

NMCP Prenatal Education Programs

Childbirth Prep Class with Labor & Delivery Tour included

Led by Perinatal Educator, Norma Dawn Knight-Pongratz, BSN, RNC-OB

- ❖ **Recommended for first time parents and families or long intervals between children**
- ❖ Covers the basic process of labor and delivery, physical changes during the 3rd trimester and labor, pain management options, induction of labor, tips for laboring mothers and coaches, making a birth plan, and when to come to the hospital.
- ❖ You are encouraged to bring your spouses, family members, or birthing partners of your choice, NO children please.
- ❖ One 4-hour session offered one Saturday each month from 9 am-1 pm.
- ❖ One 4-hour session with class offerings two Thursdays a month from 1pm -5 pm
- ❖ Class is held in the Magann/OB-GYN Conference room directly across from the Women's Health clinic on the 4th Floor of Building 2.
- ❖ You are encouraged to bring any questions you may have about the delivery process.
- ❖ Recommended to attend during the third trimester (28 weeks or more gestational age)
- ❖ Please bring water and snacks if needed.
- ❖ You must call to schedule this class to ensure available seating.
- ❖ **Labor and Delivery Tour is included, please do NOT schedule a separate Labor and Delivery Tour.**

Labor and Delivery Tour

Led by Perinatal Educator Norma Dawn Knight-Pongratz, BSN, RNC-OB

- ❖ Designed for parents who have previous children or delivered at other hospitals
- ❖ Provides time for questions regarding the services provided at NMCP
- ❖ Held at NMCP, on two Thursdays each month from 5:30 pm to 7 pm and two Thursdays at month from 1 pm to 2:30 pm
- ❖ Tour starts in the Magann/OB-GYN Conference room located directly across from the Women's Health clinic on the 4th Floor, Building 2.
- ❖ You must call to schedule this class to ensure available seating.
- ❖ **This class is NOT necessary if enrolled in Childbirth Prep.**

Breastfeeding Basics Class

Co-Instructors: Cynthia Stuckey, Kimberly Roberts and Heather McFarland

- ❖ Designed for ALL parents considering breastfeeding their baby.
- ❖ Review techniques for breastfeeding, positioning and latch, milk supply and trouble-shooting breastfeeding issues and concerns.
- ❖ Offered at NMCP select Wednesdays from 1230-230 p.m. Classes are held on the Postpartum Inpatient Ward, 4KL Dayroom in Building 2, 4th floor.
- ❖ Both parents are encouraged to attend.

Working and Breastfeeding

Lead Instructor, Heather McFarland

- ❖ Explores different strategies to continue breastfeeding when you return to work, including: selecting a pump, pumping techniques, storage and handling of milk, speaking with your supervisor. Special emphasis on strategies for Active Duty mothers.
- ❖ Encouraged to attend Breastfeeding Basics too, but you may attend breastfeeding classes in any order.
- ❖ Offered at NMCP on the third Wednesday of every month from 1230 to 230 pm. Classes are held on the Postpartum Inpatient Ward, 4KL Dayroom in Building 2, 4th floor.

Offered Select Saturdays

Breastfeeding: Basics and Working Combined Class

- ❖ Combines the content of the Breastfeeding Basics course and the Working Mom's class.
- ❖ Review techniques for breastfeeding, pumping, storage of breast milk and trouble-shooting breastfeeding issues and concerns.
- ❖ Explores different strategies to continue breastfeeding when you return to work.
- ❖ Offered at NMCP select Saturdays from 0800-1100 a.m. Classes are held on the Postpartum Inpatient Ward, 4KL Dayroom in Building 2, 4th floor or the Magann Conference Room by the OB-GYN Clinic, Building 2, 4th Floor.
- ❖ Both parents are encouraged to attend.
- ❖ Encouraged to bring water, snacks, and lunch as needed during class.

To schedule Education classes please call:

Hampton Roads Appointment Line at
1-866-MIL-HLTH (1-866-645-4584)

Or
NMCP OB-GYN Scheduling line at
953-4300

Pregnancy and Postpartum Support Group

- ❖ All pregnant and postpartum mothers are encouraged to attend
- ❖ Meets on the 2nd & 4th Thursday of every month from 1400-1500 in the Social Work Conference Room, Building 3, 4th Floor.
- ❖ Contact Kimberly Barnard-Bracey, LCSW (757-953-5861) to schedule.

