

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

Budget for Baby

REGISTRATION 257-2728

Budgeting Basics

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

Childbirth Education

Provided by our Certified Perinatal Educator / Lactation Counselor

REGISTRATION

257-9436 OR EMAIL: [CHILD BIRTH-LACTATION EDUCATOR](mailto:usn.whidbey-island.navhospoharwa.cal.childbirth-education@mail.mil)

Actual email address: usn.whidbey-island.navhospoharwa.cal.childbirth-education@mail.mil

- o A series of four classes designed to help you understand the normal birthing process, medical interventions associated with birth, and comfort measures to get you through the labor process. One class is dedicated to giving you the best start with breastfeeding, and an overview of postpartum and newborn care, safety, and good tips to manage a fussy baby.
 - **Class 1** - Warning signs of late pregnancy, relaxation techniques to help you manage labor, an overview of the labor process, and a tour of our Special Delivery Unit formerly known as Labor and Delivery.
 - **Class 2** - Stages of Labor, Hospital Routines, and Medical Interventions.
 - **Class 3** - Postpartum and Newborn Care, including Infant Safety. Learn the basics of infant CPR, how to help a choking baby, and car seat safety.
 - **Class 4** - Breastfeeding Basics.

PARTNERS ARE HIGHLY ENCOURAGED TO ATTEND ALL CLASSES

**Childbirth Education Series Location:
Naval Hospital Oak Harbor's
- Special Delivery Unit Conference Room**

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



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, child-care costs and more.

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.



Class Schedule

1st Tuesday of the Month
**** 5:30 p.m. - 6:30 p.m. ****

1st Thursday of the Month
**** 10:00 a.m. - 11:00 a.m. ****

If you are unable to attend the budget class, you can still 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 session course.

Sign up ONCE for all 4 Classes
Registration 257-9436 Or e-mail:
[Childbirth Education](#)

Childbirth Education Series Location:
 Naval Hospital Oak Harbor's
 - Special Delivery Unit Conference Room.

Series Dates Thursday's 5:00-7:00

2016

- January - 7, 14, 21, 28
- February - 5, 12, 19, 26
- March - 3, 10, 17, 24,
- April - 7, 14, 21, 28
- May - 5, 12, 19, 26
- June - 2, 9, 16, 23

Class 1

Third Trimester Issues and Labor Basics

Discuss late pregnancy issues, get an overview of the Labor Process, and have a tour of our Delivery rooms.

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.

Class 3

Postpartum and Newborn Care 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**, methods perfected by pediatrician Dr. Harvey Karp. View excerpts from his video "The Happiest Baby on the Block."

Class 4

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 while in the hospital and how Dads can help.

IF YOU WOULD LIKE TO HAVE A TOUR OF THE BIRTHING UNIT
Call 257-9436 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
 Special Delivery Unit (formerly L&D)
 257-9777**

WIC - 257-8049

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

**Lactation Support Nurse
 257-9436**

