

The Parenting Center at Children's Hospital



2019 Summer 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 provides classes, book and video lending libraries, 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 skills;
- a support center where parents can discuss concerns with other parents and staff;
- a referral center where parents can receive direction to community resources; and,
- 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 mailings
- Reduced fees for select classes
- More for 4's

Active Membership

\$125/year

- All previous benefits plus
- Members-only programs & 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.

Important

We are moving our Metairie location up the street to an indoor and outdoor space at Gates of Prayer Nursery School, 4000 West Esplanade, S. **Bonus:** We'll have a yard and Water Wonderful Days on Fridays for the summer. Come check it out starting **Tuesday, May 28!**

Ongoing member activities & services

Register: [504.896.9591](tel:504.896.9591) or theparentingcenter.net

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 only.

Uptown: Monday–Friday, 9 am–4:30 pm, Saturday 9 a.m.–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 books and DVDs 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 e-mail chparenting@lcmchealth.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.

More Parent/Child Activities

Look for more activities with Parenting Center staff for the summer!

Register: [504.896.9591](tel:504.896.9591) or theparentingcenter.net

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 Explore!

Come dressed for anything—bubbles, nature play, and other STEM activities. Free for Active Members.

Uptown: Thursdays, 3–4 pm, (1–4 years)

Metairie: Tuesdays, 10–11 am, (1–3 years)

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

Water Wonderful Day! (1 – 4 years)

Prepare to get wet! Water play in the play yard all day. Bring a towel and come enjoy the fun! Free for Active and Associate Members.

Uptown: Every Friday in June, July, and August, 10 am–3:30 pm

Metairie: Every Friday in June and July, 10 am–noon.

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

Parent/infant programs

Register: 504.896.9591 or
theparentingcenter.net

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

This weekly group provides learning opportunities and socialization with new parents and babies.

A staff member facilitates the group.

Free and open to the public.

Uptown: Tuesdays, 10:30 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, June 8, July 13, or Aug 10, 10 am–noon; Mondays, June 10 or Aug 12, 6–8:00 pm

Fun With Ones (12 – 24 months)

Meet other parents and talk about changes in behavior, development, and interaction with young children that encourages healthy development and fun. Five sessions, \$60 members/\$70 nonmembers, childcare available.

Uptown: Wednesdays, June 12, 19, 26, and July 10 & 17 (no class on July 3), 10:30–11:30 am

For parents with young children

Register: 504.896.9591 or
theparentingcenter.net



Parent Cafe

A discussion group about the daily 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. 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: Tuesday, June 25, 9:30–11 am

2. Why Do They Just Play All Day?

Choosing a preschool is important. Quality early experiences will prepare your child for lifelong learning by building important skills – from early literacy to social development.

Uptown: Tuesday, July 23, 10–11:30am



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, \$25 members/\$35 nonmembers.

Uptown: Tuesdays, June 25 & July 2, 6–8 pm



Terrific Twos mini session (24 – 36 months)

Discuss older toddlers and their struggle for independence, challenging behavior, and routines – sleeping, eating, and toileting. Three sessions, \$30 members/\$40 nonmembers, childcare available.

Uptown: Thursdays, July 18, 25, and August 1, 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, \$35 members/\$45 nonmembers.

Uptown: Mondays, July 16, 23, and 30, 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, July 9–30, 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.

Metairie: Tuesday, August 20, 6:30–8:30 pm
(Metairie JCC on West Esplanade)

Uptown: Tuesday, June 25, 6:30–8:30 pm
(Children's Hospital Conference Center)



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.

Metairie: Tuesday, June 25, 6:30–8:30 pm
(Metairie JCC on West Esplanade)

Uptown: Tuesday, Aug 27, 6:30–8:30 pm
(Children’s Hospital Conference Center)

Community programs

Register: 504.896.9591 or
theparentingcenter.net

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, June 12, July 10, or
Aug 14, 6–8 pm

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. Advance registration and payment are required. Taught by Certified CPR Instructor. One-time class. \$25 members/\$35 nonmembers.

Metairie: Thursday, June 20 or Aug 15,
6:30–9 pm

Uptown: Thursday, July 18, 6:30–9 pm

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!

Touro Infirmery: Wednesday, July 24, 6–7 pm

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



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: July 4

Uptown location will be closed: July 4

Changes to the schedule will be posted on Facebook 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.

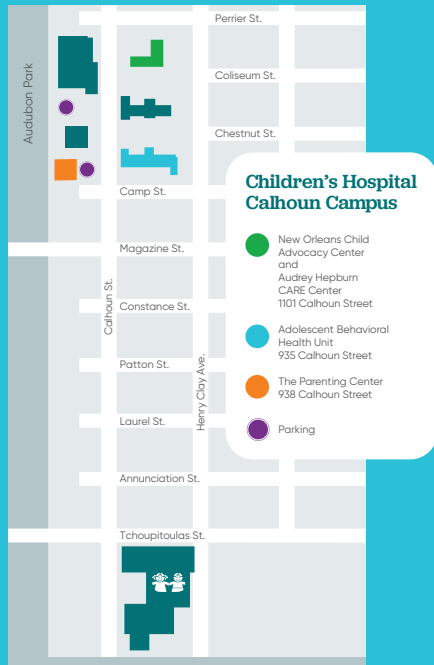


Children's Hospital
New Orleans
 LCMC Health

200 Henry Clay Ave.
 New Orleans, LA 70118

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The Parenting Center Staff

Program/Outreach Manager Jenni Watts Evans
 Administrative Manager X. Patrice Wright, M.Ed
 Parent Educators Lisa Phillips, MSW, LMSW
 Elyse Shull, MS
 Program Coordinator Beth Bailor
 Child Care Alyssa Schneider

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**

938 Calhoun St.
 New Orleans, LA 70118
 504.896.9591
 Fax: 504.896.3965
 Email: chparenting@lcmchealth.org

Mailing address

200 Henry Clay Ave.
 New Orleans, LA 70118

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

4000 W Esplanade Ave.
 Metairie, LA 70002