

USNH Naples Prenatal Classes for 2010

Please call 629-6404 or 081-811-6404 to schedule.

Classes may change to due to unforeseen circumstances.

2 nd TRIMESTER CLASS	
09 SEP	0900
04 OCT	0900
01 NOV	0900
06 DEC	0900

3 rd TRIMESTER CLASS	
20 SEP	0900
18 OCT	0900
15 NOV	0900
20 DEC	0900

BREASTFEEDING CLASS	
13 SEP	0900
11 OCT	0900
08 NOV	0900
13 DEC	0900

EXPECTANT FATHER CLASS	
15 OCT	0900

- All these classes meet up in the OB/GYN waiting area.

INFANT & CHILD CPR

CONTACT LT AGUERO FOR MORE INFORMATION.

EMAIL: dawn.aguero@med.navy.mil

18 OCT

1300

NAVY AND MARINE CORPS RELIEF SOCIETY

CALL 626-3913 /081-568-3913 TO SCHEDULE.

SCHEDULE MAY CHANGE TO UNFORESEEN CIRCUMSTANCES.

BUDGETING FOR BABY

22 SEP

1000-1200

27 OCT

1000-1200

24 NOV

1000-1200

22 DEC

1000-1200

BABY BASICS COURSE

16 SEP

0900-1200

21 OCT

0900-1200

18 NOV

0900-1200

16 DEC

0900-1200

2ND TRIMESTER CLASS:

This class covers the stages of the 2nd trimester of pregnancy. You will be given a handout on how to get a baby shipment done. The video will go over what to expect during your 2nd trimester. Your presenters are from WIC, New Parent Support Program, and the Navy and Marine Corps Relief Society. The OB/GYN nurse will be present to answer any questions or concerns.

3RD TRIMESTER CLASS

This class covers the stages of the 3rd trimester of pregnancy. The video will go over the stages of labor. A tour of the labor and delivery deck will be given. Your presenters are from WIC, New Parent Support Program, Navy and Marine Corps Relief Society, Pediatric Nurse, and the anesthesiologist. OB/GYN nurse will be present to answer any questions or concerns you may have.

Breastfeeding Class

This class covers the techniques on how to breast feed your child and what to expect while breastfeeding. This class is given by the OB/GYN nurse.

Expectant Father Class