

The Parenting Center at Children's Hospital



2023 Fall 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

Labor Day – **Monday, September 4**

Thanksgiving Day – **Thursday, November 23**

Christmas Day – **Monday, December 25**

The Parenting Center staff

Manager

Parent Educators

Program Coordinator

X. Patrice Wright, M.Ed

Katie Dilzell, M.Ed

Jenni Watts Evans

Beth Bailar

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 Fall 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

September 5, 19

October 3, 17, 31

November 14, 28

December 12, 26



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
New!
2nd Saturday each month
10 am-12 pm
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

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
10:30-11 am
The Parenting Center



Community programs



Fee varies, registration required.

P **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, October 21 or November 11
10–11:30 am
Worley Hall, 210 State St.

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, October 7 or December 9
10–11:30 am
Touro, Foucher Room

Virtual
Saturday, September 9 or November 11
10–11:30 am
Monday, October 16
6–7:30 pm
Zoom

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, September 21, October 19,
November 16, December 21
6:30–9 pm
Worley Hall

P **Car Seat Fitting Station**
Installation by a nationally certified technician. Drop-ins welcome, appointments preferred. Free.

3rd Tuesday of each month:
September 19, October 17, November 21,
or December 19
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, October 11 or December 13
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, October 18
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/services/the-parenting-center/parenting-classes-playroom-reservations to register.

V **Toddler Topics VIRTUAL (1–2 years)**
Understanding development, responding to challenging behavior, play ideas, toileting, sleeping, eating – and more. Three sessions. Fee \$15.

Tuesdays, October 10, 17, and 24

8–9 pm

Zoom

P **Dealing with Challenging Behavior (3–8 years)**
Learn developmentally appropriate ways to prevent and handle challenging behaviors. One session. Free.

Thursday, September 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.

Virtual

Thursday, September 14

6–7 pm

Zoom

In person

Thursday, November 30

6–7 pm

The Parenting Center

P **Food Fight: Overcoming Picky Eating Habits (3–10 years)**

Are you frustrated because your child only wants to eat chicken nuggets or pizza? Teach your child healthy eating habits to last a lifetime. One session. Free.

Thursday, November 16

6–7 pm

Zoom

V **Daily Routines Matter (3–11 years)**
Parents will understand the benefits of consistent routines and tips for creating them. Free, One session.

Tuesday, September 12

6–7 pm

Zoom

V **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.

Tuesday, October 3

6–7 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. One session. \$20 per child.

**Tuesday, September 19, October 17,
November 14, or December 19**
6:30–8:30 pm
Worley Hall

P Growing Up for Boys (10–13 years)
Practical information for boys 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, October 24 or December 12
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, October 12 or December 14
6:30–8:30 pm
Worley Hall





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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