

## NMCP Prenatal Class Descriptions (In-Person 2023)

### To schedule Education classes please call:

NMCP OB-GYN Scheduling line at

**757-953-4300**

Please schedule all classes in advance, as registration is necessary to ensure available seating, materials, and appropriate social distancing. One adult, healthy support person may attend with you, no children (<18 years old). Classes should be scheduled in the 3<sup>rd</sup> Trimester (28 weeks and beyond). No walk-in appointments are accepted for prenatal classes. Patients more than 10 minutes late will need to reschedule. Please cancel classes if not attending so others may be booked in your seat.

All NMCP prenatal classes are currently held in the OB-GYN (Magann) Conference Room located in Building 2 on the 4<sup>th</sup> Floor, by the entrance to the Women's Health Clinic.

### Classes Offered

#### Stages of Labor Class (Recommended to take first!)

Patients will be introduced to the stages of labor through visual, animation, video, and group engagement. Video accompaniment allows viewers to see what happens inside a woman's body during labor and vaginal birth. Personal birth stories highlight common emotions that occur during each stage, along with coping strategies and tips for partners. This course does not cover medical interventions. Review the physiologic changes that take place surrounding labor and the progression of the four Stages of Labor. This is an introduction to the natural processes that occur during labor and a perfect class to take first.

- You are encouraged to bring one support person and snacks/water, **NO** children please
- 90-minute class held various dates/times, see monthly schedules.

#### Natural Comfort Measures in Childbirth (Interactive, bring your partner if available, please Dress Comfortably!)

- Review of many natural relaxation techniques including breathing, massage, and position changes.
- Practice of various positions and techniques will be done, so dress comfortably and be prepared to actively participate (on birthing ball/floor). PARTNERS are **HIGHLY** encouraged to attend!!!
- You are encouraged to bring your labor coach, pillows, birthing ball (if you plan to use one in labor) and snacks/water. **NO** children please.
- You are encouraged to attend the Stages of Labor or have some previous knowledge of childbirth prior to attending class, as our focus will be practicing techniques.
- 90-minute class held at various dates/times, see monthly schedules.
- Small class size: Limited seating and materials are available due to the hands on nature of this class. Please schedule all classes in advance, as registration is necessary to ensure available materials/seating.
- Please remember to be on time for your class as it is a scheduled appointment, you will be need to reschedule if more than 10 minutes late.

#### Medical Interventions in Childbirth:

Discuss common medical procedures and interventions that may be used during childbirth. We will review:

- BRAIN acronym
- Birth Plans
- Pain Control options: IV medications and epidurals
- Induction and Augmentation of Labor methods
- Types of fetal monitoring
- Cesarean Sections (a brief overview)
- 90-minute class held at various/dates times, see monthly schedules.

#### Postpartum Recovery

Welcome to the 4th Trimester:

Discuss normal physical, emotional, and role changes that take place following delivery.

- Review normal physical changes post-delivery and helpful comfort measures to take care of yourself during this time.
- Discuss the importance of Self-Care as a new Mom.
- Review Perinatal Mood Disorders, Baby Blues and resources available.
- Begin to think about your own "Postpartum Plan" to care for yourself, baby, partner and other family members.
- 90-minute class held at various/dates times, see monthly schedules.

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### Baby Basics

- Mothers and partners will review basic newborn care including feeding, soothing, diapering, bathing, skin-to-skin, and safe sleep practices. There will be many visuals and then hands on review of some techniques.
- Normal newborn appearance, characteristics, and behaviors will be reviewed along with warning signs to contact your health care provider.
- The focus is the newborn period and early infancy.
- You are encouraged to bring one healthy adult support person and snacks/water. **NO** children please.
- 2 hour Course held select Tuesdays 1500-1700 or 1600-1800. See monthly calendars.
- Small class size: Limited seating and materials are available due to the hands on nature of this class. Please schedule all classes in advance, as registration is necessary to ensure available seating.

### Maternal Child Stay (Take last)

- Designed to learn about NMCP's Labor & Delivery, Postpartum unit and the facility offerings for the expectant family.
- It is helpful to take this class after completing all of the other education classes.
- This is a modified version of the labor and delivery tour, we will **NOT** be going onto/touring the labor and delivery or postpartum units.
- Pictures of the units will be shared.

- You are encouraged to bring one adult support person and snacks/water, **NO** children please.
- 75-minute class held weekly, see monthly schedule for dates/times.
- Please review the NMCP website for the latest visitor policies and additional facility information:

<https://portsmouth.tricare.mil/>

<https://portsmouth.tricare.mil/Health-Services/Womens-Health>

<https://interactive.medmaps.com/site/nmcp>

<https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes>

### Cesarean Section Education

- Patients scheduled for Cesarean section are highly encouraged to attend, but all expectant patients are welcomed. This course does **NOT** replace your normal Pre-operative appointments with the Nurse or physician.
- The class will offer an overview of what takes place before, during, and after a cesarean section and the care received during that time. The procedure, risks, anesthesia practices, and normal recovery process are discussed. Animation and visuals are used to guide the discussion.
- You are encouraged to bring one adult support person and snacks/water. **NO** children please.
- 90-minute class held at various dates/times. See monthly schedules.

### **\*\*Budget for Baby held by the Navy Marine Corps Relief Society**

- The Navy Marine Corps Relief Society holds a Budget for Baby Course several monthly offerings including virtual and in-person options.
- Call **757-953-5956** to schedule and find out the location where the course will be held, normally in the SEAT classroom 6 located in building 3, 2<sup>nd</sup> floor, as course location may vary. **\*\*This class cannot be booked through the NMCP/Hampton Roads scheduling lines, only by contacting the NMCRS.**
- **Virtual classes** need advance registration to get the participant set up in the virtual platform in advance.
- Classes are normally held on Thursdays at 1330-1500 virtual classes are held Fridays 1400-1530. See monthly schedule for dates/times.

**The most current Prenatal Class information can be found on the NMCP website at:**

<https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes>

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