

2012 Naval Medical Center Portsmouth Prenatal Class Schedules

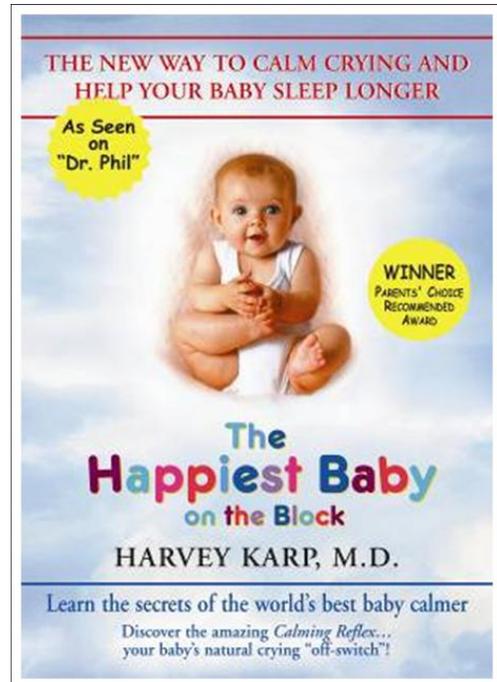
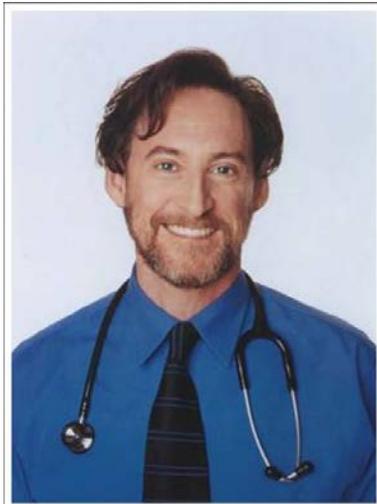
The schedules may change due to unforeseen circumstances.
We apologize in advance.

Baby Boot Camp

Parenting Information for **ALL** Parents

Provides the latest evidenced-based information regarding baby care.
Other topics include **The Happiest Baby on the Block calming techniques**;
how do you know if the baby is sick or well; when to seek medical intervention; how
to care for a pre-term versus a term baby and deployment guidance.

Date	Where	Time
Jul 14 (SAT)	NMCP, Bldg 3. Auditorium Call 953-4300 or your OB Clinic to sign up STARTING IN JUNE Weekend Classes will start at 8:00	8:00-3:00 pm
Jul 19 (TH)		
No classes in August		
Sep 13 (TH)		
Oct 11 (TH)		
Nov 3 (SAT)		
Dec 13 (TH)		



http://www.youtube.com/watch?v=WkR_e1L6zxI&feature=related

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Infant Massage



Nurturing touch is a very powerful element in human bonding. Infant massage promotes better sleep, boosts the immune system, and demonstrates love.

Limited to 20 families a month

Date	Where	Time
Jul 9	NMCP, Bldg 3 Classroom 4. Call 953-4300 or your OB Clinic to sign up.	10:00-Noon
Aug 6		
Sep 10		
Oct 15		
Nov 26		
Dec 10		



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Prepared Childbirth Class for 1st Time Parents

Learn about the labor process, how to cope, and things Mom and coach can do with each phase of labor, delivery, and recovery.

Experience relaxation and discuss pain management techniques.

See Bill Cosby's (a former Navy Corpsmen) rendition of 'Childbirth'.

A Hospital Tour is provided.

Date	Where	Time
Jul 7, 21	NMCP, Bldg 3. Auditorium Call 953-4300 or your OB Clinic to sign up.	Saturday's 8:00-3:00 pm
Aug 4, 18		
Sep 1, 15, 29		
Oct 13, 27		
Nov 10, 24		
Dec 8, 22		

Labor and Delivery Tour for Experienced Parents

This forum provides experienced parents a time to ask questions regarding the OB services available at NMCP. A hospital tour is provided.

