

Complimentary Childbirth Class Description

Prepared Childbirth 0900-1500

One day, 6 hour class that addresses what to expect when having a baby at WRNMMC, comfort measures, false versus true labor, stages of labor, how support person(s) can help, pain control options, delivery methods, relaxation, breathing, cesareans, recovery and postpartum. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Prepared Childbirth with Breastfeeding 0900-1700

The one day, 6 hour childbirth class (see description above) plus the 2 hour comprehensive introduction to breastfeeding class (description below). INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

A Comprehensive Introduction to Breastfeeding 1900-2100

This 2 hour class includes how and when to feed, latch, how to tell if baby is getting enough, hunger cues, breast care, breastfeeding's benefits, mother care, special situations, common concerns, how support person(s) can assist, and WRNMMC support. Participants will practice feeding positions with dolls. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Breastfeeding and Pumping 1900-2100

For all breastfeeding moms, whether returning to work or staying home. **If you do not have experience breastfeeding, we recommend you take the Comprehensive Breastfeeding Introduction class first** (description above). **THE PUMPING CLASS DOES NOT TEACH YOU HOW TO BREASTFEED.** It focuses on: planning with your supervisor for your return; returning to work and pumping; finding childcare; selecting, using and cleaning pumps and bottles; paced bottle feeding; handling and storing milk; coping with sleeplessness. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Refresher Prepared Childbirth 0900-1200

A 3 hour refresher for those who have delivered before. What to expect at WRNMMC, stages of labor, comfort measures, pain control options, relaxation, delivery methods. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Infant Care 1300-1530

This 2 ½ hour class includes newborn appearance, WRNMMC newborn procedures, diapering, bathing, safety measures, when to call the doctor. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Sibling 0900-1100

During this 2 hour class children learn about babies, tour Labor and Delivery, watch a film, hold a "baby," do an activity. Parents learn WRNMMC policy regarding children in Labor and Delivery and how to incorporate another child into the family. Parents must remain with their child/children. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Tour of Labor and Delivery/ Tuesday 1300-1430

Tour of the Labor and Delivery, Triage, Antepartum, Operating Rooms and Post-partum. Meet the Pediatrician (when available). Instructor will meet participates in the OB CLINIC waiting room, BUILDING 9, 2ND FLOOR.

To register for classes visit: www.wrnmmc.capmed.mil/PrenatalClasses

