

2008

**CHILDBIRTH EDUCATION**

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Childbirth Preparation, Parenting, and Breastfeeding classes are available to all expectant parents and their support persons. These classes provide expectant parents with information and techniques, which will promote a healthy pregnancy, a fulfilling birth experience, and confident parenting of the newborn. **ALL CLASSES ARE FREE!**

**HEALTHY BABY SERIES**

SEE REVERSE FOR DATES

**Childbirth Education** REGISTRATION 257-9899 OR EMAIL

NHOH-BIRTHEducator@MED.NAVY.MIL

Certified Perinatal Educator

A series of four 3 hour classes to help you have an understanding of the normal birthing process, medical interventions associated with birth, comfort measures, as well as breastfeeding basics, postpartum care, and newborn care and safety.

- o Class1 - Warning signs of late pregnancy, relaxation techniques to help you manage labor, an overview of the labor process, and a tour of Labor and Delivery
- o Class 2 – Stages of Labor, Hospital Routines, and Medical Interventions
- o Class 3 - Breastfeeding Basics
- o Class 4 – Postpartum and Newborn Care, including Infant Safety. Learn the basics of infant CPR, how to help a choking baby, and car seat safety.

**Budget for Baby**

REGISTRATION 257-2728

PRESENTED BY THE NAVY MARINE CORPS RELIEF

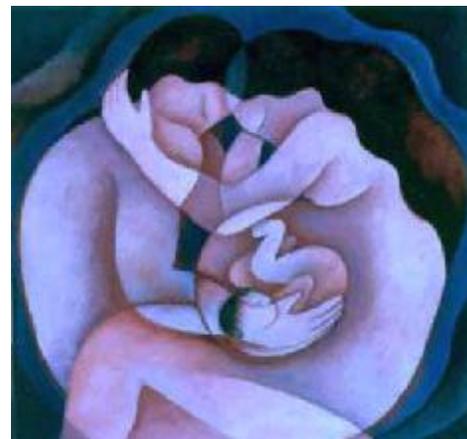
Budgeting Basics

- o Receive a free layette and bag after attending, including a handmade item

PARTNERS ARE HIGHLY ENCOURAGED TO ATTEND ALL CLASSES

Childbirth Education Series Location: Naval Hospital Building R-80 (Trailer across from hospital/next to Officer Club Parking Lot).

Plan to attend all four classes, or if you wish, pick the ones that will benefit you the most.



**1. Budgeting for Baby**

Taught by a Navy Marine Corps Relief Society volunteer

Review budgeting techniques and discuss the different expenses that are associated with your new arrival and how best to prepare for them. Discuss infant car seats and furniture, layette and nursery needs, social security number for baby, wills, power of attorney needs, childcare costs and more.

**Tuesday 4:15-6:15 pm**

**Location: BLDG 13 Seaplane Base**

Receive a free "Junior Sea Bag" (layette) after attending this class; includes a hand-made blanket or sweater made by a NMCRS volunteer, crib sheets, onesies and more, all nestled together in a bag\*

\*If you are unable to attend the budget class, you still can get a free layette. Call 257-2728 to schedule a private budgeting session at NMCRS.

**CHILDBIRTH EDUCATION SERIES**

Learn about the stages of labor, relaxation and comfort during labor, and coping techniques to help you be better prepared for the upcoming birth of your baby. Empower yourself with knowledge. Bring a snack/dinner and you birthing partner. Every mother is encouraged to attend with or without a partner! This is a 4 day course.

Thursday's 5:00-8:00 pm

**Series Dates**

1. December 4,11,17(Wed), 18 (Thurs)
2. Jan 8,15,22,29
3. Feb 5,12,19,26
4. March 5,12,19,26
5. April 9,16,23,30
6. May 7,14,21,28
7. June 4,11,18,25

Registration **257-9899**

Or e-mail

[NHOH-BirthEducator@med.navy.mil](mailto:NHOH-BirthEducator@med.navy.mil)

**Class 1**

**Third Trimester Issues and Labor Basics**

Discuss late pregnancy issues, get an overview of the Labor Process, practice some Relaxation and Comfort Techniques, plus a tour of Labor and Delivery

**Location: R-80 (Trailer across from Naval Hospital)**

**Class 2**

**Stages of Labor, What Happens in the Hospital, and Medical Interventions**

An in depth view of the stages of labor and birth, hospital routines, and anesthesia choices.

**Location: R-80 (Trailer across from Naval Hospital)**

**Class 3**

**5. Breastfeeding Basics**

Good health begins with breastfeeding! Breastfeeding is one of the most important health decisions you will make for your baby. Learn about the benefits of nursing your baby, basics of positioning and latch, how to get off to a great start in hospital and how dads can help.

**Location: R-80 (Trailer across from Naval Hospital)**

**Class 4**

**Postpartum and Newborn Care and Infant Safety**

Care for yourself and your baby with confidence. In addition to basic newborn care, you will learn car seat safety and Basic Infant CPR techniques (this is not a CPR certification course). Learn how to calm your crying baby using the 5 S's, techniques perfected by pediatrician Dr. Harvey Karp. View excerpts from his video "The Happiest Baby on the Block."

**IF YOU WOULD LIKE TO HAVE A TOUR OF THE BIRTHING UNIT**  
Call 257-9453 or 257-9777

Please call in advance to arrange for a private tour.

**ADDITIONAL INFORMATION**

**New Parent Support Resources**

Lending Library of educational handouts and videos are available if you want additional information about pregnancy, fetal development, labor and delivery, postpartum care, and infant care. The Infant Massage video is also available with dolls for hands on practice!

**Please call New Parent Support 257-6779 for more information.**

**Important Numbers**

**Naval Hospital Oak Harbor Labor and Delivery Unit - 257-9777**

**WIC - 257-8049**

**Navy Marine Corps Visiting Nurse - 257-2724**

**Lactation Support Nurse - 257-9899**

