

# Lamaze Class Information

## How a Lamaze Class Prepares You

Lamaze can help you have the best pregnancy, birth and early parenting experiences! Lamaze is no longer just about breathing. It's about taking the mystery out of childbirth and giving you the confidence to labor your way. By taking a Lamaze class, you're making a good investment in you and your baby.

## What Happens in a Lamaze Class?

Lamaze classes are interactive and informative. Your instructor will thoroughly explain the changes your body will go through and what you can expect during pregnancy, birth and beyond.

A Lamaze childbirth education class is also your opportunity to:

- Have your questions answered by an expert.
- Understand what you can do to benefit you and your baby during the childbirth process.
- Learn strategies to manage pain.

Discover how to more effectively work with your care provider so that together, you can make an individualized plan of care.

## Learn About Your Instructor

As a Lamaze Certified Childbirth Educator, your instructor is a skilled and knowledgeable teacher who guides women and their families through the extraordinary journey of pregnancy, birth and beyond.

Karen Rowden, RN, LCCE (Lamaze Certified Childbirth Educator) is an experienced childbirth educator.

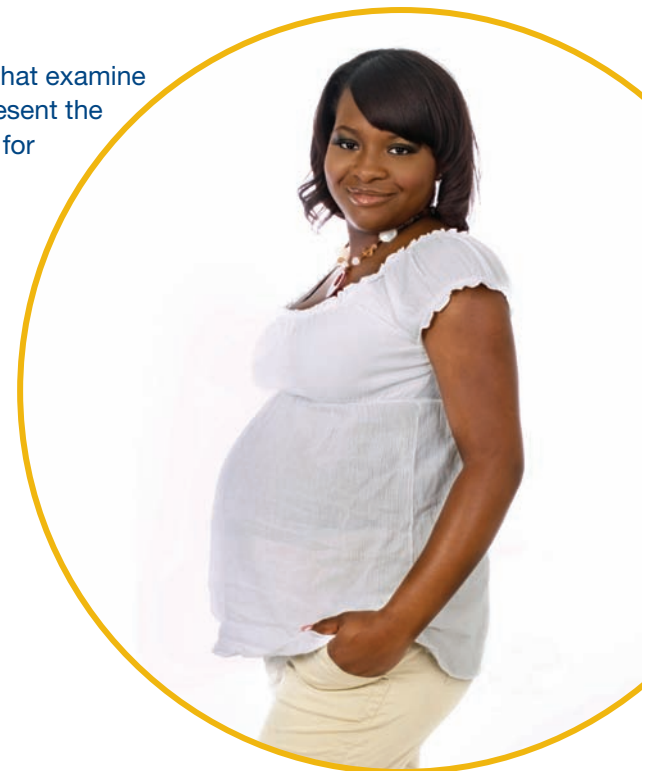
## Lamaze Healthy Birth Practices

The Lamaze healthy birth practices are supported by research studies that examine the benefits and risks of maternity care practices. These practices represent the best things a mother can do to ensure positive, healthy birth outcomes for both she and her baby.

- Let labor begin on its own
- Walk, move around and change positions throughout labor
- Bring a loved one, friend or doula for continuous support
- Avoid interventions that are not medically necessary
- Avoid giving birth on the back and follow the body's urges to push
- Keep mother and baby together—it's best for the mother, baby and breastfeeding

**TO REGISTER FOR ANY  
CLASS OFFERING CALL:**

**504-391-5529**



# Pre-Registration



When preparing for your baby, there are so many decisions to make and so many things to think about. Choosing where to have your baby shouldn't be one of them.

Choose Ochsner Medical Center – West Bank Campus for peace of mind—before, during and after your pregnancy.

To make everything even easier, you can pre-register at Ochsner. Pre-registration in your first trimester is recommended.

## Benefits of pre-registration include:

- Less paperwork when you're having your baby (your insurance will already be verified and on file)
- More help getting ready for the big day (a nurse coordinator will talk to you about early pre-natal education opportunities)
- Everything is ready when you need it (your information is kept on file for any pre-procedure diagnostic testing or emergency admission needs)

Take the first step towards healthcare with peace of mind and complete the pre-registration form today!

Please note: Be sure to include a phone number where our insurance coordinator can easily contact you so all the details of your delivery can be worked out before hand.

Thank you for choosing Ochsner Medical Center – West Bank Campus.



If you are deaf or hard of hearing and would like the use of a qualified interpreter or other auxiliary aids and services, please call Guest Relations at 504-391-5126 or the TDD line at 504-207-1226. When requesting a qualified interpreter, please give us three days advance notice if possible. These services are provided free of charge.