

Complimentary Childbirth Class Description

Prepared Childbirth 0900-1500

One day, 6 hour class that addresses what to expect when having a baby at WRNMMC, comfort measures, false versus true labor, stages of labor, how support person(s) can help, pain control options, delivery methods, relaxation, breathing, cesareans, recovery and postpartum. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Prepared Childbirth with Breastfeeding 0900-1700

The one day, 6 hour childbirth class (see description above) plus the 2 hour breastfeeding class (description below). INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Breastfeeding 1900-2100

This 2 hour class includes the benefits of breastfeeding for mom, baby, family. How to get started, common concerns, how support person(s) and family can assist, WRNMMC support. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Refresher Prepared Childbirth 0900-1200

A 3 hour refresher for those who have delivered before. What to expect at WRNMMC, stages of labor, comfort measures, pain control options, relaxation, delivery methods. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Infant Care 1300-1530

This 2 ½ hour class includes newborn appearance, WRNMMC newborn procedures, diapering, bathing, safety measures, when to call the doctor. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Sibling 0900-1100

During this 2 hour class children learn about babies, tour labor & delivery, watch a film, hold a "baby," do an activity. Parents learn WRNMMC policy regarding children in labor & delivery and how to incorporate another child into the family. Parents must remain with their child/children. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

Tour of Labor and Delivery/ Tuesday 1300-1430

Tour of the labor/delivery/recovery room, meet pediatrician. Your questions about labor and delivery are answered. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2ND LEVEL, to take you to the classroom.

To register for a tour: call 301-295-6289.

To register for classes visit:

www.wrnmmc.capmed.mil/PrenatalClasses

