MEET THE PEDIATRICIANS
Meet and interview several pediatricians before choosing the one you will entrust with your child’s healthcare.

TOURS
See firsthand why Woman’s is the Birthplace of Baton Rouge. Tours will run every 30 minutes beginning at 8:30 AM in the Labor and Delivery waiting area on the second floor. The final tour will begin at 12:00 PM.

Flu and Tdap vaccines will be offered.
CLASSES
Attend our classes for a chance to win a door prize

Natural Labor
Now, more than ever, mothers can choose how they experience labor. Learn about natural birthing options available at Woman’s.
Meghan Bardwell, RN, BSN, Community Childbirth Educator, Woman’s

Relieving Back Pain and Other Common Pregnancy Discomforts
Pregnancy can be tough on your body. Our physical therapist will show you how to relieve back pain, leg cramps, swelling and more.
Christine Cook, PT, Woman’s

Breastfeeding
A nurse specializing in lactation will discuss the benefits of breastfeeding. Gain an overview of how to prepare to breastfeed, how to get the baby on the breast properly, the father’s role, what supplies are needed and how to avoid common problems.
Nicole Prudhomme, RNC, IBCLC, NICU Lactation Consultant, Woman’s

Just for Dads
A “What to Expect 101” for dads. So much focus is put on helping new moms, but dads need to get ready too! Learn tips and tricks on everything from “daddy nesting” to diaper changes!
Stephen Sanches, MD, Baton Rouge Clinic, Experienced Dad

Babies and Pets
Bringing a new baby home is an adjustment for every family member, even the family pet. Learn how to help your pet adjust and what to look for when selecting a new family pet.
Stephen M. Lee, Jr., DVM, Sherwood South Animal Hospital
Patrick Ransom, Canine Training and Behavior Specialist, Camp Bow Wow

When Your Baby is Sick
When should you call the doctor? What are causes for concern? Get advice on your child’s care and learn how to get the most from your visits to the pediatrician.
Roberta Vicari, MD, Our Lady of the Lake Pediatrics
Lisa Le, MD, St. Elizabeth Pediatrics

Bringing Baby Home
Learn what to expect about a newborn’s ever-changing care, including what is normal and what is not. This class will cover common newborn conditions, rashes, normal bowel movements and umbilical cord care.
Christina Holmes, MD, Baton Rouge Clinic
Brannon Perilloux, MD, Associates in Pediatric & Adolescent Medicine

Car Seat Safety
Car seats save lives and prevent injuries, but only when they are used correctly and consistently. Learn how to protect your precious cargo, beginning with the first ride home from the hospital.
Crystal Pichon, Executive Director, Lexlee’s Kids, Child Passenger Safety Instructor

Class Times
<table>
<thead>
<tr>
<th>Conference Rooms 1-3</th>
<th>Conference Rooms 4-5</th>
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</thead>
<tbody>
<tr>
<td>9:00 AM – 9:30 AM</td>
<td>Natural Labor</td>
</tr>
<tr>
<td>9:45 AM – 10:15 AM</td>
<td>Relieving Discomforts</td>
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<tr>
<td>10:30 AM – 11:00 AM</td>
<td>Breastfeeding</td>
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<tr>
<td>10:15 AM – 11:45 AM</td>
<td>Just for Dads</td>
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<tr>
<td>11:15 AM – 12:00 PM</td>
<td>Babies and Pets</td>
</tr>
<tr>
<td>11:45 AM – 12:30 PM</td>
<td>When Your Baby is Sick</td>
</tr>
</tbody>
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Due to space constraints, no strollers will be allowed.