Date	Where	Time
Jul 5, 19	NMCP, OB Clinic Waiting Room Call 953-4300 or your OB Clinic to sign up.	Thursday's 5:00-7:00 pm
Aug 2, 16, 30		
Sep 13, 27		
Oct 11, 25		
Nov 8		
Dec 6, 20		



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Breastfeeding Basics

Spouses and family members are encouraged to attend both the breastfeeding basic and working Moms' class

Breastfeeding is BEST! Learn ways you and baby will benefit from human milk. This session will provide you with guidance and support to make breastfeeding a reality.

Date	Where	Time
Jul 11, 18, 25	NMCP, Bldg, 2. 4 th Floor, 4K/4L Day Room. Call 953-4300 or your OB Clinic to sign up	Wednesday's 12:30-2:30 pm
Aug 1, 8, 15, 22, 29		
Sep 5, 12, 19, 26		
Oct 3, 10, 17, 24, 31		
Nov 7, 14, 28		
Dec 5, 12, 19		



Breastfeeding & Working Moms'

This Saturday session is provided to assist working Mom's with breastfeeding tips that make going back to work easy and carefree.

Date	Where	Time
No classes in July	NMCP, Bldg, 2. 4 th Floor, 4K/4L Day Room. Call 953-4300 or your OB Clinic to sign up	Saturdays 9:30-11:00 am
Aug 11		
Sep 8		
Oct 6		
Nov 3		
Dec 1		

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2012 Navy and Marine Corps Relief Society Budgeting for Baby Classes



Get Baby's first Sea-bag. Lots and lots of **FREE stuff!**

Date	Where	Time
Jul 10	NMCP , Bldg 3, 4 th Floor Budgeting for Baby Classroom Please call to register 953-5956	11:00-12:30
Jul 26		5:30-7:00 pm
Aug 7		11:00-12:30
Aug 23		5:30-7:00 pm
Sep 4		11:00-12:30
Sep 20		5:30-7:00 pm
Oct 9		11:00-12:30
Oct 25		5:30-7:00 pm
Nov 6		11:00-12:30
Nov 29		5:30-7:00 pm
Dec 4		11:00-12:30

Date	Where	Time
Jul 6, 20	Little Creek , Room 241 Please call to register 462-1596	10:00-11:30 am
Aug 3, 17		
Sep 7, 21		
Oct 5, 19		
Nov 2, 16		
Dec 7, 21		

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Navy and Marine Corps Relief Society Budgeting for Baby Classes

Date	Where	Time
Sep 6	Norfolk , Please call to register 322-1171	6:00-7:30 pm
Sep 11, 25		10:00-1130 am
Oct 2, 16, 23, 30		10:00-1130 am
Oct 11		6:00-7:30 pm
Nov 1		6:00-7:30 pm
Nov 20, 27		10:00-1130 am
Dec 6		6:00-7:30 pm
Dec 11, 18		10:00-1130 am

Date	Where	Time
Sep 12, 26	Oceana , Please call to Register 433-3383	12:00 to 1:30 pm
Oct 10, 24		
Nov 7, 14		
Dec 5, 12		

[Tobacco Cessation \(Stop Smoking\)](#)

Register through TRICARE by calling 1-866-645-4584



Infant CPR

To learn Infant CPR parents can take a course via the American Red Cross, local community colleges, or purchase an interactive DVD from the American Heart Association that comes with a manikin so that all family members and caregivers can learn Infant CPR skills. ***Infant CPR Anytime can be purchased*** via Amazon and other online vendors for approximately \$40.



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2011 Fleet and Family Support Centers New Parent Resource Awareness Workshop

Expectant service-women face special challenges as they make the transition into parenthood. This workshop was created to provide information to ease the way. Partners are encouraged to attend.

