

The Parenting Center at Children's Hospital



2022 Spring Class Schedule



Children's Hospital
New Orleans
LCMC Health

504.896.9591
chparenting@LCMCHealth.org

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, a lending library, and a playroom. 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
- a **place to play**



Membership at The Parenting Center

Please contact The Parenting Center, 504.896.9591, for additional membership information.

- \$10 per month (30 days)
- Membership includes parents and grandparents; only parents and grandparents may bring children to play
- First visit may be a free trial
- Need-based scholarships available
- Playroom is for children under 4 years old and is available by reservation



Closings

New Year Holiday – **Friday, December 31**

Martin Luther King Jr. Day – **Monday, January 17**

Mardi Gras – **Tuesday, March 1**

Follow us!



The Parenting Center staff

Administrative Manager

Parent Educators

Program Coordinator

X. Patrice Wright, M.Ed
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New Orleans, LA 70118
504.896.9591
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Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

Registration is required for all classes.
To register, call 504.896.9591 or email chparenting@LCMChhealth.org.

chnola.org/theparentingcenter

The Parenting Center 2022 Spring schedule

Programs will be offered virtually (V) on Zoom, or in person (P) at the Children's Hospital Conference Center or The Parenting Center. Masks are required for all in-person classes and events. Temperature screening will be done upon entry.

Parent information and support programs



These programs are **free** and open to the public – no registration required. Call **504.896.9591** or email **chparenting@LCMCHhealth.org** for the Zoom link or more information.

V Snuggles & Struggles New Parent Group (birth–6 months)

This weekly group provides learning opportunities and socialization with new parents and babies. A staff member facilitates the group. Call or email to get the link.

Tuesdays, 10:30–11:30 am. Zoom.

V Infant Feeding Support

Questions about breastfeeding, latch, or positioning? Need information about safe bottle feeding? Concerns about going back to work? Drop in to the Virtual Clinic in the morning; access the After Hours Text Line in the evening. Certified Lactation Counselor from the New Orleans Breastfeeding Center facilitates.

Monday–Friday Virtual Drop In Clinic

9:30–11:30 am

nolabreastfeedingcenter.org/dropinclinics

After Hours Text Line

8–10 pm, text 504.535.4223.

V Parents' Hour

Join us for information, tips, and discussion on a different topic every month.

Wednesdays, 8–9 pm on Zoom.

Free, register to receive the link.

January 19 – Attachment. How do you feel about your relationship with your child? Talk about it with other parents and a Parent Educator to get tips to maintain or improve your relationship with your child.

February 16 – School Readiness.

Relationships, everyday experiences, emotions, and play are all important when discussing school readiness. It's never too early for parents to expose their children to experiences that will help them enter school ready to be successful. During this hour, parents will discuss and learn ways to better prepare their child for school.

March 16 – Sleep. Join us for a discussion of strategies to help your family's challenges around sleep.

Parenting advice by telephone

Call us at 504.896.9591 for an informal chat session with one of our Parent Educators. Get tips to address your parenting questions and concerns. Free.

Monday–Friday

9 am–4:30 pm

Parent-child activities



P **Playtime in the Playroom**
Come for some quality parent/child time! Our playroom is located on the State Street campus of Children's Hospital and is designed specifically for children three and under. A great place to play and socialize. Reservations are required. Please call or email to request a copy of our COVID-19 policy information sheet. Free, for members only. Free trial visit by appointment.

Monday–Friday

Mornings 9 am–12 pm

Afternoons 1–4 pm

P **Music Mondays!**

V Join us live on Monday mornings to sing and dance and move to the beat.

For all: Virtual via Zoom, Mondays, 10–10:30 am. Free. If you want to be on the reminder list, we will email you the link every week.

For members: In person at The Parenting Center, Mondays, 10:30–11 am. Free. Must have a playroom reservation.

P **Let's Have Fun! Art & Messy Play (1–3 years)**
Enjoy the fine "art" of making a mess. Free, for members only. Playroom reservation required.

