

# The Parenting Center at Children's Hospital



2020 Spring 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; and,
- a **place to play!**



## Annual membership levels and 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 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](mailto:chparenting@LCMChealth.org).

# The Parenting Center 2020 Spring schedule



## 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” in the playroom.

**Uptown:** Third Friday of each month, 12:30 pm

### Resource Library

Check out materials on parenting topics.

### Parent Consultation and Coaching

We offer confidential consultations for individuals and couples, as well as ongoing parent coaching. Call 504.896.9591 or email [chparenting@LCMhealth.org](mailto:chparenting@LCMhealth.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 programs

### Let’s Make Music (1–3 years)

**New time**

**Uptown:** Mondays, 10–10:30 am and 10:30–11 am.

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

**Uptown:** Wednesdays, 10–11 am

**Metairie:** Mondays, 10–11 am

### Toddler BUMP! Engaging the Senses

**Uptown:** Thursdays, 3–4 pm

**Metairie:** Fridays, 10–11 am

### More for 4’s

Four year olds are invited back to play.

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

Play

Learn

Grow

  
**Special event**

**Save the date!**  
**Open House**

May 30, 10 am–noon





## Parenting education and support



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

A Parent Educator facilitates.

**Free and open to the public.**

**Uptown:** Tuesdays, 10:30 am–noon



### Breast and Bottle: An Infant Feeding Clinic

Certified lactation counselor from the New Orleans Breastfeeding Center facilitates. Individual consultations and peer support group. **Free and open to the public.**

**Uptown:** Fridays; consultations 9 am–noon; peer support group, 10 am–noon.



### Happiest Baby on the Block (Prenatal–4 months)

Calm crying and boost sleep based on the book by Dr Harvey Karp.

**Free, pre-registration required.**

**Touro:** Saturdays, January 11, February 8, March 14, April 11, or May 9, 10 am–noon; Monday, February 10, or April 13, 6–8 pm.



### Infant and Child CPR (Newborn–8 years)

American Heart Association's "Family and Friends"® non-certification class. Registration and payment are required. \$25 members/\$35 nonmembers.

**Uptown:** Thursday, January 23, March 26, or May 28, 6:30–9 pm.

**Metairie JCC:** Thursday, February 6, or April 23, 6:30–9 pm.



### Car Seat Fitting Station

Installation by a nationally certified technician. Free, drop ins welcome, appointments preferred.

**Uptown:** Tuesdays, January 21, February 18, March 17, April 21, May 19, between 9 and 11 am.



### Grandparenting 101

A lot has changed! Learn the basics to best support your children as parents.

**Free, pre-registration required**

**Touro:** Wednesday, January 22, or April 22, 6–7 pm

To register for this class only, visit [touro.com/events](http://touro.com/events) or call 504.897.7319



### Busy Babies (6–10 months)

Babies play while parents meet and discuss topics. Six sessions, free for members (registration required)/\$125 nonmembers.

**Uptown:** Tuesdays, January 21–March 3, 10:30 am–noon, or Saturdays, February 29–April 4, 10:30–noon.



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

The internationally acclaimed music program. 10 sessions, \$190 includes materials/\$150 sibling, tuition only. For Active Members; parent or grandparent attends with the child.

**Uptown:** Thursdays, March–May dates TBA, 9:50–10:30 am.



### Parent Cafe

A facilitated discussion group. 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. Parent/Child Attachment and Intimacy Development

Early experiences build capacity for future relationships.

**Uptown:** Monday, January 27, 10–11:30 am.

#### 2. Why Can't They Just Get Along?

Raising siblings.

**Uptown:** Wednesday, March 25, 10–11:30 am.

#### 3. When Bad Things Happen

Helping children through adverse experiences with strategies that build resilience.

**Uptown:** Tuesday, April 14, 10–11:30 am.



### **Toddler Talks (1–2 years)**

Understanding development, handling meltdowns – and more. Come for 1 class or all five! \$10/class for members/\$15 nonmembers, childcare available.

**Uptown:** Thursdays, February 6 – March 5, 10–11 am class; 11–11:30 group play.



### **Positive Discipline (3–5 Years)**

Encouraging cooperation and redirecting the behavior of preschoolers. Three sessions, \$35 members/\$45 nonmembers.

**Uptown:** Tuesdays, March 3 – 17, 6:30–8 pm.



### **Active Parenting Now (6 – 10 Years)**

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, March 3 – 24, 5:30–7:30 pm.



### **Focus on Children**

Parents can lessen the impact of separation and divorce on children. Meets court requirements with certificate of attendance. One-time class, \$25.

