

# The Parenting Center at Children's Hospital



2022 Fall Class Schedule



504.896.9591

[chparenting@LCMChealth.org](mailto:chparenting@LCMChealth.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 5**

Thanksgiving – **Thursday, November 24**

Christmas Holiday – **Monday, December 26**

### The Parenting Center staff

#### Manager

#### Parent Educators

#### Program Coordinator

X. Patrice Wright, M.Ed  
Katie Dilzell, M.Ed  
Jenni Watts Evans  
Lisa Phillips, MSW, LMSW  
Beth Bailar

Registration is required for all classes.

To register, call 504.896.9591 or email [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org).

[chnola.org/theparentingcenter](http://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](mailto:chparenting@LCMHealth.org)

### Mailing address

200 Henry Clay Ave.  
New Orleans, LA 70118

# The Parenting Center 2022 Fall 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@LCMChhealth.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 e-mail 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-noon and afternoons 1-4 pm**

**The Parenting Center**

**P** **Lets Make Music! (0-3 years)**  
**V** Join us on Monday and Thursday mornings to sing and dance and move to the beat.

**For members: In person at The Parenting Center, Mondays and Thursdays, 10:30-11 am. Free.**

**Must have a playroom reservation.**

**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.**

**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**



## 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, September 8, October 20, November 17, or December 15**  
**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](https://touro.com/events) or call 504.897.7319.

**In person**  
**Saturdays, October 8, or December 10**  
**10–11:30 am**  
**Monday, October 10**  
**6–7:30 pm**  
**Touro, 2nd floor classroom**

**Virtual**  
**Saturdays, September 10 or November 12**  
**10–11:30 am**  
**Zoom**

**P** **Car Seat Fitting Station**  
Installation by a nationally certified technician. Drop-ins welcome, appointments preferred. Free.  
**Third Tuesday of the month:**  
**September 20, October 18, November 15, December 20**  
**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 12 or December 14**  
**6–8 pm**  
**Worley Hall**

**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](https://touro.com/events) or call 504.897.7319.  
**Wednesday, October 19**  
**6–7 pm**  
**Zoom**

# Parenting classes, toddlers to teens



Fee varies, registration required.

Call **504.896.9591**, email [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org) or go to [chnola.org/our-services/the-parenting-center/parenting-classes](http://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.  
**Wednesdays, September 14, 21, and 28**  
**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.  
**Thursday, September 15**  
**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.  
**Thursday, November 17**  
**6–7 pm**  
**The Parenting Center**

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

**In person**  
**Thursday, October 13, 6–7 pm**  
**The Parenting Center**

**Virtual**  
**Thursday, December 15, 6–7 pm**  
**Zoom**

**P** **Fall in Love with Books! (0–4 years)**  
Reading is good for kids. Their brain and language development are stimulated when books become part of a child's daily routine. This session outlines ways to encourage reading so your child will "fall in love with books." One session. Free.  
**Tuesday, October 4**  
**6–7 pm**  
**Worley Hall**

**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.  
**Tuesday, November 1**  
**6–7 pm**  
**Worley Hall**

**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, September 27**

**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.

**Tuesdays, September 20, October 18, November 15, or December 20**

**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, October 25 or December 13**

**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; one adult per teen, please.

**Thursday, October 13 or December 8**

**6:30–8:30 pm**

**Worley Hall**

## Parent and Grandparent Appreciation Breakfast

In appreciation of our parents and grandparents, The Parenting Center would like to invite you to join us for breakfast to thank you for your ongoing support.

**Thursday, September 8, 10 am**

Reservation required, members only.

**RSVP to 504.896.9591 with number of adults and number of children by September 5**





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**New Orleans**  
LCMC Health

200 Henry Clay Ave.  
New Orleans, LA 70118

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**[chnola.org/theparentingcenter](http://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**