Date	Where	Time
Jun 19	JEB Little Creek 462-7563	8:00 to Noon
Jul 13	Norfolk, 444-2102	
Aug 10	Norfolk, 444-2102	
Aug 17	Yorktown, 887-4606	
Sep 14	Norfolk, 444-2102	
Sep 14	Oceana, 433-2912	
Oct 1	Yorktown, 887-4606	
Oct 3	JEB Little Creek 462-7563	
Oct 19	Norfolk, 444-2102	
Nov 9	Norfolk, 444-2102	
Dec 7	Oceana, 433-2912	



Dads and Discipline

The culture of fatherhood is changing. This interactive class provides an opportunity for fathers to gain valuable, practical information to be the best Dad ever!

Date	Where	Time
Sep 20	Oceana, 433-2912	2:00-4:30 pm
Oct 24	Norfolk, 444-2102	2:30-5:00 pm
Dec 7	Northwest, 421-8770	9:00-11:30 am
Dec 13	Oceana, 433-2912	2:00-4:30 pm



Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? This workshop provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, housing, medical and dental care, recreational activities, TRICARE and financial planning.

Date	Where	Time
Jul 16	Northwest, 421-8770	9:00-12:00 am
Jul 17	Oceana, 433-2912	1:30-4:30 pm
Jul 18	Norfolk, 444-2101	5:30-8:30 pm
Aug 2	JEB Little Creek 462-7563	9:00-12:00 am
Sep 7	Northwest, 421-8770	9:00-12:00 am
Sep 17	Norfolk, 444-2101	1:00-4:00 pm
Oct 24	Norfolk, 444-2101	5:30-8:30 pm
Nov 28	JEB Little Creek 462-7563	8:30-11:30 am

Single Parenting in the Military

This workshop explores ways for active duty single parents to balance their military with parental responsibilities and looks at the opportunities and challenges of parenting.

Date	Where	Time
No classes in July		
Aug 8	Norfolk, 444-2101	9:00-11:30 am
Sep 14	Newport News, 688-NAVY	8:00-10:30 am
Sep 19	Oceana, 433-2912	2:00-4:30 pm
Oct 19	Newport News, 688-NAVY	8:00-10:30 am
Nov 14	Norfolk, 444-2101	2:30-5:00 pm
Dec 3	Oceana, 433-2912	2:00-4:30 pm

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Parenting in the Military

This session explores ways to discipline children, communicating in ways that really work and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Jul 10 & 11 (T&W)	Norfolk, 444-2102	2:30-5:00 pm
Jul 10 & 12 (T&TH)	Northwest, 421-8770	1:00-3:30 pm
Jul 18 & 19 (W&TH)	Oceana, 433-2912	9:00-11:30 am
Aug 1 & 3 (W&F)	Newport News, 688-NAVY	9:00-11:30 am
Aug 2 & 9 (TH)	Norfolk, 444-2102	6:00-8:30 pm
Aug 14	JEB Little Creek, 462-7563	9:00-2:30 pm
Aug 22 & 23 (W&TH)	Oceana, 433-2912	5:00-7:30 pm
Sep 11 & 12 (T&W)	Norfolk, 444-2102	2:30-5:00 pm
Sep 12 & 14 (W&F)	Northwest, 421-8770	9:00-11:30 am
Sep 26 & 27 (W&TH)	Oceana, 433-2912	2:00-4:30 pm
Oct 2 & 3 (T&W)	Norfolk, 444-2102	2:30-5:00 pm
Oct 16 & 18 (T&TH)	Northwest, 421-8770	2:00-4:30 pm
Oct 17 & 18 (W&TH)	Oceana, 433-2912	2:00-4:30 pm
Nov 1 & 2 (TH&F)	Yorktown, 887-4606	9:00-11:30 am
Nov 6 & 7 (T&W)	Norfolk, 444-2102	2:30-5:00 pm
Nov 6 & 8 (T&TH)	Northwest, 421-8770	9:00-11:30 am
Nov 14 & 15 (W&TH)	Oceana, 433-2912	2:00-4:30 pm
Nov 19	JEB Little Creek, 462-7563	9:00-2:30 pm
Dec 5 & 6 (T&TH)	Norfolk, 444-2102	9:00-11:30 am
Dec 11 & 12 (T&W)	Oceana, 433-2912	887-4606