Wednesdays

10–11 am

In person at The Parenting Center

P **Toddler Bump! Engaging the Senses (0–3 years)**

Enjoy a new sensory activity every week to engage the senses. Free, for members only. Must have a playroom reservation.

Thursdays

10–11 am

In The Parenting Center playroom

P **More for 4's**

Four-year-olds come back to play on Friday afternoons. Must have a playroom reservation.

Fridays

1–4 pm

The Parenting Center playroom



Community programs

Fee varies, registration required.



P Infant and Child CPR
American Heart Association's "Family and Friends" non-certification class is back in person. Class size is limited, no sharing of materials, and health screening upon entrance. Register on our website or call 504.896.9591. Fee \$35/person.

Thursdays, January 20 or February 17

Wednesday, March 16

Thursdays April 21 or May 19

6:30–9 pm

Children's Hospital Conference Center

P Calming Your New Baby (prenatal–4 months)

Learn what to expect from the first few months, also known as "the fourth trimester," including techniques to quickly calm crying and boost infant sleep from the popular book, *Happiest Baby on the Block*, by Dr. Harvey Karp. Free, pre-registration required, visit touro.com/events or call 504.897.7319.

Saturdays: January 8, February 12,

March 12, April 9, May 14

10–11:30 am

Mondays: February 14, April 11

6–7:30 pm

P Car Seat Fitting Station

Installation by a nationally certified technician. Free, drop ins welcome, appointments preferred, call 504.896.9591 or sign up at chnola.org/our-services/the-parenting-center/parenting-classes-and-playroom-reservations/parents-of-babies-or-expecting-/.

Tuesdays: January 18, February 15,

March 22, April 19, May 17,

9–11 am

Children's Hospital Parking Garage

Enter on Henry Clay, 1st floor

P Focus on Children Co-Parenting Class

Parents can limit the impact of separation and divorce on children. Certificate of attendance will be provided. Co-parents attend separately. Call 504.896.9591 to register. One-time class. Fee \$25.

Wednesday, February 9, April 13

6–8 pm

Children's Hospital Conference Center

P Grandparenting 101

A lot has changed! Learn the basics to best support your children as parents. Free, pre-registration required, visit touro.com/events or call 504.897.7319.

Wednesday, January 19, April 20

6–7 pm

Touro

Parenting classes, toddlers to teens



Fee varies, registration required.

Call **504.896.9591**, email chparenting@LCMChealth.org or go to chnola.org/our-services/the-parenting-center/parenting-classes to register.

P
Talking is Teaching (birth–5 years)
This class is designed to increase awareness and spark positive change in parents to boost early brain and language development in children ages 0–5. Come learn more about how talking, singing, and reading to your child everyday can impact their success in school. Free, registration required.

In Person

Tuesday, February 1, 6–7 pm
Children's Hospital Conference Center
Virtual

Wednesday, March 23, 6–7 pm
Zoom

P
Impact of the Parent/Child Relationship (0–18 years)
Early experiences impact your child's development. Consider your own attachment style and strategies to build a strong relationship with your child. Free, one session

Thursday, March 3, 6–7 pm
The Parenting Center
Thursday, March 31, 12–1 pm
Zoom

V
Toddler Topics (1–2 years)
Understanding development, responding to challenging behavior, play ideas, toileting, sleeping, eating – and more. Three sessions. Fee \$15.

Wednesdays, March 30, April 6 and 13
8–9 pm
Zoom

V
The Importance of PLAY (1–3 years)
Children learn and grow through play. Choosing and engaging in activities that are developmentally appropriate prepares a child for future learning – and it's fun! Free, one session.

Tuesday, February 15, 8–9 pm
Zoom

V
Eating, Sleeping and other Acts of Independence (1–3 years)
As babies become toddlers and then preschoolers they gain more control over their bodies. Encourage healthy eating and sleeping without winding up in a power struggle. Free, one session.

