

The Parenting Center at Children's Hospital



2023 Spring 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



Closures

New Year's Day Holiday – **Monday, January 2**

Martin Luther King Jr. Day – **Monday, January 16**

Mardi Gras – **Tuesday, February 21**

The Parenting Center staff

Manager

Parent Educators

X. Patrice Wright, M.Ed

Katie Dilzell, M.Ed

Jenni Watts Evans

Lisa Phillips, MSW, LMSW

Beth Bailar

Program Coordinator

Registration is required for all classes.

To register, call 504.896.9591 or email chparenting@LCMChealth.org.

chnola.org/theparentingcenter

Follow us!



Physical Address

210 State St.

New Orleans, LA 70118

504.896.9591

email: chparenting@LCMChealth.org

Mailing address

200 Henry Clay Ave.

New Orleans, LA 70118

The Parenting Center 2023 Spring schedule

Programs will be offered virtually **V** on Zoom, or in person **P** in Worley Hall or The Parenting Center.

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.

P

V

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

This hybrid weekly group provides learning opportunities and socialization with new parents and babies. A staff member facilitates the group. Call or e-mail to get the zoom link or come in person to The Parenting Center

Tuesdays, 10:30–11:30 am

Zoom and at The Parenting Center



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.**

Tune In for Tips

Watch our live parenting segment on WWLTV's cable network, WUPL 54, every other Tuesday morning at about 8:40 am
**January 10 & 24, February 7, March 7 & 21,
April 4 & 18, May 2, 16 & 30**



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-noon and afternoons 1-4 pm

The Parenting Center

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

The Parenting Center

P

Lets Make Music! (0-3 years)

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

For members: In person at The Parenting Center. Must have a playroom reservation.

Mondays and Thursdays, 10:30-11 am

Tuesdays, 1:30-2 pm



Community programs



Fee varies, registration required.

P **Infant and Child CPR (0–8 years)**
American Heart Association's "Family and Friends" non-certification class is back in person. Class size is limited. Fee \$35/person..
Thursdays, January 19, February 23, March 16, April 20, May 18
6:30–9 pm
Worley Hall

P
V **Calming Your New Baby (prenatal–3 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.

In person
Saturday, April 8
10–11:30 am
Touro, Foucher Room

Virtual
Saturdays, January 14, February 11, March 11, May 13
10–11:30 am
Mondays, February 13, April 10
6–7:30 pm
Zoom

P **Car Seat Fitting Station**
Installation by a nationally certified technician. Drop-ins welcome, appointments preferred. Free.
Monthly on a Tuesday: January 17, February 14, March 21, April 18, May 16
9–11 am
Children's Hospital parking garage
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 session. \$25 per person.
Wednesdays, February 8, April 12
6–8 pm
The Parenting Center

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, January 18 or April 19
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.

V **Toddler Topics (1–2 years)**
Understanding development, responding to challenging behavior, play ideas, toileting, sleeping, eating – and more. Three sessions. Fee \$15.
Tuesdays, March 7, 14, 21
8–9 pm
Zoom

P **Dealing with Challenging Behavior (3–5 years)**
Understanding development, encouraging cooperation, and redirecting the behavior of preschoolers. One session. Free.
Tuesday, January 24
6–7 pm
The Parenting Center

P **Dealing with Challenging Behavior (6–8 years)**
Learn how the 4 R's can help you prevent and handle challenging behaviors. One session. Free.
Tuesday, February 28
6–7 pm
The Parenting Center

P **Alternatives to Yelling (3–10 years)**
Learn strategies so that you can raise children without raising your voice. One session. Free.
Tuesday, April 11
6–7 pm
The Parenting Center

P **Making Book Connections (0–4 years)**
Making connections to a story allow children to better understand books. Learn ways to explore books beyond pictures and words and make reading more enjoyable. One session. Free.
Saturday, January 14
10–11 am
The Parenting Center

P **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 9
6–7 pm
The Parenting Center

P **My Teen's Love Language is Yelling (13–18 years)**
Teens yell for a reason. Come learn why they yell and ways to effectively communicate with them. One session. Free.
Thursday, April 20
6–7 pm
The Parenting Center

P **Daily Routines Matter (3–11 years)**
Parents will understand the benefits of consistent routines and tips for creating them. Free, One session.
Thursday, March 9
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. One session. \$20 per child.
Tuesdays, February 7, March 21, April 18, May 16
6:30–8:30 pm
Worley Hall

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. One session. \$20 per child.
Tuesday, February 28 or April 25
6:30–8:30 pm
Worley Hall

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; maximum one adult per teen, please.
Thursday, February 9 or April 13
6:30–8:30 pm
Worley Hall





Children's Hospital
New Orleans
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200 Henry Clay Ave.
New Orleans, LA 70118

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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