

# The Parenting Center at Children's Hospital



2025 Spring Class Schedule



504.896.9591  
[chparenting@LCMHealth.org](mailto: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

**New Year's Day** Wednesday, January 1  
**Martin Luther King, Jr.** Monday, January 20  
**Mardi Gras** Tuesday, March 4

### The Parenting Center staff

<b>Manager</b>	X. Patrice Wright, M.Ed
<b>Parent Educator</b>	Katie Dilzell, M.Ed
<b>Program Specialist</b>	Julia Chelmowski, B.S.

Registration is required for all classes.  
To register, call 504.896.9591 or email [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org).

[chnola.org/theparentingcenter](http://chnola.org/theparentingcenter)

Follow us!



### Physical Address

210 State St.  
New Orleans, LA 70118  
504.896.9591  
email: [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org)

### Mailing address

200 Henry Clay Ave.  
New Orleans, LA 70118

# The Parenting Center 2025 Spring 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@LCMHealth.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. Free.  
**Tuesdays**  
**10:30-11:30 am**  
**The Parenting Center and Zoom**



**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, twice a month on Tuesday mornings at about 8:40 am.  
**January 7, 21**  
**February 4, 18**  
**March 18**  
**April 1, 15, 29**  
**May 13, 27**

## 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. Free for members. Free trial visit by appointment.

**Monday-Friday**

**9 am-Noon**

**1-4 pm**

**Saturday mornings**

**March 22**

**10 am-Noon**

**The Parenting Center**

**P** **Lets Make Music! (0-3 years)**  
Join us two mornings every week to sing and dance and move to the beat. Free and open to the public. The program meets outdoors when the weather allows, or indoors at The Parenting Center. Members are encouraged to come play in the playroom afterward; reservations are required.

**Mondays and Fridays**

**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. Playroom reservation required.

**Wednesdays**

**10:30-11 am**

**The Parenting Center**



## Community programs



Fee varies, registration required.

P

### Infant and Child CPR (0–8 years)

American Heart Association's "Family and Friends" non-certification class. Class size is limited. Fee \$35 per person.

**Thursdays**

**January 16**

**February 20**

**March 20**

**April 10**

**May 15**

**6:30–9 pm**

**Worley Hall**

P

### Car Seat Fitting Station

Installation by a nationally certified technician. Drop-ins welcome, appointments preferred. Free.

**One Tuesday each month**

**January 21**

**February 18**

**March 18**

**April 15**

**May 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.

**Wednesday, February 12 or April 9**

**4:30–6:30 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](http://touro.com/events) or call 504.897.7319.

**Wednesday, January 15 or April 16**

**6–7 pm**

**Zoom**



## Parenting classes, toddlers to teens



Fee varies, registration required.

Call **504.896.9591**, email [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org) or go to [chnola.org/services/the-parenting-center/parenting-classes-playroom-reservations](http://chnola.org/services/the-parenting-center/parenting-classes-playroom-reservations) to register.

**P Understanding Your Toddler (1-3 years)**  
Learn about toddler development and what drives certain behaviors. This class will also cover the benefits of routines, common concerns, and ways to address challenging behaviors. One session. Free.  
**Tuesday, February 25**  
**6-7 pm**  
**The Parenting Center**

**P Dealing with Challenging Behavior (3-8 years)**  
Learn developmentally appropriate ways to prevent and handle challenging behaviors. One session. Free.  
**Thursday, January 30**  
**6-7 pm**  
**The Parenting Center**

**P 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.  
**Tuesday, April 22**  
**6-7 pm**  
**The Parenting Center**

**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. Two sessions. Free.  
**Part 1:** Learning Opportunities, Feelings, and "Bonus" Strategies  
**Part 2:** Communication, Tools for Parents, and Strategies All Families Can Use  
**Thursday, March 20 and March 27**  
**6-7:15 pm**  
**Class takers attend both sessions**  
**The Parenting Center**

**P Daily Routines Matter (3-11 years)**  
Parents will understand the benefits of consistent routines and tips for creating them. One session. Free.  
**Wednesday, February 5**  
**6-7 pm**  
**The Parenting Center**

**P 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. One session. Free.  
**Wednesday, April 2**  
**6-7 pm**  
**The Parenting Center**

**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 caregiver. One session. \$20 per child.

**Tuesday**  
**February 18**  
**April 8**  
**6:30–8:30 pm**  
**Worley Hall**  
**Saturday**  
**March 22**  
**May 17**  
**10 am–Noon**  
**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**  
**February 11**  
**April 15**  
**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. One session. \$20 per teen.

**Thursday**  
**March 13**  
**May 8**  
**6:30–8:30 pm**  
**Worley Hall**



## Music Class

Every Monday and Friday  
9:30 am



## Art Class

Every Wednesday  
10:30 am



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200 Henry Clay Ave.  
New Orleans, LA 70118

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[chnola.org/theparentingcenter](http://chnola.org/theparentingcenter)  
**504.896.9591**

Follow us @chnolaparentingcenter

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.

