

The Parenting Center at Children's Hospital



2024 Spring 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

New year's Day – **Monday, January 1**

Martin Luther King, Jr. Holiday – **Monday, January 15**

Mardi Gras – **Tuesday, February 13**

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 2024 Spring 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

January 9, 23

February 6, 20

March 5, 19

April 2, 16, 30

May 14, 28



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

1-4 pm

Saturday morning

January 13

February 17

March 9

April 13

May 11

10 am-12 pm

The Parenting Center

P **Lets Make Music! (0-3 years)**
Join us on Monday and Thursday mornings and Tuesday afternoons 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, 10:45-11:15 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 **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, January 18, February 15, March 14, April 18, May 16
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:
January 16, February 20, March 19, April 16, May 21
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, February 21 or April 10
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, January 17 or April 17
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.

P Dealing with Challenging Behavior (3–8 years)

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

Thursday, January 25

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, March 7

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, February 22

6–7 pm

Zoom

P Positive Discipline (3–10 years)

Positive Discipline is a program developed by Dr. Jane Nelsen. Using this approach, parents can teach young people to become responsible, respectful and resourceful members of their communities. Important social and life skills are introduced in a manner that is deeply respectful and encouraging for both children and adults. Free.

Two part class:

Thursdays, April 4 and April 11

Class takers attend both sessions.

6–7:15 pm

The Parenting Center

P Daily Routines Matter (3–11 years)

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

In person

Wednesday, February 28

6–7 pm

The Parenting Center

Virtual

Wednesday, April 24

6–7 pm

Zoom

P
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.

In person

Wednesday, January 24

6-7 pm

The Parenting Center

Virtual

Wednesday, March 20

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 parent or care giver. One session. \$20 per child.

Tuesday, February 20, March 19,

April 16, or May 21

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 parent or care giver. One session. \$20 per child.

Tuesday, February 27 or April 23

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 care giver. \$20 per teen. One session. Class size is limited; maximum one adult per teen, please.

Thursday, February 1 or April 4

6:30-8:30 pm

Worley Hall





Children's Hospital
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200 Henry Clay Ave.
New Orleans, LA 70118

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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