impacts Attachment

Adult attachment styles affect the parent/child relationship. Being mindful of your own attachment behaviors helps you make a positive impact.

Uptown: Thursday, September 26, 10–11:30 am

2. Parenting Together

Parenting is hard enough without the element of compromise! Using ideas from *How Not To Hate Your Husband After Kids* by Jancee Dunn, we'll discuss the ups and downs of sharing the responsibilities of parenting with another adult.

Uptown: Wednesday, December 4, 10–11:30 am



Fun With Ones (12–24 months)

Meet other parents and talk about changes in behavior, development, and interaction that encourages healthy development and fun. Four sessions, \$50 members/\$60 nonmembers, childcare available.

Uptown: Wednesdays, October 23–November 13, 10:30–11:30 am



Toddler Topics (18–36 months)

Learn about developmental milestones, reinforcing positive behavior and setting limits, appropriate activities, and routines – eating, sleeping and toilet training. Two sessions, \$30 members/\$40 nonmembers.

Uptown: Tuesdays, September 17 and 24, 6–8 pm



Terrific Twos (24–36 months)

Discuss older toddlers and their struggle for independence, challenging behavior, social abilities, play, toileting, sleeping, eating – and more. Five sessions, \$60 members/\$70 nonmembers, childcare available.

Uptown: Thursdays, October 3–31, 10–11:30 am



Positive Discipline (3–5 Years)

Explore ways of encouraging cooperation and redirecting the behavior of preschoolers. Learn how and when to discipline, alternatives to punishment, and practical limit-setting techniques for common preschool problems. Three sessions, \$35members/\$45 nonmembers.

Uptown: Tuesdays, October 1–15, 6:30–8 pm

For parents with children in elementary, middle and high school

Metairie classes will be hosted by the Goldring-Woldenberg JCC, 3747 W. Esplanade Ave. N, Metairie, LA 70002.

Register: 504.896.9591 or theparentingcenter.net

Active Parenting Now (6–10 Years)

Learn a proven approach to parenting that will lead to more harmony and happiness for you and your school aged children.

This program uses video, activities, and discussion to show you ways to raise responsible, cooperative children who are able to resist peer pressure. Offered in partnership with BIA Arts and Wellness Center and Rosa Keller Library; FREE, preregistration required. Four sessions.

Rosa Keller Library: Tuesdays, October 8–29, 5:30–7:30 pm

Growing Up for Girls (9–12 years)

Practical information about female anatomy, what happens during puberty, body image, menstruation and hygiene is presented in an informal, fun and hands-on manner.

Girls attend with their mother or care giver. \$20 per child.

Uptown: Tuesday, September 17, October 15 or December 17, 6:30–8:30 pm (Children's Hospital Conference Center)

Metairie: Tuesday, November 19, 6:30–8:30 pm

Growing Up for Boys (10–13 years)

Practical information for boys and their fathers including male and female anatomy, physical and emotional changes during puberty, and hygiene issues. Boys attend with their father or care giver. \$20 per child.

Uptown: Wednesday, December 4, 6:30–8:30 pm (Children's Hospital Conference Center)

Metairie: Tuesday, October 29, 6:30–8:30 pm

All ages

Register: 504.896.9591 or chparenting@LCMChhealth.org

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, September 11, October 9, November 13, or December 11, 6–8 pm





Parent communication series

These sessions are free and open to the public. Preregistration required.

School Readiness: What Does My Child Need to be Ready? (Infant–PreK)

Parents play an important role as first teachers, but it's not all about letters and numbers! Identify readiness characteristics and discuss ways to prepare young children to be successful learners.

Preregister by calling 896.9591 or email chparenting@LCMHealth.org.

East N.O. Regional Library, 5641 Read Blvd.:

Wednesday, October 16, 6–7:30 pm

Norman Mayer Library, 3001 Gentilly Blvd.:

Tuesday, November 12, 6–7:30 pm

Digital Media Literacy

Join us for a presentation and discussion about the impact of media and its role in the lives of the children you parent, teach and support every day.

