

# The Parenting Center at Children's Hospital



2024 Fall Class Schedule



504.896.9591  
[chparenting@LCMHealth.org](mailto: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

Labor Day

Thanksgiving Day

Christmas Day

**Monday, September 2**

**Thursday, November 28**

**Wednesday, December 25**

### The Parenting Center staff

**Manager**

**Parent Educators**

**Program Specialist**

X. Patrice Wright, M.Ed

Katie Dilzell, M.Ed

Jeanne Reneé Ancar, M.A.

Julia Chelmoski, B.S.

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

email: [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org)

### Mailing address

200 Henry Clay Ave.

New Orleans, LA 70118

# The Parenting Center 2024 Fall 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. Free.

**Tuesdays**

**10:30-11:30 am**

**The Parenting Center and 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**

### **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

**September 3, 17**

**October 1, 15, 29**

**November 12, 26**

**December 10**



## 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. Free trial visit by appointment.

#### **Monday-Friday**

**9 am–Noon**

**1–4 pm**

#### **Saturday mornings**

**September 7**

**October 5**

**November 2**

**December 7**

**10 am–Noon**

**The Parenting Center**

### **P** Lets Make Music! (0-3 years)

Join us three mornings every week to sing and dance and move to the beat. Free for members. Playroom reservation required. Held in person at The Parenting Center. Weather permitting, this program is held outdoors and is open to the public.

**Mondays, Tuesdays, and Thursdays**

**9:30–10 am**

### **P** Let's Have Fun! Art & Messy Play (1-3 years)

Enjoy the fine "art" of making a mess. Free for members. Playroom reservation required.

**Wednesdays**

**10:30–11 am**

**The Parenting Center**

### **P** Snack & Story Time (0-3 years)

Bring a snack and enjoy story time in our playroom! Free for members. Playroom reservation required.

**Fridays**

**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. One session. \$40 per child, need-based scholarships available.

**Saturday, October 5**  
**10–11:30 am**  
**Worley Hall**

**P** **Infant and Child CPR (0–8 years)**

American Heart Association’s “Family and Friends” non-certification class. Class size is limited. Fee \$35 per person.

**Thursdays**  
**September 19**  
**October 3**  
**November 21**  
**December 19**  
**6:30–9 pm**  
**Worley Hall**

**P** **Car Seat Fitting Station**

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

**One Tuesday each month**  
**September 17**  
**October 15**  
**November 19**  
**December 10**  
**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.

**Wednesday, October 9, December 11**  
**4:30–6:30 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](http://touro.com/events) or call 504.897.7319.

**Wednesday, October 16**  
**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/services/the-parenting-center/parenting-classes-playroom-reservations](https://chnola.org/services/the-parenting-center/parenting-classes-playroom-reservations) to register.

## **P** Importance of Play (1-5 years)

Learning about the importance of play and the impact it has on your child's development.

One session. Free.

**Thursday, October 10**

**6-7 pm**

**The Parenting Center**

## **V** Understanding Your Toddler (1-3 years)

Learn about toddler development and what drives certain behaviors. This class will also cover the benefits of routines, common concerns, and ways to address challenging behaviors. One session. Free.

**Thursday, October 3**

**6-7 pm**

**Zoom**

## **V** Dealing with Challenging Behavior (3-8 years)

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

**Thursday, September 12**

**6-7 pm**

**Zoom**

## **P** 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, December 5**

**6-7 pm**

**The Parenting Center**

## **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. Two sessions. Free.

**Part 1:** Learning opportunities, feelings, and "bonus" strategies

**Part 2:** Communication, tools for parents, and strategies all families can use

**Thursday, November 7, November 14**

**6-7:15 pm**

**Class takers attend both sessions**

**The Parenting Center**

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

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

**Wednesday, September 18**

**6-7 pm**

**The Parenting Center**

**Wednesday, October 9**

**6-7 pm**

**Zoom**

## **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. One session. Free.

**Wednesday, November 13**

**6-7 pm**

**Zoom**

**P** **Raising Emotionally Intelligent Children (2-6 years)**

**V** A class aimed towards teaching appropriate ways to monitor and regulate social behaviors that are developmentally appropriate. One session. Free.

**Tuesday, September 10**

**6-7 pm**

**The Parenting Center**

**Monday, November 4**

**12-1 pm**

**Zoom**

**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**

**October 15**

**December 10**

**6:30-8:30 pm**

**Worley Hall**

**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 caregiver. One session. \$20 per child.

**Tuesday**

**September 17**

**October 22**

**November 19**

**December 17**

**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. One session. \$20 per teen.

**Thursday**

**October 10**

**December 12**

**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 books and breakfast to thank you for your ongoing support.

**Thursday, September 19, 10:30 am**

**Reservation required, members only.**

**RSVP to 504.896.9591** with number of adults and number of children by September 16



## **Music Class**

**Every Monday, Tuesday, and Thursday**  
9:30 am



## **Art Class**

**Every Wednesday**  
10:30 am



## **Snack and Storytime**

**Every Friday**  
10:30 am





# Enjoy a book and breakfast

Join us for a delightful book and breakfast event where parents, grandparents, and little ones can enjoy a story, snacks, and quality time together

**September 19**

**The Parenting Center playroom**

10:30 am

Reservation required

RSVP required by September 16

**The Parenting Center at Children's Hospital**

[chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org)

504.896.9591

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







**Children's Hospital**  
New Orleans  
LCMC Health

200 Henry Clay Ave.  
New Orleans, LA 70118

Address Service Requested

Non-Profit  
Org.  
US Postage  
PAID  
New Orleans LA  
Permit No. 285



[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**