

The Parenting Center at Children's Hospital



2022 Summer Class Schedule



504.896.9591

chparenting@LCMHealth.org



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, 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



Closing

Independence Day – **Monday, July 4**



Summer evening hours

Every Thursday, 4–6 pm (June 2–July 28)

The Parenting Center staff
Manager
Parent Educators

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

Program Coordinator

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

chnola.org/theparentingcenter

Follow us!



Physical Address

210 State St.
New Orleans, LA 70118
504.896.9591
Fax: 504.896.3965
email: chparenting@LCMHealth.org

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

The Parenting Center 2022 Summer schedule

Programs will be offered virtually (V) on Zoom, or in person (P) at the Steve Worley Hall 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@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. Call or email to get the link.

Tuesdays, 10:30–11:30 am. 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, depending on staff availability.



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
New! Summer evening hours,
Thursdays, 4–6 pm from June 2 to July 28.

P
V **Lets Make Music!**
Join us on Monday and Thursday 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. Weather permitting, Music will be outside on the lawn – all are welcome to attend, no reservation required.

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
10–10:30 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. Playroom reservation required.
Fridays
10–10:30 am
In The Parenting Center playroom

P **More for 4's**
Four-year-olds come back to play on Friday afternoons. Playroom reservation required.
Fridays
1–4 pm
The Parenting Center playroom



Community programs



Fee varies, registration required.

P **New! Safe@Home by Safe Sitter® (4th, 5th, & 6th Graders)**
A program designed for students in grades 4–6 to prepare them to be safe when they are home alone (not the babysitting class). Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with an emergency. \$40 per child, need-based scholarships available.
Saturday, June 11, 10–11:30 am
Steve Worley Hall, 210 State St.

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, June 16, July 21, or August 18, 6:30–9 pm
Steve Worley Hall, 210 State St.

P
V **Calming Your New Baby (prenatal–4 months)**
Learn what to expect during 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 11, July 9, or August 13, 10–11:30 am
Mondays, June 13 or August 15, 6–7:30 pm
Even months at Touro, odd months on 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 the month:
June 21, July 19, or August 16, 9–11 am
Children's Hospital parking garage
Enter 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.
Wednesdays, June 8 or August 10, 6–8 pm
Steve Worley Hall, 210 State St.

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, July 13, 6–7 pm
Even months at Touro, odd months on Zoom.

P **Race Talk for Teens FOCUS Group (14–17 years)**
In an effort to provide a Race Talk session for teenagers, participants will share ideas around race topics to be discussed. These ideas will be used to form a Race Talk session for middle school students and a separate session for high school students. Pizza will be provided! Free. Pre-registration required.
Wednesday, June 15, 6–7:30 pm
Steve Worley Hall, 210 State St.

Parenting classes, toddlers to teens



Fee varies, registration required.

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

P **Impact of the Parent/Child Relationship (0-18 years)**

V Early relationships are important for lifelong development. Come learn about you and your child's attachment styles and develop strategies to build healthy relationships. One session. Free.
Tuesday, June 21, 6-7 pm
The Parenting Center
Thursday, July 21, 12-1 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. One session. Free.
Wednesday, July 27, 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.
Wednesday, July 20, 8-9 pm
Zoom

V **Dealing with Challenging Behavior (3-5 years)**

Defiance, meltdowns, dawdling and more! Join us for a discussion of what drives some common preschool behaviors and effective strategies for addressing them. One session. Free.
Thursday, July 14, 8-9 pm
Zoom

P **Yelling: What to Do Instead (3-5 years)**

There are probably very few parents who have raised their children without raising their voice! We'll discuss less stressful alternatives to addressing challenging preschool behaviors. Three sessions. \$15.
Tuesdays, July 26, August 2 & 9, 6:30-8 pm
Steve Worley Hall, 210 State St.

P **Effective Communication with Children and Teens (4-18 years)**

V 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.
Tuesday, June 14, 6-7 pm
The Parenting Center
Thursday, July 14, 12-1 pm
Zoom

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, June 14 or August 16, 6:30-8:30 pm
Steve Worley Hall, 210 State St.

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, June 28 or August 23, 6:30-8:30 pm
Steve Worley Hall, 210 State St.

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. One session. Class size is limited; one adult per teen, please.
Thursdays, June 9 or August 11, 6:30-8:30 pm
Steve Worley Hall, 210 State St.

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, July 20, 6:30 - 8:30 pm
Zoom

P **Teen Talk: Who Am I? (12-15 years)**

A safe place for teens to have guided conversations with their peers about who they are. Parents will learn what they can do to support their teen during this time of self-discovery. Free, one session.
Wednesday, July 27, 6-7:30 pm
The Parenting Center

P **Independent Living Skills: Money Management (11-15 years)**

Parents and teens come together to learn practical money management skills that teens need to be independent. Parents will also learn about ways to support the learning and practice of those skills. Free, one session.
Wednesday, August 3, 6-7:30 pm
The Parenting Center



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



The Parenting Center at Children's Hospital presents **Race Talk for Teens**

We're looking for **14-17 year old high school students**
to participate in a focus group

In preparation for a Race Talk session for teenagers, participants will share ideas around race topics to be discussed. These ideas will be used to form a Race Talk session for middle school students and a separate session for high school students.

Wednesday June 15

6-7:30 pm
Steve Worley Hall
210 State St., New Orleans, LA 70118

Free! Pre-registration required.
Food and drinks will be provided.

If you have any questions, please contact The Parenting Center at 504.896.9591.

Sign up today!



The Parenting Center
at Children's Hospital


Music
is now offered
twice a week.



Mondays

10 am (Zoom)
10:30 am (In person)

Thursdays

10:30 am (In person)

Reservation required.
504.896.9591



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Notes





Children's Hospital
New Orleans
LCMC Health

200 Henry Clay Ave.
New Orleans, LA 70118

Address Service Requested

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chnola.org/theparentingcenter
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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