



# THE PARENTING CENTER AT CHILDREN'S HOSPITAL

2013 SUMMER  
CLASS SCHEDULE



# 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, book and video lending libraries, and playrooms in two locations. Watch our live parenting segment on WWL-TV every other Tuesday morning at about 8:40 a.m., and on WDSU NewsChannel 6 at 4 p.m. on the first Friday of each month.

## Mission

The purpose of The Parenting Center is to provide a place where parents, through the help of professionally trained staff, can develop competence and confidence in rearing children and building families. Membership is open to all parents and grandparents.

## The Center serves as:

- an educational resource center where parents can learn about child development and related parenting skills;
- a support center where parents can discuss concerns with other parents and staff while their children enjoy the company of other children; and
- a referral center where parents can receive direction to appropriate community resources.

[www.theparentingcenter.net](http://www.theparentingcenter.net)

(504) 896-9591

# Annual Membership Levels & Benefits

## Associate Membership \$50/year

Designed for full-time working parents or parents of school-age children

- Counseling with The Parenting Center's professional staff
- Resource library privileges
- The Parenting Center mailings
- Reduced fees for evening classes

## Active Membership \$100/year

All previous benefits plus

- Members-only programs & morning classes
- Daily drop-in at The Parenting Center with children 3 years old and younger
- Installment payments and scholarships available based on need

## Circle of Friends \$200/year

All previous benefits plus

- Support the center programs and scholarship fund
- Tax deduction

## \* Gift Certificates

A membership to The Parenting Center is a wonderful gift for expectant, new parents and current members who want to renew their membership – it gives families access to parenting support and guidance, classes, social time and the opportunity to make new friends! To purchase a special gift for someone you love, call The Parenting Center or email [parenting@chnola.org](mailto:parenting@chnola.org).



## Ongoing Member Activities & Services

### Drop-In Times (Birth – 3 Years)

Parents or grandparents can bring their children to enjoy the playroom and play yard. Provides children and parents an opportunity to make friends and socialize!

Free for Active Members only.

*Uptown:* Monday – Friday, 9 a.m. – 4:30 p.m.

*Metairie:* Monday – Friday, 9 a.m. – noon

### Monthly Birthday Celebrations (1 – 3 Years)

Cookies and “the song” for all young Parenting Center members with a birthday in that particular month.

All are invited to celebrate.

*Uptown:* Third Friday of each month, 12:30 p.m.

### Resource Library

Parents are welcome to check out books and DVDs on a wide variety of parenting topics from the multi-media library. Our staff is here to guide and assist you in selecting a book. We have some selections for children to check out too! For members only.

### Referral Services

The Parenting Center staff is available to provide information and community referrals to parents depending on individual needs and family situations.

### Parent Consultation and Coaching

We offer confidential consultations for individuals and couples, as well as ongoing parent coaching. Call 896-9591 or e-mail [parenting@chnola.org](mailto:parenting@chnola.org) to schedule an appointment. One-time consultation is \$50 for members, \$75 for nonmembers. Or talk to one of our Parent Educators by phone any time.



## For working members

### Once-a-Month Saturdays (Newborn – 3 years)

On these Saturday mornings, little ones bring “the other parent” for a little playtime. The Uptown Parenting Center is open for parents who work outside of the home during our regular hours.

Free for Active Members only.

*Uptown:* June 8, July 13, Aug. 10; 9 a.m. – noon

## Parent/Child Music, Art & Fun Programs

### Let's Make Music (1 – 3 Years)

Hands-on lively music for parents and children. Free for Active Members only.

*Uptown:* Mondays, 9:30 – 10 a.m. and 10 – 10:30 a.m.

*Metairie:* Thursdays, 10 – 10:30 a.m. (infants & crawlers), 10:30 – 11 a.m. (toddlers & walkers).

### Let's Have Fun! Art & Messy Play (1 – 3 Years)

Enjoy the fine “art” of making a mess. Children and parents should come dressed for mess! Free for Active Members only.

*Uptown:* Wednesdays, 10 – 11 a.m.

*Metairie:* Mondays, 10 – 11 a.m.

### Water Wonderful Day! (1 – 4 Years)

Prepare to get wet! Water play activities in the play yard all day. Come enjoy the fun, stay cool and bring a towel! Free for Active or Associate Members.

*Uptown:* Every Friday in June, July and August, 10 a.m. – 3 p.m.

### More for 4s

Four year olds are invited to play two afternoons a week. Free for Active or Associate Members.

*Uptown:* Thursdays and Fridays, 1 – 4:30 p.m.





## Parent/Infant Programs

### Snuggles & Struggles New Parent Group (Parents and Newborns – 6 Months)

This weekly group provides learning opportunities and socialization with new parents and babies. Discussion topics include crying, sleeping, feeding, infant behavior and development. A staff member facilitates the group. **Free and open to the public.**

*Uptown:* Tuesdays, 10:30 a.m. – noon.

### Busy Babies (6 – 12 Months)

Active babies play while parents meet and discuss topics such as separation anxiety, sleep issues, developmental milestones, safety and nutrition. Parents will also learn how to encourage language development and provide appropriate play activities. Babies welcome! Six sessions, free for members (registration required)/\$100 nonmembers.