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Systematic Training for Effective Parenting: Early Childhood

This seven-part class is designed to develop a positive and consistent approach for dealing with the special challenges of children under six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and preschoolers; building effective discipline skills; and developing skills for communicating effectively with young children.

Date	Where	Time
Aug 6 to 27 (M&TH)	Oceana, 433-2912	2:30-4:30 pm
Aug 6 to 27 (M&W)	Northwest, 421-8770	10:00 to noon
Oct 29 to Nov 19 (M&TH)	Norfolk, 444-2102	4:00-6:00 pm



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Building Healthy Relationships

Participants will learn how to nurture and enhance their intimate relationships. Topics include sustaining their emotional record keeping, building realistic expectations, establishing positive communications and developing healthy habits together.

Date	Where	Time
Jul 10	Norfolk, 444-2102	6:00-8:30 pm
Jul 16	Yorktown, 887-4606	4:00-6:30 pm
Jul 27	Northwest, 421-8770	9:00 -1130 am
Aug 14	Norfolk, 444-2102	6:00-8:30 pm
Aug 22	JEB Little Creek, 462-7563	1:00-3:30 pm
Sep 11	Norfolk, 444-2102	6:00-8:30 pm
Sep 18	Oceana, 433-2912	5:00-7:30 pm
Oct 1	JEB Little Creek, 462-7563	6:00-8:30 pm
Oct 9	Norfolk, 444-2102	6:00-8:30 pm
Oct 11	Northwest, 421-8770	3:30-6:00 pm
Nov 6	Yorktown, 887-4606	4:00-6:30 pm
Nov 13	Norfolk, 444-2102	6:00-8:30 pm
Dec 4	Oceana, 433-2912	5:00-7:30 pm
Dec 11	Norfolk, 444-2102	6:00-8:30 pm



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Building Effective Anger Management Skills

Do you find your anger racing from zero to 60? BEAMS is a six-session, skill-building program for active duty service members and family members. Participants learn to develop new and effective coping strategies.

Date	Where	Time
Jul 9 - 20 (M,W&F)	Norfolk, 444-2102	1:00-3:00 pm
Aug 1 - 17 (W&F)	JEB Little Creek, 462-7563	9:00-11:00 am
Aug 6 - 22 (M&W)	Norfolk, 444-2102	1:00-3:00 pm
Aug 6 - 22 (M&W)	Newport News, 688-NAVY	1:00-3:00 pm
Sep 4 - 20 (T&TH)	Norfolk, 444-2102	9:00-11:00 am
Sep 10 - 26 (M&W)	Oceana, 433-2912	9:30-11:30 am
Sep 11 - 27 (T&TH)	Northwest, 421-8770	2:00-4:00 pm
Oct 2 - 11 (T&TH)	JEB Little Creek, 462-7563	9:00-12:00 pm
Oct 2 - 18 (T&TH)	Newport News, 688-NAVY	9:00-11:00 am
Oct 3 - 19 (W&F)	Norfolk, 444-2102	9:00-11:00 am
Oct 9 - 25 (T&TH)	Oceana, 433-2912	2:00-4:00 pm
Nov 6 - 15 (T&TH)	Norfolk, 444-2102	8:30-11:30 am
Nov 26 to Dec 7 (MW&F)	JEB Little Creek, 462-7563	9:00-11:00 am
Nov 26 to Dec 12 (M&W)	Newport News, 688-NAVY	2:00-4:00 pm
Dec 3 - 14 (MW&F)	Norfolk, 444-2102	9:00-11:00 am



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