WYES Studio, 916 Navarre Ave.:

Date and time TBA

Prevention at Home: How to Talk to Your Kids About Drugs

You can't be everywhere, but you can reduce your child's risk factors. Learn how to talk to kids at different ages – and the basics of addiction, risk, teen vulnerability, and parent response. Presented by Joyce Bracey, Council on Alcohol and Drug Abuse.

Preregister by calling 896.9591 or email chparenting@LCMHealth.org.

Children's Hospital Conference Center:

Tuesday, November 12, 6:30–8:30 pm

Teens, Sex and the Law

An evidenced informed program with information about sex and relationships. Using scenarios, this program teaches all relevant Louisiana laws regarding teen sexual behaviors so parents and guardians can effectively help teens navigate modern day pressures and make decisions that last a life time. Presented by Stacie Schrieffer LeBlanc, JD, MEd from The UP Institute.

Preregister by calling 896-9591 or email chparenting@LCMHealth.org.

Children's Hospital Conference Center:

Tuesday, October 1, 6:30–8 pm

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 and series for parents as well as teacher training. Team members are Pathways Approved and available to conduct sessions for credit hours. Fees vary with type and time of program. Call us for more information.





Closings

Metairie location will be closed:

September 2, 30
October 9
November 28, 29
December 25, 26

Uptown location will be closed:

September 2
November 28
December 25

Changes to the schedule will be posted on Facebook, Instagram, and Twitter.

Follow us!   

theparentingcenter.net
504.896.9591

Children's Hospital is committed to meeting the needs of the diverse population that we serve. We do not discriminate on the basis of race, creed, color, national origin, religion, age, sex, sexual orientation, disability or handicap in any of our activities or operations.

If you prefer to communicate in a language other than English, language services are available upon request.

WHAT'S YOUR FAVORITE LULLABY?

TAP, CLAP
MOVE AND JUMP
TO THE BEAT!

WHAT'S YOUR
FAVORITE
INSTRUMENT?

LET'S MAKE UP
A SONG!

LET'S SING!

THE WHEELS
ON THE BUS
GO ROUND AND
ROUND...

LET'S TALK
ABOUT
MUSIC

TALKING IS
TEACHING.

TALK
READ
SING

ALKING IS TEACHING.ORG

TALKING IS
TEACHING.



For more information about Talking is Teaching, contact The Parenting Center or visit talkingisteaching.org.

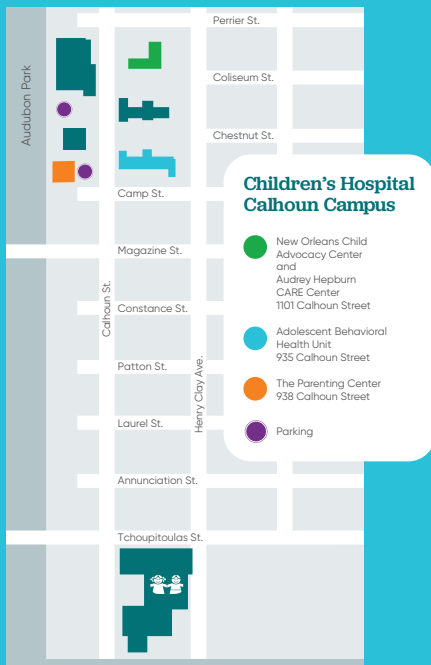


Children's Hospital New Orleans LCMC Health

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The Parenting Center Staff

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Beth Bailar
Alyssa Schneider

Support Staff
Child Care

Registration is required for all classes.

To register, call 504.896.9591 or email chparenting@LCMCHealth.org.

www.theparentingcenter.net

The Parenting Center at Children's Hospital Physical Address

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**The Metairie Parenting Center
at Congregation Gates
of Prayer Nursery School**
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