



COPING WITH CONFIDENCE — A NATURAL BIRTH WORKSHOP

Don't just read about natural birth! This class is designed to help you gain the skills and confidence needed to help you during labor. Through lecture, discussion, and hands on practice a variety of coping tools are reviewed including breathing patterns, relaxation, massage and positions for birth. We will also cover how to identify labor, the role of your birth partner, creating a birth plan and what to expect in postpartum. This class is recommended for all expectant families. Dress comfortably and bring a pillow.

There is a \$175 per-couple fee for this workshop. Classes are from 10AM – 2 PM on Saturdays. Jan. 26, Feb. 9, March 23

REGISTRATION IS REQUIRED FOR THIS WORKSHOP! Call or contact Erin Majorie, CCBE, DFB, CHBE for further information. 713-301-0882 or doulaerin@gmail.com.

For information or registration, visit our website at TulaneLakeside.com (click *Prenatal Classes*) or call 504-780-4365.

Guided Infant Feeding Techniques certified facility



TulaneLakeside.com • 504-780-8282 • Prenatal Education 504-780-4365
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TLH-59938 12/18

babies & counting

Tulane Lakeside
Hospital for Women and Children



Tulane Lakeside
Hospital for Women and Children
Preparing for
Childbirth & More
Classes for You and Your Family
2019

Thank you for choosing Tulane Lakeside Hospital for Women and Children for your delivery.

BABY-FRIENDLY HOSPITAL DESIGNATION

Tulane Lakeside is recognized by the World Health Organization as a Baby-Friendly Hospital. We educate and support our patients by using the best practices for optimal mother/baby care. Three of the most common hospital practices are: Promotion and Support of Breastfeeding, Mother/Baby Skin-to-Skin Care, and Rooming-In.



BREASTFEEDING

How you feed your baby is a very important decision. We encourage exclusive breastfeeding as the recommended way to feed your infant; however we know it's not always possible. If you are unsure about breastfeeding please talk to your health care provider or hospital lactation consultant at (504) 780-4365. Our entire staff is dedicated to assisting you with your feeding decision and giving you the education needed to do so.

Breastfeeding Benefits for Baby:

- Breast milk is easily digested
- Human milk is perfectly made for human babies
- There is a lower risk of Sudden Infant Death Syndrome in infants that are breastfed
- Breast milk is filled with antibodies that protect against infection and other illness

Breastfeeding Benefits for Mom:

- Decreases chance of Osteoporosis
- Decreases chance of Rheumatoid Arthritis
- Reduces risk of some forms of cancer and other illness
- Promotes bonding and closeness



MAGICAL HOUR SKIN-TO-SKIN

The Magical Hour refers to moms holding their infants against their skin with no barrier/blanket/clothing between them for the first hour after birth. Some benefits are: regulates infants temperature and other vital signs, calms mom and baby, facilitates breastfeeding. The benefits of skin-to-skin care can be enjoyed for many weeks and months after birth, but the first few minutes, hours, and days are very important. Dads can do skin-to-skin too, but after mommy!

ROOMING-IN

We practice “Rooming-In” with your baby during your hospital stay. This means that you and your infant will remain together in the same room for most of your hospital stay. The benefits of “Rooming-In” are very important for all infants regardless of feeding preference. Some of the benefits are: mom and baby get to know each other, infant is able to eat more often when feeding cues are shown, mom learns how to comfort and handle her baby.

Tulane Lakeside offers group tours at 5:30 PM on Thursdays. Private tours are available upon request. **Please call (504) 780-4334 to schedule a tour of the Maternal-Child Units along with an overview of our services.**

We don't simply
DELIVER BABIES
WE deliver DREAMS.

GENERAL CLASS INFORMATION

- All Tulane Lakeside general classes listed are FREE. All classes are held in the Riverboat Room located on the first floor of Tulane Lakeside.
- Registration is ONLY required for *Super Siblings* and *Coping with Confidence*.
- Additional maternal-child classes and events may be offered during the year that are not currently listed in this brochure. Please visit TulaneLakeside.com for updated class information.
- Dads, grandparents, and other care-givers are welcome to attend classes.
- Tours of the Maternal-Child Unit are offered on Thursdays at 5:30PM and by appointment.

It is recommended that you attend the classes starting at the beginning of the month and in the order they are given.

PRENATAL CLASS SERIES

These four free classes are held on Thursday nights from 7–9PM in the Riverboat Room located on the first floor of Tulane Lakeside. Registration is NOT required.

Welcome and Introduction to Tulane Lakeside Hospital for Women and Children

This class reviews signs and symptoms of preterm labor, picking a pediatrician, pre-admit information, a tour of the hospital and an overview of hospital routines and guidelines.

Jan. 3, Mar. 7, May 2, July 1, Sept. 5, Nov. 7

Birth and Beyond

In this class we review stages of pregnancy, stages of labor, and types of anesthesia. Vaginal births and cesarean births are also discussed. Post-partum instructions after delivery are reviewed.

Jan. 10, March 14, May 9, July 11, Sept. 12, Nov. 14

Breastfeeding Basics

In this class the benefits of breastfeeding as well as the risks of formula feeding are discussed. Common challenges and recommendations are also reviewed.

Jan. 17, March 21, May 16, July 18, Sept. 19, Nov. 21

Safe and Sound

Characteristics of the newborn are reviewed, as well as basic newborn care, safety, and newborn health. Before every class there is a free car seat safety check (from 5:30 – 7 PM).

Jan. 24, March 28, May 23, July 25, Sept. 26, Dec. 5 (due to Thanksgiving)

The following classes are not part of the prenatal class series. There is NO FEE for these classes.

BREASTFEEDING AND THE WORKING MOTHER

This class is offered four times a year. In this class we review breast pump selection, milk storage guidelines, as well as managing this important decision. This class is offered on the following nights from 7–9PM in the Riverboat Room located on the first floor of Tulane Lakeside.

Feb. 28, June 27, Oct. 24

SUPER SIBLINGS

This class is for children ages 4–9 years of age. Children attend with their parents and the role of big brother and big sister will be discussed. This class is offered on the following Tuesday nights at 6:30PM in the Riverboat Room, located on the first floor of Tulane Lakeside.

Feb. 19, May 21, Aug. 20, Nov. 19

Registration is required for this class and may be done online at TulaneLakeside.com (click *Prenatal Classes*) or by calling 504-780-4365.



WHAT TO EXPECT... FOR DADS

Becoming a dad, forming a new family, supporting a new mom and caring for baby can seem like daunting tasks. This class will provide perspective to those roles from veteran dads – including hands-on demonstrations of burping, changing and swaddling the newborn. Soothing techniques will also be taught, as well as information on bonding, safety and communicating with relatives.

Feb. 7, April 4, June 6, Aug. 1, Oct. 3, Dec. 12

GRANDPARENTING 101

Grandma and Grandpa can get caught up on the new recommendations... some of which have changed since they took care of you! Encourage grandparents to come hear about the new wave of hospital maternity care such as *Rooming-In*, *Skin to Skin*, *Exclusive Breastfeeding* and *Safe Sleep*.

Feb. 21, June 20, Oct. 17

SPANISH PRENATAL CLASS/ CLASE PRENATAL EN ESPAÑOL

Por favor asiste esta clase para aprender como atender a su recién nacido, la lactación, la seguridad infantil, y que se puede esperar después de dar a luz. Se servirán refrescos. Se dará un premio pequeño. La clase es gratis. Todos están invitados.

Jueves, el 31 de Enero, el 30 de Mayo, el 29 de Agosto | 7 a 9PM en la sala Riverboat del hospital (primer piso)