



THE PARENTING CENTER AT CHILDREN'S HOSPITAL

2018 FALL
CLASS SCHEDULE

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 playrooms in two locations. Watch our live parenting segment on WWL's cable network, WUPL 54, every other Tuesday morning at about 8:40 a.m.

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, and,
- a PLACE to PLAY!

Annual Membership Levels & 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 & morning classes
- Daily drop-in at The Parenting Center with children 3 years old and younger
- Installment payments and scholarships available based on need

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.

Ongoing Member Activities & Services

Register: (504) 896-9591 or www.theparentingcenter.net

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 only.

Uptown: Monday – Friday, 9 a.m. – 4:30 p.m., Saturday 9 a.m. - noon

Metairie: Monday – Friday, 9 a.m. – noon

Monthly Birthday Celebrations (1 – 3 Years)

Cookies and “the song” for all young Parenting Center members with a birthday in that particular month. All are invited to celebrate.

Uptown: Third Friday of each month, 12:30 p.m.



Resource Library

Parents are welcome to check out books and DVDs on a wide variety of parenting topics from the multi-media library. Our staff is here to assist you in selecting a book.

Parent Consultation and Coaching

We offer confidential consultations for individuals and couples, as well as ongoing parent coaching. Call 896-9591 or e-mail chparenting@lcmchealth.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 & Fun Programs

Register: (504) 896-9591 or www.theparentingcenter.net

Let's Make Music (1 – 3 years)

Hands-on lively music for parents and children. Free for Active Members only.

Uptown: Mondays, 9:30 – 10 a.m. and 10 – 10:30 a.m.

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

Enjoy the fine “art” of making a mess. Free for Active Members only.

Uptown: Wednesdays, 10 – 11 a.m.

Metairie: Mondays, 10 – 11 a.m.

More for 4's

Four year olds are invited to play two afternoons a week. Free for Active or Associate Members.

Uptown: Thursdays and Fridays, 1 – 4:30 p.m.

OPEN SATURDAYS

So our parents who work outside of the home during our regular hours can enjoy a little playtime, too. Free for Active Members only.

Uptown: 9 a.m. - noon

SPECIAL EVENTS

Family Fun Night! Friday, Sept 28, 5 - 7:00 p.m.

Join us to hang out, have some pizza and fruit, visit with friends. Guests welcome!

Parent/Infant Programs

Register: (504) 896-9591 or www.theparentingcenter.net

Snuggles & Struggles New Parent Group (Parents & Newborns – 6 months)

This weekly group provides learning opportunities and socialization with new parents and babies. A staff member facilitates the group. **Free and open to the public.**

Uptown: Tuesdays, 10:30 a.m. – noon.

Happiest Baby On The Block (Prenatal – 4 months)

Learn techniques proven to quickly calm crying and boost infant sleep based on the ideas in the popular book by Dr Harvey Karp. Participants receive “The Happiest Baby” DVD and white noise CD. **FREE, pre-registration required.**

Touro Infirmary: Saturdays, Sept 8, Oct 13, Nov 10, Dec 8, 10:00 am – noon;

Monday, Oct 15, 6 – 8 p.m.

West Jefferson Hospital: Tuesday, Nov 13, 7 – 9:00 pm

Busy Babies (6 – 10 months)

Active babies play while parents meet and discuss topics such as separation, sleep, development, nutrition, and appropriate play activities. Babies welcome! Six sessions, free for members (registration required)/\$125 nonmembers.

Uptown: Tuesdays, Oct 30 – Dec 4, 10:30 a.m. – noon



For Parents with Young Children

Register: (504) 896-9591 or www.theparentingcenter.net



Musikgarten New Orleans: All Together Now! (10 months – 3 years)

The internationally acclaimed music program designed to bridge the natural connection between music and movement, and develop your child's musical aptitude and listening abilities. 15 sessions, \$260 includes materials/\$225 sibling tuition only. For Active Members; parent or grandparent attends with the child.

Uptown: Thursdays, Aug 30 – Dec 13 (no class Nov 22), 9:50-10:30 a.m.



Parent Cafe

A discussion group about the daily challenges of raising young children, facilitated by a Parent Educator. Interested? Call to register or to get on the e-mail list for future topics. For members only. \$5 registration, \$5 for childcare. Registration required, childcare available.

1. Sensory issues and challenges with young children. What's normal?

For some children the sensory system does not work correctly and they do not know how to respond to sensory input. Consider a “sensory diet” as a way to help your child react more appropriately. Kimberly Gambel, MOT, LOTR, and Ellie Streiffer, MOT, LOTR, from Children's Hospital to facilitate.

Uptown: Tuesday, Oct 2, 10 – 11:30 a.m.

2. Have a GOOD Day

Morning and evening routines and transitions can make or break the rest of your family interactions.

