Preparing for Childbirth & More Classes 2017 for you and your family

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We are so happy you have chosen Tulane Lakeside Hospital for Women and Children to deliver your baby. We know you are excited about meeting your new little one and the Tulane Lakeside team is dedicated to assisting you with your experience.

Baby-Friendly Hospital Designation
Tulane Lakeside Hospital for Women and Children 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 (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

Guided Infant Feeding Techniques certified facility

For information or registration visit our website at tulanelakeside.com (click prenatal classes) or call 504-780-4365

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comfort and handle her baby. When feeding cues are shown, mom learns how to get to know each other, infant is able to eat more often. Some of the benefits are: mom and baby very important for all infants regardless of feeding preference. Rooming-In will remain together in the same room for most of the hospital stay. The benefits of “Rooming-In” are: regulates infants temperature and other vital signs, calms mom and baby, facilitates breastfeeding. However, the first few minutes, hours, and days are very important. Dads can do skin-to-skin too, but after the first few minutes, hours, and days are very important. Dads can do skin-to-skin too, but after the first few minutes, hours, and days are very important.

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.

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 Hospital for Women and Children.
- Registration is ONLY required for Super Siblings, and Coping with Confidence. Super Siblings registration may be done online at: tulanelakeside.com (click prenatal classes) or by calling 504-780-4365. See class description of Coping with Confidence for registration details.
- Additional maternal-child classes and events may be offered during the year that are not currently listed in this brochure. Please visit our website for updated class information: tulanelakeside.com
- Dads, grandparents, and other care-givers are welcome to attend classes.
- Tours of the Maternal-Child Unit are offered after most classes.
- It is recommended that you attend the classes starting at the beginning of the month and in the order they are given.

Monthly Prenatal Class Series

- This is a series of four different classes that occur once a week and are offered every month. Registration is NOT required.
- These free classes are held on Thursday nights from 7:00pm – 9:00pm in the Riverboat Room located on the first floor of Tulane Lakeside Hospital for Women and Children.

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. This class is offered the first Thursday of every month: Jan. 5, Feb. 2, March 2, April 6, May 4, June 1, July 6, Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 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. This class is offered the second Thursday of every month: Jan. 12, Feb. 9, March 9, April 13, May 11, June 8, July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 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. This class is offered the third Thursday of every month: Jan. 19, Feb. 16, March 16, April 20, May 18, June 15, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 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 5:30-7:00pm). This class is offered the fourth Thursday of every month: Jan. 26, Feb. 23, March 23, April 27, May 25, June 22, July 27, Aug. 24, Sept. 28, Oct. 26, Nov. 21 (Tuesday due to holiday), Dec. 28

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 7:00-9:00pm in the Riverboat Room located on the first floor of Tulane Lakeside Hospital for Women and Children: March 30, June 29, Aug. 31, Nov. 30

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 nights at 6:30pm in the Riverboat Room located on the first floor of Tulane Lakeside Hospital for Women and Children: Jan. 24, April 18, July 18, Sept. 19, Nov. 14

Registration is required for this class and may be done online at: tulanelakeside.com (click prenatal classes) or by calling 504-780-4365.

Facility Tours–To schedule a tour of Tulane Lakeside Hospital’s Labor & Delivery areas please call 504-780-4334

The following classes are not part of the monthly prenatal class series. There is no fee for these classes.