

destination maternity™

Schedule of events

February 2012

"Everything a pregnant woman could ever want or need,
featuring a huge selection of Maternity Fashion"

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar or call
East Jefferson General Hospital Health Finder at (504)456-5000.

Pre-Registration is required for all classes

Mondays:

February 6th, 13th, 27th
6:30p-7:30p

Prenatal Yoga

February 13th
5p-6p

Eating Well For You & Baby

Tuesdays:

February 14th
10a-11a

La Leche League

Wednesdays:

February 8th
10a-11a

Safety Check

Thursdays:

February 9th
11a-12p

ABC's of Breastfeeding

February 16th
11a-12p

Newborn Essentials

Fridays:

February 3rd
2p-3p

Relationships & Babies

February 10th
1p-2p

Healthy Birth Practices

February 24th
1p-2p

Family & Friends CPR

Saturdays:

February 4th & 25th
10:15a-11:15a

Prenatal Yoga

February 4th
1p-3p

Dogs & Storks

February 11th
10:15-11:15a

Valentine's Day Celebration
Prenatal Partner Yoga



3300 N. Causeway Blvd.
Metairie, LA 70002
504.834.1960

Valentine's Day Celebration

Prenatal Partner Yoga: The class will blend many aspects of yoga and will assist partners in providing a supportive touch to the laboring mother. Kelly will work with postures, massage, and breathing techniques to cope with the sensations that arise during labor and to help relieve some of the more common discomforts of pregnancy. In this class, mothers and their partners will learn and put into practice postures to help relax and open the body and assist in the natural progression of labor. No yoga experience necessary. This class is suitable for all trimesters. \$12.00 per expectant mother, partner is FREE.

ABC's of Breastfeeding

Jan Gourgues, RN, IBCLC, RLC: Internationally Board Certified Lactation Consultant at EJGH: Dispelling myths and providing basics on preparing to breastfeed, along with feeding your newborn and pump pointers are discussed in this small informative class for women only. No fees - class is FREE

Could you be at risk for Gestational Diabetes or Type 2 Diabetes?

Rose Wade, BSN, RN, CDE: Diabetes Management Center at EJGH: Learn when and how gestational diabetes may affect your pregnancy and if you might be at risk for developing Type 2 diabetes. Symptoms, screening and management will be discussed. No fees – class is FREE

Dogs & Storks

Angela Portera : Professional Dog Trainer at Puppy Love Daycare LLC: This two hour seminar teaches parents-to-be how to successfully prepare the family dog for the arrival of a new baby. For many parents, their first "kids" were pets. Now that a baby is in the future, it is important that parents help their dog adapt to this new addition and create a safe environment for both the dog and the baby. This class is also recommended for grandparents, babysitters, or anyone who owns a dog that will be around the new baby. \$20.00 per person; \$35.00 per couple

Eating Well for You and Baby

Rebecca Lee, RD, LDN: Sports & Lifestyle Nutritionist at EJGH Wellness Center : In a series of three classes, offered once a month, you will learn what to eat for a healthy pregnancy and how to avoid food borne illnesses. For after baby arrives, we will present ways to maintain a healthy diet during breastfeeding and how best to get back to your pre-baby weight without the use of fad diets. Transitioning baby to solids and navigating the picky eaters phase will also be discussed. \$15.00 per person or \$30.00 for series of three

Family & Friends CPR

Elaine Boudreaux, BSN, RNC-NIC: Neonatal Intensive Care Registered Nurse at EJGH: This non-certifying program was created by the American Heart Association for anyone who wants to learn how to give CPR to a child or infant. CPR basics will be presented by a registered nurse through book and video instruction. \$30.00 per person; \$50.00 per couple

Healthy Birth Practices

Rebecca Charneco BSN, RNC-MNN, LCCE: EJGH Woman & Child Services Project Development Certified Lamaze Educator: Lamaze practices are grounded in extensive research and supported by many. Gain an understanding of how six simple steps can help you have a safer and healthier birth. No fees - class is FREE

Hypnobirthing

Meshawn Tarver: Certified Instructor: You will gain an understanding of how the birthing muscles work – in perfect harmony – as they were designed to – when your body is sufficiently relaxed. You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and you will learn to use your own natural birthing instincts for a calm, serene and comfortable birth. \$200.00 per couple for five week series

Navigating the Physical and Emotional Changes of Pregnancy

Geraldine St. Germain, MD: East Jefferson Women's Care: Find out what types of things you can expect in the first few weeks of pregnancy and beyond. Join us as we present information on how a woman's body changes both physically and mentally during pregnancy. No fees - class is FREE.

Newborn Essentials

Melissa Parenti, BSN, RN: EJGH Woman & Child Services: Get answers from the experts to the many questions about the first weeks at home with a newborn. Basics of bathing, diapering, swaddling, umbilical cord and circumcision care, how to take a temperature and feeding are just some of the critical concepts that will be addressed in this small, confidence-boosting class. : No fees - class is FREE

Prenatal Yoga

Kelley Gill: Tamar Starck: Certified Yoga Instructors: Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. This class will guide you through postures to help you gain and maintain strength and flexibility during pregnancy and alleviate some of the common aches and pains associated with pregnancy, as well as teaching you how to use yoga for labor and delivery. For all moms to be - regardless of yoga experience. This class is safe and accommodating to all months of pregnancy. \$12.00 per person or purchase and enroll in five classes for \$40.00

Relationships & Babies: A New Beginning

Lisa Hickey, BSN, RNC-OB: EJGH Woman & Child Services: Discussion to assist couples as they transition from life before baby and re-learn how to relate to one another once the baby is home. No fees - class is FREE

Safety Check: Keeping Your Baby Safe

Holly Williams, BSN, RN: EJGH Woman & Child Services: Keeping your baby safe - both inside and outside of your home is an important part of parenting. This class presents general information on first aid, medical and environmental emergencies, car seat safety and ways to prevent infant abduction. No fees - class is FREE

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