

The Parenting Center at Children's Hospital



2024 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 Holiday – **July 4 and July 5**

The Parenting Center staff

Manager

X. Patrice Wright, M.Ed

Parent Educators

Katie Dilzell, M.Ed

Jeanne Reneé Ancar, M.A.

Program Coordinator

Beth Bailar

Registration is required for all classes.

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

chnola.org/theparentingcenter

Follow us!



Physical Address

210 State St.
New Orleans, LA 70118
504.896.9591
email: chparenting@LCMChealth.org

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

The Parenting Center 2024 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@LCMChhealth.org** for the Zoom link or more information.

P

V

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 11, 25

July 9, 23

August 6, 20



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

9 am-Noon

1-4 pm

Saturday morning

June 8

June 29

July 13

July 27

August 10

10 am-12 pm

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. For members: In person at The Parenting Center. Must have a playroom reservation. 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 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 22

10–11:30 am

Worley Hall

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 20, July 18, or August 15

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:

June 18, July 16, and August 20

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 12 or August 14

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 17

6–7 pm

Zoom



Parenting classes, toddlers to teens



Fee varies, registration required.

Call **504.896.9591**, email chparenting@LCMChhealth.org or go to

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.

Virtual

Tuesday, June 4

12–1 pm

Zoom

In person

Tuesday, July 30

6–7 pm

V

V

Dealing with Challenging Behavior (3–8 years)

Learn developmentally appropriate ways to prevent and handle challenging behaviors.

One session. Free.

Thursday, June 6

6–7 pm

Zoom

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, June 27

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.

Part 1 covers learning opportunities, feelings, and "bonus" strategies.

Part 2 includes communication, tools for parents, and strategies all families can use. Free.

Two part class:

Thursdays, July 11 and July 25

Class takers attend both sessions.

6–7:15 pm

The Parenting Center

V

Daily Routines Matter (3–11 years)

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

Wednesday, June 12

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. Free, One session.

Wednesday, July 10

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, June 11, July 16, or August 20

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, June 25 or August 27

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, June 13 or August 8

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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504.896.9591

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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