Uptown: Wednesday, Nov 7, 10 – 11:30 a.m.



Fun With Ones (12 – 24 months)

Meet other parents and talk about changes in behavior, development, and interaction with young children that encourages healthy development and fun. Five sessions, \$60 members/\$70 nonmembers, childcare available.

Uptown: Wednesdays, Oct 3 – 31, 10:30 – 11:30 a.m.



Toddler Topics (18 – 36 months)

Learn about developmental milestones, reinforcing positive behavior and setting limits, appropriate activities, and routines – eating, sleeping and toilet training. Two sessions, \$30 members/\$40 nonmembers.

Uptown: Tuesdays, Oct 30 & Nov 6, 6 – 8:00 p.m.



Terrific Twos (24 – 36 months)

Discuss older toddlers and their struggle for independence, challenging behavior, social abilities, play, toileting, sleeping, eating – and more. Five sessions, \$60 members/\$70 nonmembers, childcare available.

Uptown: Thursdays, Oct 11 – Nov 15 (no class Nov 1), 10 – 11:30 a.m.



Positive Discipline (3 – 5 Years)

Explore ways of encouraging cooperation and redirecting the behavior of preschoolers. Learn how and when to discipline, alternatives to punishment, and practical limit-setting techniques for common preschool problems. Three sessions, \$50 members/\$60 nonmembers.

Uptown: Mondays, Sept 24, Oct 1 & 8, 6:30 – 8:00 p.m.

For Parents with Children in Elementary, Middle & High School

Register: (504) 896-9591 or www.theparentingcenter.net

Active Parenting Now (6 – 10 Years)

Learn a proven approach to parenting that will lead to more harmony and happiness for you and your school aged children. This program uses video, activities, and discussion to show you ways to 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: Thursdays, Sept 27, Oct. 4, 11, & 18, 5:30 – 7:30 p.m.

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 attend with their mother or care giver. \$20 per child.

Metairie: Thursday, Sept 20 or Tuesday, Dec 18, 6:30 – 8:30 p.m.

Uptown: Tuesday, Oct 16 or Nov 13, 6:30 – 8:30 p.m. (Children's Hospital Conference Center)

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

Metairie: Tuesday, Oct 23, 6:30 – 8:30 p.m.

Uptown: Tuesday, Dec 11, 6:30 – 8:30 p.m. (Children's Hospital Conference Center)



Community Programs

Register: (504) 896-9591 or www.theparentingcenter.net

Focus on Children Divorce Program

A nationally acclaimed program to help divorcing parents lessen the impact of separation and divorce on their children. The importance of co-parenting skills is stressed. This course meets court requirements with certificate of attendance. Facilitated by a Parenting Center staff member. One-time class, \$25.

Uptown: Wednesday, Sept 12, Oct 10, Nov 14, or Dec 12, 6 – 8:00 p.m.

Infant & Child CPR (Newborn-8 years)

American Heart Association's "Family and Friends"® non-certification class. Learn how to perform CPR and obstructed airway management for infants and children. Advance registration and payment are required. Taught by Certified CPR Instructor. One-time class. \$25 members/\$35 nonmembers.

Metairie: Thursday, Oct 18 or Dec 20, 6:30 – 9 p.m.

Uptown: Thursday, Sept 20, or Nov 15, 6:30 – 9 p.m.

Grandparenting 101

A lot has changed in newborn care! From tummy time to safe sleeping, learn the basics to best support your children as parents. One session. FREE!

Touro Infirmary: Wednesday, Oct 24, 6 – 7:00 p.m.

To register for this class ONLY, visit www.touro.com/events or call (504) 897-7319.

Closings

Metairie location will be closed: Sept 3, 10, 11, 19, 24, 25, Oct 1, 2, Nov 22, 23, Dec 25, 26.

Uptown location will be closed: Sept 3, Nov 22, Dec 25.

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 or a series of programs for working parents or specific teacher training on various popular topics. Fees vary with type and time of program. Call us for more information.

www.theparentingcenter.net
(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.**



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200 Henry Clay Avenue
New Orleans, LA 70118

Address Service Requested

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PERMIT NO. 285



The Parenting Center Staff

Director	Barbara B. LeBlanc, LCSW
Assistant Director	Jenni Watts Evans
Parent Educators	Lisa Phillips, MSW, LMSW Camille Quinn, MSW, LCSW
Support Staff	Beth Bailar
Child Care	Sarah Desantis

Registration is required for all classes.

To register, call (504) 896-9591 or e-mail chparenting@lcmchealth.org.

www.theparentingcenter.net

The Parenting Center at Children's Hospital Physical Address

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(504) 896-9591
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Email: chparenting@lcmchealth.org

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

The Metairie Parenting Center at the Goldring-Woldenberg Jewish Community Campus

3747 W. Esplanade Ave.
Metairie, LA 70002