

2019

CHILDBIRTH EDUCATION

2019

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.

HEALTHY BABY SERIES

ALL CLASSES ARE FREE!

Classes led by an experienced Labor and Delivery RN to professionally guide you through your Labor and Delivery Journey.

REGISTRATION

Please e-mail : usn.whidbey-island.navhospoharwa.list.child-birth-education@mail.mil **or call LT Oestreich at 360-257-9436**

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. Learn how to care for yourself and your new baby's care, safety, and good tips to manage a fussy baby. One class is dedicated exclusively to Breastfeeding.

Class 1 - 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

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

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, meet our Visiting Nurse and more.

Location: BLDG 13 Seaplane Base

CLASS SCHEDULE (call for exact date)

1ST TUESDAY OF THE MONTH 5:30PM-7:00PM 1ST THURSDAY OF THE MONTH - 10:00AM 11:30Am

CALL: 360-257-2728 TO REGISTER

PARTNERS ARE HIGHLY ENCOURAGED TO ATTEND ALL CLASSES

Childbirth Education Series Location: Naval Health Clinic Oak Harbor

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



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 your 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

email: usn.whidbey-island.navhospoharwa.cal.childdbirt-education@mail.mil

[Classes are currently being held in the Command Conference Room in the Clinic.](#)

Class Dates

The classes run as a series of four, with a new topic each week, beginning on the first Thursday of every month.

EMAIL: usn.whidbey-island.navhospoharwa.cal.childdbirt-education@mail.mil

TO

Register and confirm the exact dates.

Class 1

Third Trimester Issues and Labor Basics

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

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

Care for yourself and your baby with confidence. Learn what happens in the hospital, normal newborn behavior, and 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".

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 in hospital and how dads can help.

IF YOU WOULD LIKE TO HAVE A TOUR OF THE SPECIAL DELIVERY UNIT

257-9777

We will be happy to show you our beautifully remodeled unit anytime we have empty rooms available!

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 Health Clinic Oak Harbor

SPECIAL DELIVERY UNIT

24Hrs/7 257-9777

WIC 257-8049

Navy Marine Corps Visiting Nurse 257-2724

