

destination maternity™

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

Schedule of Events

November 2009

Monday

November 2

1:30pm

What's Happening During Labor and Delivery?

Tuesday

November 3

1:30pm

Breastfeeding

November 10

1:30pm

Safety First

6:30pm

Infant CPR & Safety

November 17

1:30pm

Baby Care

Wednesday

November 4

6:30pm

Breastfeeding

Thursday

10:30am -11:15am

Tots Itsy Bitsy Yoga

11:30am – 12:15 pm

Baby Itsy Bitsy Yoga

Friday

Saturday

Sunday

November 8

3:00pm

“I’m Going to be a Big Brother/Sister”

3300 N. Causeway Blvd.
Metairie, LA 70002
504.834.1960

Class Descriptions

Breastfeeding

Presented by breastfeeding specialists who are experienced in working with breastfeeding women. Information will include breastfeeding benefits for mom and baby. Also will show DVD which demonstrates breastfeeding, up-close, so new moms gain great tips for success

Breastfeeding and the working mother

This class will help the breastfeeding mother transition from home to work.

Infant CPR

An introduction to infant only cpr and choking. This is not a certification course.

Baby Care

Will include topics on sleep, soothing, diapering, bathing and other helpful information to help get started caring for a newborn

Breast Pumps

This class introduces moms to breast pumps that are on the market, and helps with choosing which one is right to fit lifestyle and needs of each individual

Baby Safety

Safety information on how to keep newborn safe and sound. Including, how to avoid common causes of SIDS and other hazards for the newborn and toddler and car seat safety. This class is great for Moms, Dads, Grandparents, and anyone who will care for baby

What's Happening, Now?!

Information on the changes that occur with mom, physically and emotionally, during pregnancy and after delivery

What's Happening During Labor and Delivery?!

This class will feature information on the labor and delivery process, and the viewing of a DVD which gives future parents an insight of the labor, delivery and birthing experience of multiple couples.

Baby Itsy Bitsy Yoga

Baby Itsy Bitsy Yoga classes are appropriate for children newborn to nearly crawling with a parent or caregiver. Baby Itsy Bitsy Yoga is a supportive, fun loving and nurturing yoga practice. Classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding, improve baby's sleep, and digestion and encourage baby's neuromuscular development!

Tots Itsy Bitsy Yoga

Tots Itsy Bitsy Yoga classes are appropriate for crawling tots thru 21-months-old with a parent or caregiver. Tots Itsy Bitsy Yoga is a supportive, fun loving and active yoga practice for busy little bodies. Continue to bond with your tot as you help them feel good about being physically active, teach them to be emotional confident and grow their playful nature. Experience the shared joy and delight when tots move into yoga poses independently!



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.

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