

The Parenting Center at Children's Hospital



2023 Summer 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

Independence Day – **Tuesday, July 4**

Labor Day – **Monday, September 4**

The Parenting Center staff

Manager

X. Patrice Wright, M.Ed

Parent Educators

Katie Dilzell, M.Ed

Jenni Watts Evans

Program Coordinator

Beth Bailar

Registration is required for all classes.

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

chnola.org/theparentingcenter

Follow us!



Physical Address

210 State St.

New Orleans, LA 70118

504.896.9591

email: chparenting@LCMHealth.org

Mailing address

200 Henry Clay Ave.

New Orleans, LA 70118

The Parenting Center 2023 Summer 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@LCMHealth.org** for the Zoom link or more information.



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

June 13 and 27
July 11 and 25
August 8 and 22



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)**
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, 9:30-10 am
Tuesdays, 2:30-3 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, June 10, June 24, or July 8
10–11:30 am
Worley Hall, 210 State St.**

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, June 15, July 20, or August 17
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, June 10 or August 12
10–11:30 am
Touro, Foucher Room**

Virtual

Saturday, July 8

10–11:30 am

Mondays, June 12, August 14

6–7:30 pm

Zoom

P **Car Seat Fitting Station**

Installation by a nationally certified technician. Drop-ins welcome, appointments preferred. Free.

**3rd Tuesday of each month:
June 20, July 18, or August 15
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, June 14 or August 9
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, July 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.

P **Dealing with Challenging Behavior (3-8 years)**

Learn developmentally appropriate ways to prevent and handle challenging behaviors. One session. Free.

Thursday, June 22

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.

Thursday, July 27

6-7 pm

The Parenting Center

V **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, July 13

6-7 pm

Zoom

P **Daily Routines Matter (3-11 years)**

Parents will understand the benefits of consistent routines and tips for creating them. Free, One session.

In person

Tuesday, June 20, 6-7 pm

The Parenting Center

Virtual

Tuesday, July 18, 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.

Monday, June 12, or Tuesday, August 15

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, June 27 or August 22

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, June 8 or August 10

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
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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