

The Parenting Center at Children's Hospital



2021 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 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**



Annual membership levels and benefits

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



Closing

Monday, July 5

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

Follow us!



The Parenting Center staff

Administrative Manager
Parent Educators

X. Patrice Wright, M.Ed
Jenni Watts Evans
Lisa Phillips, MSW, LMSW
Monet Somerville, MS
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.

Physical Address

210 State 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

chnola.org/theparentingcenter

The Parenting Center 2021 Summer schedule

Programs will be offered virtually on Zoom (V), in person at the Children's Hospital Conference Center or The Parenting Center (P).

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 link.

- V Music with Ms. Erin**
That's right, Zoom in on Monday mornings to sing and dance and move to the beat with Ms. Erin. If you want to be on the reminder list we will email you the link every week.
Mondays, 10–10:30 am

- V Snuggles & Struggles New Parent Group (birth–12 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

- 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.
Wednesdays, mornings and evenings alternate:
June 9, 23, July 7, 21, August 4, 18 10–11 am
June 2, 16, 30, July 14, 28, August 11, 25 8–9 pm

Community classes



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. Fee \$35/person; register on our website or call 504.896.9591.
Children's Hospital Conference Center
Thursdays, June 17, July 15, August 19
6:30–9 pm

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, June 12, July 10, August 14
10–11 am
Mondays, June 14 or August 16
6–7 pm

P Car Seat Fitting Station
Installation by a nationally certified technician. Free, drop ins welcome, appointments preferred, call 504.896.9591 or email chparenting@LCMChhealth.org.
In the Children's Hospital parking garage, enter Henry Clay, 1st floor:
Tuesdays, June 15, July 20, August 17
9–11 am

V Grandparenting 101
A lot has changed! Learn the basics to best support your children as parents. FREE, pre-registration required, visit www.touro.com/events or call 504.897.7319.
Wednesday, July 21, 6–7 pm

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.

V School Readiness: Making Everyday Experiences Matter

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. Free.
Thursday, July 8, 5-6:15 pm

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.
Wednesday, June 30, Noon-1 pm

V The Last Big Transition: Parenting Your Young Adult (older teens)

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. What do they need to know before they go? Free.
Wednesday, June 2, 7-8:00 pm

P Focus on Children

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

Children's Hospital Conference Center
Wednesday, August 11, 6-8:00 pm

V Toddler Topics (1-2 years)

Understanding development, responding to challenging behavior, play ideas, toileting, sleeping, eating – and more. Three sessions. Fee \$15.

Tuesdays, June 15, 22, 29, 8-9 pm

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

V **Tuesdays, June 29, July 6, 13**
8-9 pm

P **Tuesdays, August 24, 31, and September 7**
6:30-8 pm

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 \$20

Children's Hospital Conference Center
Tuesdays, July 13, 20, 27, and August 3
6-8 pm

V

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.

Tuesday, June 15, or August 17
6:30–8 pm

V

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, June 22, 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.

Children's Hospital Conference Center
Thursday, June 10, or August 12
6:30–8:30 pm



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

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.



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200 Henry Clay Ave.
New Orleans, LA 70118

Address Service Requested

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Org.
US Postage
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