**Uptown:** Wednesday, January 8, February 12, March 11, April 8, or May 13, 6–8 pm.



### **Growing Up for Girls (9–12 years)**

Practical information about anatomy, puberty, body image, menstruation and hygiene. Girls attend with their mother or care giver. \$20 per child.

**Uptown:** Tuesday, February 4, March 17 or May 19, 6:30–8:30 pm.

(Children's Hospital Conference Center)

**Metairie JCC:** Tuesday, April 28, 6:30–8:30 pm.



### **Growing Up for Boys (10–13 years)**

Practical information about anatomy, puberty, body image and hygiene issues. Boys attend with their father or care giver. \$20 per child.

**Metairie JCC:** Tuesday, February 4, 6:30–8:30 pm.

**Uptown:** Tuesday, April 28, 6:30–8:30 pm. (Children's Hospital Conference Center)



### **Growing Up Part 2: The Talk (12–15 years)**

For those who have taken Growing Up for Girls or Boys. Anatomy review, sex, conception, healthy relationships, consent, and gender and sexuality. Teens attend with their parent or caregiver and separate for part of the program. \$20 per teen.

**TBA:** Check [chnola.org/theparentingcenter](http://chnola.org/theparentingcenter) or call 504.896.9591 for details

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



**Call 504.896.9591 or go to [chnola.org/theparentingcenter](http://chnola.org/theparentingcenter) for more information and class descriptions.**





## 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



### **Uptown location will be closed:**

January 1, 20  
February 25

### **Metairie location will be closed:**

January 1, 20  
February 25  
April 9, 15  
May 25, 29

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

**Follow us!**



**chnola.org/theparentingcenter**  
**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.

# Who Needs Parenting Support?



Parenting can be a rewarding and exciting experience, as well as exhausting and frustrating. Parents need resources and support to do the job well.

- Being a parent can be isolating, especially during more challenging stages. In good times and in bad, parents benefit by having a community. Meet other parents at The Parenting Center or wherever you go to play; reach out to parents you know to meet up – with or without the kids!
- Some parents know they need help or ideas. Books and websites can help but can sometimes be overwhelming and even contradictory. Reach out to one of our Parent Educators or check in with other child-centered professionals. You're not expected to have all of the answers – but it's nice to know where to find them.
- Finally, parenting goes better when you have appropriate expectations. Children are always growing and their needs change with their development. It helps to have a basic idea of what to expect at different ages and stages.
- Make sure the advice you get suits you and your family. At The Parenting Center we know there are a lot of ways to be an effective parent. We want to give you the support you need to enjoy the journey!

## Our mission

**The Parenting Center empowers parents to maximize their children's social, emotional, cognitive and physical development, thus building healthier communities.**

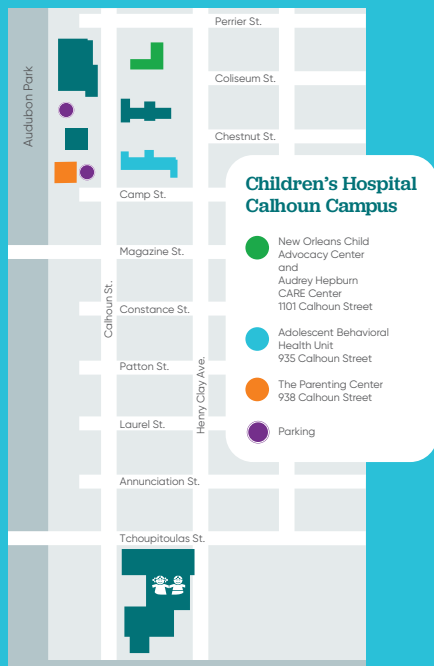


# Children's Hospital New Orleans LCMC Health

200 Henry Clay Ave.  
New Orleans, LA 70118

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## The Parenting Center Staff

Program/Outreach Manager  
Administrative Manager  
Parent Educators

Jenni Watts Evans  
X. Patrice Wright, M.Ed  
Lisa Phillips, MSW, LMSW  
Monet Somerville, MS  
Jennifer Winters, LCSW  
Beth Bailar  
Alyssa Schneider

Program Coordinator  
Child Care

Registration is required for all classes.

To register, call 504.896.9591 or email [chparenting@LCMCHealth.org](mailto:chparenting@LCMCHealth.org).

**[chnola.org/theparentingcenter](http://chnola.org/theparentingcenter)**

## 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](mailto:chparenting@LCMCHealth.org)

## Mailing address

200 Henry Clay Ave.  
New Orleans, LA 70118

**The Metairie Parenting Center  
at Congregation Gates  
of Prayer Nursery School**  
4000 W Esplanade Ave.  
Metairie, LA 70002