

2022 Class Schedule

Preparing for Baby - \$75 for all 4, \$25 each
4 Class Series • Thursdays • 6:00pm-7:30pm

Feb 3, 10, 17, 24 Aug 4, 11, 18, 25

Apr 7, 14, 21, 28 Oct 6, 13, 20, 27

June 2, 9, 16, 23 Dec 1, 8, 15, 22

Sibling Class

Wednesdays • 5:30 - 6:30 pm

Feb 23 June 22 October 26
April 27 August 24 December 21

REGISTRATION

Classes can be scheduled separately and paid for individually OR you may register for the Class Package which includes Preparing for Baby and Sibling Class. Class Package price is \$85. Classes are located in the Multipurpose Room A & B off of the Main Entrance Lobby of the hospital.



All Prenatal Instructors are Registered Nurses who currently work on Labor & Deliver, Nursery/NICU or in Lactation.

TO REGISTER FOR CLASSES

- Visit the Thibodaux Regional website, www.thibodaux.com to register under “Classes & Events”
- All classes are located in the Multipurpose Room A & B, off the main entrance lobby of the hospital.



602 North Acadia Road • Thibodaux, LA 70301
www.thibodaux.com



Prenatal Education Classes 2022

THIBODAUX REGIONAL
WOMEN'S CENTER

Thibodaux Regional Women's Center

PREPARING FOR YOUR HOSPITAL STAY

Suggestions to help prepare for the birth of your baby, your hospital stay and your trip home include:

- Personal Items: changes of clothes for you, significant other and toiletries (toothbrush, toothpaste, shampoo, etc.)
- Baby items: outfits, booties, hand mitts, blankets, car seat
- Nursing supplies: nursing bra, breast pads, pump, if you have one.
- Camera, charger, batteries, memory cards
- Other possible items: lip balm, nightgown, bathrobe, slippers, extra pillows/blankets

Valuables should be left at home. Emergency situations may arise and you will be asked to remove your jewelry. Thibodaux Regional Health System is not responsible for lost items.

Pack a bag for the baby. Although Thibodaux Regional Health System takes care of all baby's needs during the hospital stay, our hospital does not provide clothing or blankets necessary for your baby's trip home.

Lactation Boutique

The Lactation Boutique carries the entire Medela Line, Lactation Cookies from MilkMakers, Boobie Bars and More Milk Plus, just to name a few. Belly Bandit offers other products such as The Belly Bandit, Mother Tucker Capris and C-Section Undies are available.



Rooming-In We encourage "Rooming-In" with your baby during your hospital stay. This means that you and your infant will remain together in the same room for most of your hospital stay. The benefits of "Rooming-In" are very important for all infants regardless of feeding preference. Some of the benefits are: Mom and baby get to know each other, infant is able to eat more often when feeding cues are shown, mom learns how to comfort and handle her baby.

Golden Hour and Skin-to-Skin

The first minutes after a baby's birth are a magical time of transition from womb to outside life. The first hour is focused on baby's first breastfeeding and infant/parent bonding. Unless mother or baby is in need of medical attention, mothers and babies are in direct contact, undisturbed for at least an hour after birth. This helps with breastfeeding, temperature and respiration, and infant bonding.

Lullaby Time All new moms need rest. Having a baby is exhausting and new moms need as much rest as possible. From 2pm to 4pm there is uninterrupted quiet time. All visitors are asked to leave. Lullaby time is quiet time for napping, bonding or breastfeeding.



CLASS INFORMATION

PREPARING FOR BABY - \$75 per couple for class series or \$25 per couple per individual class

This is a four-class series that focuses on all aspects of the birthing process, newborn care and safety, and breastfeeding. Attendance for the entire series is encouraged, however not mandatory. Classes may be attended individually. Classes will be held on the first four Thursdays of the month, unless otherwise specified.

PART 1: Discusses the stages of labor, when to go to the hospital and vaginal deliveries.

PART 2: Discusses medical intervention, epidural, Caesarean section, and care of moms after delivery. Includes a tour of the Women's Center.

PART 3: This class covers care of the newborn and newborn safety.

PART 4: This class will cover all aspects of breastfeeding your baby.

SIBLING CLASSES - \$10

Siblings learn how to welcome their newborn baby with interactive activities. Wednesdays, 5:30 - 6:30 pm

FIT MAMA Classes

Exercising during your pregnancy and after your baby's birth can improve your physical and mental wellbeing.

Take advantage of these classes offered by Thibodaux Regional Fitness Center:

- **FitBumps Circuit:** This class restores muscle strength, improves cardiovascular fitness, conditions abdominal muscles, boosts energy levels, improves mood and relieves stress.
- **Prenatal Barre:** This strength class will help improve posture, lower body strength and endurance, upper body tone, and core stability.

For more information contact Thibodaux Regional Fitness Center – 985.493.4950

