

NMCP Prenatal Class Descriptions (In-Person 2025/2026) upd 18NOV2025

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 3rd 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 4th Floor, by the entrance to the Women's Health Clinic.

Classes Offered

Stages of Labor Class (**Recommended to take first before other classes!**)

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. Review the physiological changes that take place surrounding labor and the progression of the four Stages of Labor. This course does not cover medical interventions. This is an introduction to the natural processes that occur during labor and should be taken **first before taking the Medical**

interventions, Natural Comfort measures, or postpartum class.

- 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, equipment is provided but feel free to bring your own. Always brings snacks/water. NO children please.
- You should 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. Walk ins are not accepted.
- 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
- Types of fetal monitoring
- Pain Control options: IV medications and epidurals
- Induction and Augmentation of Labor methods
- 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.
- Review peri-care and physical postpartum care.
- 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.
- Routine hospital newborn care and screenings will be reviewed.
- You are encouraged to bring one healthy adult support person and snacks/water. **NO** children please.
- 2-hour Course held at rotating times, normally on Tuesday afternoons.
- 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 equipment.

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.

Labor and Delivery Tour (Take last)

- Designed to learn about NMCP's Labor & Delivery, Postpartum and the facility offerings for the expectant family.
- It is helpful to take this class after completing all other prenatal classes.
- There will be a brief review of visitor policies, care team, infant security and access of our locked Mother-Baby units. Please do not be late, as you will not be able to access the unit without the guide—no exceptions.
- We will meet/start in the OB-GYN Conference room then walk through a labor and delivery birthing suite as long as a room is available—**if the unit census prevents us or emergencies are occurring, we will not move through the unit.** We will not be touring the OR, PACU or NICU spaces. We will not tour the Postpartum Unit during its Renovation period.
- You are encouraged to bring one adult support person and snacks/water, **No** children please.
- This is a small class to facilitate movement on the unit. Walk-ins will not be accepted.
- 60-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/Health-Services/Womens-Health>

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

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

****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, 2nd 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 before class.
- 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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