

A Message for Moms

Hello Sweet Mamas!

Ready or not, fall is here! Whether that means getting into a school year routine, or a season of preparation, we are glad you've chosen Opelousas Pregnancy Center as your outlet for support. If you haven't done so already, please like and share our pages on Facebook and Instagram to help us get the word out about the services we offer!

Here to support you,

Opelousas Pregnancy Center



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Growing in God's Word



Would you rather *listen* or *read*?

Proverbs 31 ministries has an archive of podcasts you can listen to, or you can read the audio transcripts! Check out their most recent podcast here:

Good News for Parents Who Don't Feel Good Enough

<https://proverbs31.org/listen/podcast/full-podcast/2021/08/24/good-news-for-parents-who-don-t-feel-good-enough>

Read

Galatians 6:9
"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Pray

Fall is a season of harvesting and preparation. Pray that the Lord would equip you for your next season of life.

Grow

Need a boost of encouragement while you're cleaning the house or driving the kids to school? Check out the KAJN 102.9 radio station!

Growing in Motherhood

Breastfeeding Resource!

Have you heard about La Leche League International? If you have questions about breastfeeding, this is the resource for you. They have an A-Z list of topics for all of your breastfeeding questions. They also have a number of online support groups for you to get connected with other moms and volunteer breastfeeding counselors.



How does caffeine affect my breastmilk?

→ <https://www.llli.org/breastfeeding-info/caffeine/>

What is colostrum?

→ <https://www.llli.org/breastfeeding-info/colostrum-general/>

What are some positions I can use for breastfeeding?

→ <https://www.llli.org/breastfeeding-info/positioning/>

Classes you don't want to miss



Eating for Two? What do I do?

Tuesday, October 19th 12-2pm

Did you know that as an expectant mom what you eat can significantly impact the health of your pregnancy and your baby? It has to do with so much more than weight gain or weight loss. Join us as Kendra Coco, Natural Childbirth Educator, shares with us how to best plan your meals for a healthy pregnancy and delivery. Kendra has 20 plus years of supporting and educating mothers in a variety of roles and is thoroughly equipped to provide you with factual, scientific information that will help you thrive in your pregnancy!

Space is limited. Register today at opelousaspregnancycenter.com/classes to reserve your spot!

Classes you don't want to miss



Unraveling the Mystery of Your Cycle

Tuesday, October 26th 12-2pm

Do you ever wonder when your next period is coming? What's happening in your body at different times of the month? Do you know that you are more likely to get pregnant at certain times of the month than at other times? Do you ever wonder how the pill, IUD, or the "Depo-shot" works? Join us and discover how beautifully created you are and the why your body works the way it does. Leslie Johnson, Certified Billings instructor and Certified FEMM (Fertility Education Medical Management) Instructor, will present how to thrive as a woman in the midst of hormone changes and how to safely understand and manage your cycle. Leslie has a wonderful way of presenting information in an easy to understand manner. We hope you can join us for this life-changing session.

Space is limited. Register today at opelousaspregnancycenter.com/classes to reserve your spot!

Classes you don't want to miss



Labor & Delivery Class

Tuesday, November 16th 12-2pm

Wondering about what to expect when you go to the hospital? Need some techniques for handling labor? Want to know some of the decisions you may have to make during labor and delivery? Have these questions answered and so much more. The goal of this class is to *inform, inform, inform*. Whether you are expecting your first baby or your fourth, you will learn what to expect during labor, delivery, and recovery so that you can give birth with confidence. The class will be taught by Jenny Thompson, a Lamaze Instructor, Certified Childbirth Educator, and VBAC Doula.

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Boutique Spotlight

Who doesn't love a shopping spree?

Olivia saved up her points from watching videos and attending appointments. Her and her son were able to go on a shopping spree in our boutique last week and take home some fun stuff!



Want to go on a shopping spree like Olivia? Give us a call at [337-331-0602](tel:337-331-0602) to send more Bright Course videos or find out other ways to earn points.