*Uptown:* Tuesdays, June 18 – July 23, 10:30 a.m. – noon.

### Let's Play, Baby (10 – 15 Months)

The way parents interact with young children and the activities they choose encourage healthy development and fun. Come join other parents and babies...LET'S PLAY!

Five sessions, for members only, \$20 fee for materials.

*Uptown:* Wednesdays, June 26 – July 24, 10:30 – 11:30 a.m. or Aug 14 – Sept 11, 10:30 – 11:30 a.m.

### Breastfeeding Support Group (Birth – 4 Years)

A mother to mother support group for breastfeeding families. Drop in and share information, experiences and general support in all aspects of the breastfeeding relationship. Questions? Email [margaretquilter@gmail.com](mailto:margaretquilter@gmail.com). For members only. No registration necessary.

*Uptown:* First Thursday of the month, 10 – 11:30 a.m.

[www.theparentingcenter.net](http://www.theparentingcenter.net)  
(504) 896-9591

# For Parents with Young Children

## The Parenting Center Book Club

One of the things we want most for our children is happiness. Read *Raising Happiness* by Christine Carter and join us to talk about ways to help our children build and maintain happy lives. One session, free to members but you must call to register. Childcare available.

*Uptown:* Wednesday, July 31, 10 – 11:30 a.m.

## From Walkers to Talkers (16 – 24 Months, must be walking)

Meet other parents and enjoy discussions about changes as your baby moves on to the toddler years. Topics include attachment and separation, establishing routines, early learning, language and social/emotional development. Five sessions, \$50 members/\$60 nonmembers, childcare available.

*Uptown:* Mondays, June 17 – July 15, 10 – 11:30 a.m.

## Toddler Topics (18 – 36 Months)

Learn about typical toddler behavior. Topics include development, setting limits, appropriate activities, and routines – eating, sleeping and toilet training. Two sessions, \$25 members/\$35 nonmembers.

*Uptown:* Tuesdays, June 18 & 25, 6:30 – 8:30 p.m.

## Positive Discipline (3 – 5 Years)

These classes explore ways of encouraging cooperation and redirecting the behavior of preschoolers. Learn how and when to discipline, alternatives to punishment, and practical limit-setting techniques for common preschool problems. Three sessions, \$35 members/\$45 nonmembers.

*Metairie:* Mondays, July 8, 15, 22, 7 – 8:30 p.m.

## Sibling Squabbles (1 – 5 Years)

One minute they're best friends and the next they're enemies. What can parents do to help siblings get along and to be responsive to differing needs of children living under the same roof. One session, \$10 members/\$20 nonmembers. Childcare available.

*Uptown:* Friday, June 28, 10 – 11:30 a.m.

## Preparing to Start School (3 – 5 Years)

Starting school can be an easier transition for children and parents when you are prepared. Learn how to get ready for those first days and weeks in school. One session, \$10 members/\$20 nonmembers. Childcare available.

*Uptown:* Wednesday, July 24, 9:30 – 11 a.m.

## Daddy & Me: Make and Play (1 – 3 Years)

Bring Daddy out for a morning of activity and play. Each session will include a craft to make together and open playroom time. Three monthly sessions, \$30 members/\$40 nonmembers for all three or \$15 members/\$20 nonmembers per session. Registration is required.

*Uptown:* Saturdays, 10 – 11:30 a.m.

Paper Play, June 15; Sports Fun, July 20; Music, Music Everywhere, Aug. 3

## For Parents with Children in Elementary, Middle & High School

### Growing Up for Girls (9 – 12 Years)

Practical information about female anatomy, physical/emotional changes during puberty, body image, menstruation and hygiene is presented in an informal, fun and hands-on manner. Girls attend with their mother or caregiver.

\$20 per child.

*Uptown:* Tuesday, August 20, 6:30 – 8:30 p.m.  
(Children's Hospital Auditorium)

*Metairie:* Tuesday, July 16, 6:30 – 8:30 p.m.

### Growing Up for Boys (10 – 13 Years)

A two-hour program which covers male and female anatomy, physical and emotional changes during puberty and hygiene issues. Boys attend with their father or caregiver. \$20 per child.

*Uptown:* Tuesday, July 16, 6:30 – 8:30 p.m.

(Children's Hospital Auditorium)

### Living with the Young Adolescent (11 – 13 Years)

Is puberty on the horizon? Join other parents of middle schoolers for an introduction to the teen years and how to establish positive parenting practices to get you started.

One session, \$10 members/\$20 nonmembers.

*Uptown:* Friday, July 12, noon – 2 p.m.

### The Teen Brain: Using Science to Understand Adolescent Behavior (13 – 16 Years)

It's not just hormones affecting the way teens behave. New information about the teen brain can help parents understand why they act the way they do and what parenting styles and practices will be most effective. Two sessions, \$25/members/\$35 nonmembers.

*Uptown:* Thursdays, June 20 & 27, 7 – 8:30 p.m.



