

The Parenting Center at Children's Hospital



2021 Fall 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

Labor Day – **Monday, September 6**

Thanksgiving – **Thursday, November 25**

Christmas Eve – **Friday, December 24**

New Years' Eve – **Friday, December 31**

Follow us!



The Parenting Center staff

Administrative Manager

Parent Educators

Program Coordinator

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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@LCMHealth.org.

chnola.org/theparentingcenter

The Parenting Center 2021 Fall schedule

Programs will be offered virtually (V) on Zoom, or in person (P) at the Children's Hospital Conference Center or The Parenting Center. Because of the increased risk of COVID infection, the format of some classes has not been decided yet. We are hoping that classes marked TBD will be able to be held in person. If not, they will be held virtually.

Parent information and support programs



These programs are **free** and open to the public - no registration required. Call **504.896.9591** or email **chparenting@LCMHealth.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.

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

Talk with other parents about what is going well - and not so well. Share ideas about parenting - it's your time to talk! A staff member facilitates the group. If you want to be on the reminder list, we will email you the link every other week.

Every other Wednesday evening:

September 8, 22, October 6, 20, November 3, 17, December 1, 15, 29, 8-9 pm. Zoom.

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. As a precaution, the number of visitors is limited so reservations are required. Please call or email to request a copy of our COVID-19 policy information sheet. Free, for members only. Up to 3 visits per week, no more than 2 of those in the morning.

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 starting September 13:
Mondays, 10:30–11 am. Free.
Must have a playroom reservation.

P **Toddler Bump! Engaging the Senses**
Enjoy a new sensory activity every week to engage the senses. Free, for members only. Must have a playroom reservation.

Wednesday
2–3 pm
Thursday
10–11 am

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.

Thursday, September 9

Wednesday, October 20

Thursday, November 18

Thursday, December 16

6:30–9 pm

Children's Hospital Conference Center

V **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, September 11, October 9,

November 13, December 11

10–11:15 am

Monday, October 11

6–7:15 pm

Zoom

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-/.

Third Tuesday of every month:

September 21, October 19, November 16,

December 21

9–11 am

Children's Hospital Parking Garage

Enter on Henry Clay, 1st floor

TBD **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, October 13

December 8

6–8 pm

V **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, October 20

6–7 pm

Zoom

Parenting classes, toddlers to teens



Fee varies, registration required.

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

TBD

School Readiness: Making Everyday Experiences Matter (birth–4 years)

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. Parents will be able to identify school ready characteristics as well as discuss and learn ways to better prepare their child for school. Fee \$10.

Thursday, November 11, 6–7:15 pm

V

Impact of the Parent/Child Relationship

Early experiences impact your child's development. Consider your own attachment style and strategies to build a strong relationship with your child. Free.

Wednesday, October 27, 6–7 pm
Zoom

TBD

Toddler Topics (1–2 years)

Understanding development, responding to challenging behavior, play ideas, toileting, sleeping, eating – and more. Three sessions. Fee \$20.

Wednesdays, November 3, 10, 17, 6:30–8 pm.

V

No More Food Fights! (1–3 years)

Got a picky eater? Worried that your toddler will never eat anything but mac-n-cheese? Get to the root of the problem and back to happy eating. One session. Free.

Tuesday, October 5, 8–9 pm
Zoom

V

Dealing with Challenging Behavior (1–3 years)

Goal: reduce conflict! Discuss problem behaviors, common causes, and effective strategies. One session. Free.

Tuesday, October 19, 8–9 pm
Zoom

V

TBD

Positive Discipline (3–5 years)

Understanding development, encouraging cooperation and redirecting the behavior of preschoolers. Three sessions. \$15.

Mondays, November 1, 8, 15, 6:30–8 pm TBD* or
Tuesdays, November 30, December 7, 14, 8–9 pm
Zoom

V

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, September 27, October 4, 11, 18 6–8 pm
Zoom



V **Lunchtime session!**
Effective Communication with Children and Teens

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

Tuesday, October 26, 12–1 pm
Zoom

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

TBD

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.

Tuesday, September 14 (Zoom),
October 19*, November 16* or
Wednesday, December 15*,
6:30–8:30 pm, *TBD

TBD

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.

Tuesday, October 12 or December 14,
6:30–8 pm

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 & 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. Class size is limited; one adult per teen, please.

Thursday, October 14 or December 9,
6:30–8:30 pm
Children's Hospital Conference Center

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 ways you can build on important conversations that may come up following the PC's Growing Up classes. Free.

Monday, December 13, 7–8 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.

Tuesday, October 5, 7–8 pm
Zoom



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



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New Orleans
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200 Henry Clay Ave.
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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