



EDUCATION, DEVELOPMENT & TRAINING

# 2019 Prenatal Classes



1202 S. Tyler Street, Covington  
985-898-4083 office | 985-871-5988 fax  
[www.stph.org](http://www.stph.org)

For more information, call 985-898-4083.  
Please register for classes online at [stph.org/calendar](http://stph.org/calendar).

## **Using Lamaze Techniques**

9 a.m. to 4 p.m. | STPH, 1202 S. Tyler Street, Covington

**Feb. 23, April 27, June 22, Aug. 31, Oct. 26 and Dec. 7**

All aspects of the birthing process and methods of delivery are discussed. Relaxation and pain control techniques will be practiced weekly to help you through the childbirth experience. It is recommended that moms should come with dad or another support person.

The class is designed for couples to work together. \$50

## **Prepared Childbirth**

6-8 p.m. | STPH, 1202 S. Tyler Street, Covington

**Feb. 12 & 19, April 2 & 16, June 11 & 18,  
Aug. 13 & 20, Oct. 15 & 22 and Dec. 3 & 10**

Learn the physical and emotional changes that occur and how your baby develops throughout your pregnancy. Learn the signs and stages of labor and what to expect during childbirth. Breathing and relaxation techniques are demonstrated for use during labor. Anesthesia options will be discussed.

Series of two classes. Free

## **Open House**

First and third Saturdays | 10 to 11 a.m. and 11 a.m. to noon

STPH, 1202 S. Tyler Street, Covington

Expecting families are invited to tour the St. Tammany Parish Hospital New Family Center. Meet in the third floor lobby to learn all about the private birthing suites, rooming in, skin-to-skin program and more. Free

## **Baby Chat For Sibling**

9-12:30 a.m. | STPH, 1202 S. Tyler Street, Covington

**Jan. 19, March 16, May 18, July 6, Sept. 7 and Nov. 2**

A fun class for the siblings of newborns to help them understand the changes that occur when mom and dad bring home a new baby. Children are welcome; a parent is required to stay with the child. Free (985) 898-4435

## **Baby Care Basics**

6-8 p.m. | STPH, 1202 S. Tyler St., Covington

**Jan. 14, Feb. 11, March 11, April 8, May 13, June 10,  
July 8, Aug. 5, Sept. 9, Oct. 14, Nov. 11 and Dec. 9**

Learn helpful hints and what to expect when caring for your new baby. Free



## **Art Of Breastfeeding**

6:30-8:30 p.m. | STPH, 1202 S. Tyler Street, Covington

**Jan. 9, March 6, May 1, July 10, Sept. 4, Nov. 6**

The benefits of breastfeeding your infant will be discussed, as well as common concerns of the early breastfeeding period. Parents will learn how to establish a breastfeeding routine that will enable them to use their breastfeeding skills with confidence, facilitating a positive and successful breastfeeding experience.

Free

## **Prenatal Nutrition Class**

**Class days and times vary.**

The goal of this program is to provide nutritional information and guide women in their second and third trimester to health eating. Please call to register and receive more information. (985) 871-6036 | (985) 871-6078

## **Boot Camp For New Dads**

8 a.m. to 1 p.m. | STHP, 1202 S. Tyler Street, Covington

**Jan. 19, March 16, May 18, July 6, Sept. 7 and Nov. 2**

A class for new dads, taught by veteran dads, teaches rookies how to care for a new baby – and a new mom – and the new fatherhood role. \$10 (985) 898-4435

## **Breastfeeding Support Group For Mothers**

First Thursday of each month | Noon to 1 p.m.  
STHP Parenting Center, 1505 N. Florida St., Covington

Join our certified lactation consultant for an hour of questions and answers relating to breastfeeding your child. A short educational topic will be addressed monthly. Expectant moms are encouraged to attend this free program as well as new mothers – with their baby! Free (985) 898-4435

## **Infant/Child CPR (Family and Friends CPR)**

6 to 8 p.m. | STHP Parenting Center, 1505 N. Florida St., Covington

**Jan. 15, March 12, May 20, July 9, Sept. 10 and Nov. 12**

Come out and join The Parenting Center's Certified CPR Staff members as they do hands-on CPR training. You will gain great knowledge and skills needed for choking and breathing emergencies that may arise with your child, family member or anyone in your presence. FYI- This is not a CPR certified class; however, the skills and knowledge that you gain can save lives.  
\$25 per person (985) 898-4435

## **FREE Child Safety Seat Inspections**

Inspections are held at two locations: the Parenting Center, Monday – Friday, and Troop L, every Tuesday from 3-6 p.m.

Appointments are preferred, but not required. Free

985-893-6250, Troop L | 985-898-4435, Parenting Center



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PARISH HOSPITAL

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