## Community Programs

### Safe Sitter® Babysitting Course (1-Day program. Saturdays or Sundays.)

The Parenting Center and the Junior League of New Orleans offer SAFE SITTER®, a nationally recognized, medically oriented babysitting training course that teaches boys and girls ages 11 through 13 to safely care for young children. Class size is limited and pre-registration is required.

Call The Parenting Center for dates and a registration form. \$40 per student.

### Focus on Children Divorce Program

A nationally acclaimed program to help divorcing parents lessen the impact of separation and divorce on their children. The importance of co-parenting skills is stressed. This course meets court requirements with certificate of attendance. Facilitated by a Parenting Center staff member. One-time class, \$25.

*Uptown:* Wednesday, June 12, July 10, or August 14, 6 – 8 p.m.

### Infant & Child CPR (Newborn – 8 Years)

American Heart Association's "Family and Friends"® non-certification class. Learn how to perform CPR and obstructed airway management for infants and children. Advance registration and payment are required. Taught by Certified CPR Instructors. One-time class. \$25 members/\$35 nonmembers.

*Uptown:* Thursday, July 18, 6:30 – 9 p.m.

*Metairie:* Thursday, June 20, August 15, 6:30 – 9 p.m.

### Autism Support Group

The psychology department from Children's Hospital facilitates a monthly support group for families who have children diagnosed with Autistic Spectrum Disorder. The group meets at The Parenting Center on the first Tuesday of the month 6:30 – 8 p.m. For more information, please call 896-9484.





## Reaching Out

The Parenting Center's staff will bring a program to you! Our on-site classes may be presented at a local business or agency, school, place of worship or other group or professional organization. We offer a wide variety of one-time classes or a series of programs for working parents or specific teacher training on various popular topics. Fees vary with type of program. Call us for more information.

## Closings

*Metairie location will be closed:* July 4.

*Uptown location will be closed:* July 4.



# Summertime Family Picnic & Open House

Friday, May 31 \* 5:30 – 7:30 p.m.

Music by Dennis & Company  
Prizes and Fun!

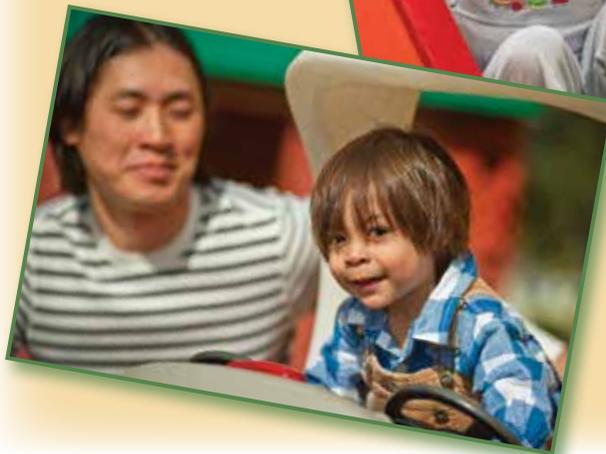
Bring a picnic dinner and enjoy time with your family and friends.

Grandparents and children of all ages welcome.

Bring a friend; nonmembers welcome!



# Fun at The Parenting Center

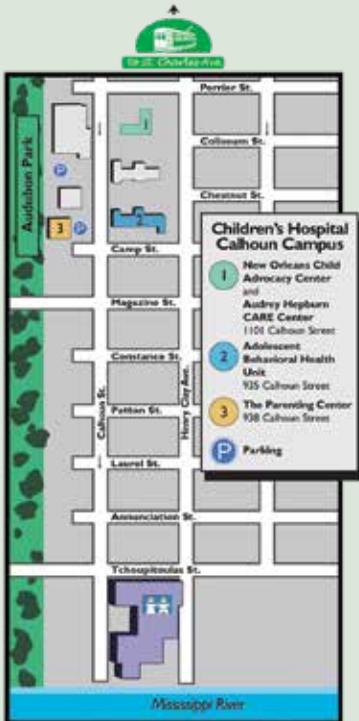




200 Henry Clay Avenue  
New Orleans, LA 70118

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## The Parenting Center Staff

<b>Director</b>	Barbara B. LeBlanc, LCSW
<b>Assistant Director</b>	Jenni Watts Evans
<b>Parent Educators</b>	Juwanda Ford-Williams, M.Ed Sara Keith, LPC Lisa Phillips, MSW, LMSW
<b>Support Staff</b>	Beth Bailar
<b>Child Care</b>	Maria Casanova Jessica Vigil Ward

Registration is required for all classes. To register, call (504) 896-9591 or e-mail [parenting@chnola.org](mailto:parenting@chnola.org).

### The Parenting Center at Children's Hospital Physical Address

938 Calhoun St.  
New Orleans, LA 70118  
(504) 896-9591 • Fax: (504) 896-3965  
e-mail: [parenting@chnola.org](mailto:parenting@chnola.org)

### Mailing address

200 Henry Clay Ave.  
New Orleans, LA 70118

### The Metairie Parenting Center at the Goldring-Woldenberg Jewish Community Campus

3747 W. Esplanade Ave.  
Metairie, LA 70002