Tuesday, March 8, 8–9 pm
Zoom

V
Dealing with Challenging Behavior (1–3 years)
Goal: reduce conflict! Discuss problem behaviors, common causes, and effective strategies. Free, one session.

Wednesday, May 11, 8–9 pm
Zoom

P
Positive Discipline (3–5 years)
Understanding development, encouraging cooperation and redirecting the behavior of preschoolers. Three sessions. \$15.

Tuesdays, March 22, 29, April 5, 6:30–8 pm
Children's Hospital Conference Center
Tuesdays, May 10, 17, 24, 8–9 pm
Zoom

V

Helping Your Worried Child (6–10 years)

All children have fears sometimes, but what can you do as a parent to help? Come discuss ways to foster independence while providing support. Free.

Wednesday, March 9, 6:30–8 pm

Children's Hospital Conference Center

P

Active Parenting of Children and Teens (6–17 years)

Use effective communication to instill self-esteem, develop responsibility, and raise cooperative children who can resist peer pressure. Fee \$35, includes book.

Mondays, April 25, May 2, 9, 16

6–8 pm

State Street Conference Room G

P

V

Effective Communication with Children and Teens (4–18 years)

Consider your child's development and your parenting style to develop communication strategies that encourage cooperation, avoid power struggles, and focus on strengths. Free, one session.

Thursday, February 17, 12–1 pm

Zoom

Thursday, April 21, 6–7 pm

The Parenting Center

P

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 participate with their mother or care giver. \$20 per child. One session.

Tuesdays: February 15, March 15, April 19,

May 17, 6:30–8:30 pm

Children's Hospital Conference Center

P

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 participate with their father or care giver. \$20 per child.

Tuesdays: February 22 or April 26,

6:30–8:30 pm

Children's Hospital Conference Center

P

Growing Up Part 2: The Talk

For those who have taken Growing Up for Girls or Boys

Part 2: The Talk includes an anatomy review and accurate information on sex, conception, healthy relationships, consent, and gender and sexuality to support the ongoing communication between teens and a trusted adult. Part 2 is not divided by gender; all attend together. Teens attend with their parent or caregiver. \$20 per teen. One session. Class size is limited; one adult per teen, please.

Thursdays: February 10, April 14, 6:30–8:30

Children's Hospital Conference Center



Call 504.896.9591 or go to
chnola.org/theparentingcenter
for more information and class
descriptions.

Parenting classes, toddlers to teens

V

The Askable Parent

For any parent who has taken
Growing Up for Girls or Boys

As a parent, you hope your tween or teen comes to you with their questions and concerns, especially around “big” topics such as sex and sexuality. Come discuss with other parents the ways you can build on important conversations that may come up following the PC’s Growing Up classes. Free, one session.

Wednesday, April 20, 12-1 pm
Zoom

V

The Last Big Transition: Parenting Your Young Adult

For Parents of High School Juniors and Seniors

Prepare to engage with your child as a young adult. Consider how to balance their independence with their need for support as they graduate, leave home, or transition to the next stage of life. What do they need to know before they go? Free, one session.

Tuesday, February 8, 8-9 pm
Zoom

P

Teen Talk (12–15 years)

A safe place for teens to have guided conversations with their peers about a specific topic that impacts them and for parents to learn what they can do to support their teen. Free, one session.

Thursday, April 7, 6-7:30 pm
The Parenting Center

P

Independent Living Skills (11–15 years)

Parents and teens come and learn practical skills that teens need to be independent, while parents learn strategies to support the learning and practice of those skills. Free, one session.

Tuesday, April 19, 6-7:30 pm
The Parenting Center





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Children's Hospital
New Orleans
LCMC Health

200 Henry Clay Ave.
New Orleans, LA 70118

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Org.
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PAID
New Orleans LA
Permit No. 285



chnola.org/theparentingcenter
504.896.9591

Follow us @chnolaparentingcenter

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.

Play

Learn

Grow