



NMCP PRENATAL CLASSES

Start Classes in the 3rd Trimester

All expectant mothers (and partners) are encouraged to take Childbirth and parenting classes with each pregnancy. Classes are taught through out the week and are scheduled just like your medical appointments are scheduled. Classes utilize videos, visuals/graphics, models, and some have hands on activities. Please feel free to bring one adult support person with you to class along with water/snacks to have during class. The classes are group environments so please be respectful of others by being on time or cancelling if unable to attend, as this opens up seats to other patients. Please go to the NMCP website to view current schedules and full class descriptions, all information is located there.

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



SCAN ME

Classes Offered:

Stages of Labor
(Recommended to take first.)

Natural Comfort
Measures

Medical
Interventions

Baby Basics

C-Section
Education

Postpartum
Recovery

Labor & Delivery
Tour (begins in Sep 2023)

To Schedule, call NMCP
Women's Health Clinic:

757-953-4300

Classes are taught at the
Naval Medical Center
Portsmouth Hospital in the
Women's Health/OB-GYN
Conference Room,
Building 2, 4th Floor.