

# Prenatal Education Classes

## Prepared childbirth

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, 2<sup>ND</sup> LEVEL, to take you to the classroom.

## Prepared childbirth with Breastfeeding

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

## Breastfeeding

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, 2<sup>ND</sup> LEVEL, to take you to the classroom.

## Refresher Prepared Childbirth

Quick 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, 2<sup>ND</sup> LEVEL, to take you to the classroom. and breathing.

## Infant Care

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, 2<sup>ND</sup> LEVEL, to take you to the classroom.

## Sibling

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, 2<sup>ND</sup> LEVEL, to take you to the classroom.

## Tour of Labor and Delivery

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

**Register Required: 301-295-6937.**