

NMCP Virtual Prenatal Class Descriptions 2025-2026 upd nov2025

Busy schedule? Hate Traffic? Just prefer to stay home? Maybe virtual prenatal classes are a great option for you. All Tricare Prime Beneficiaries eligible for care at NMCP can register for virtual prenatal classes after 20 weeks. All patients will be verified at registration and then before individual session initiates. Each session will be registered as a virtual encounter through the Women's Health Clinic following the class. Class links will be emailed out monthly for you to attend classes. Initial registration will allow you to attend any/all classes. In-person classes will consist of the same/similar information—it is NOT necessary to attend both.

To register for Virtual Prenatal Classes:

Please email

norma.d.knight-pongatz.civ@health.mil the following information:

1. Mother's FULL name (as it appears on military ID, including middle name)
2. One Email address for Class information/correspondence from instructor
3. Due Date (should be 20 weeks or more at registration)

Classes are recommended to take in the 3rd trimester (28 weeks and beyond). Incomplete registration information will be returned and requested before class links are emailed. Those not validated before class will not be accepted into class sessions. Microsoft Teams app can be downloaded to your computer, tablet or phone. You will need a strong internet signal for appropriate streaming of classes and videos. You will need a microphone to ask questions

during class. Please allow 1-2 business days for your registration and return email. Incomplete information or those less than 20 weeks will not be registered. Additional attachments will be sent with your registration completion email.

Classes Offered

Stages of Labor (Recommended to take first before other classes!) ~90 minutes

Patients will be introduced to the stages of labor through visual, animation, video, and group engagement. Review the physiologic changes that take place surrounding labor and the progression of the four Stages of Labor. We will review the 5 P's of Labor: Passenger, Passageway, Position, Powers, and Psyche and how they influence labor. 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 classes. 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.

Natural Comfort Measures in Childbirth
~75-90 minutes

- Review many natural relaxation techniques including breathing, massage, and position changes.
- You're encouraged to have a birthing ball or utilize chairs/furniture in your home to practice techniques discussed.

- We will discuss environmental factors and setting your "scene" for birth. Begin to think of your birth preferences and how a partner could help support you.
- Review the 5 P's of Labor and PAIN Acronym.

Medical Interventions in Childbirth ~90 minutes

Discuss common medical procedures and interventions that may be used during childbirth. There will be video examples and discussion of the processes.

We will review:

- Informed Consent
- BRAIN acronym
- Pain Control options: IV medications and epidurals
- Induction and Augmentation of Labor methods
- Types of fetal monitoring
- Cesarean Sections (a brief overview)

Postpartum Recovery ~90 minutes

Welcome to the 4th Trimester:

Discuss normal physical, emotional, and role changes that take place following delivery. Use of Video accompaniment and discussion of the postpartum experience.

- 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.

NMCP Virtual Prenatal Class Descriptions 2025-2026 upd nov2025

- Review Perinatal Mood Disorders and the Baby Blues and discuss resources available.
- Begin to think about your own "Postpartum Plan" to care for yourself, baby, partner and other family members.

Baby Basics ~120 minutes

Families will review basic newborn care including feeding, soothing, diapering, bathing, skin-to-skin, and safe sleep practices. There will be many visuals and video accompaniment. The focus is the newborn period and early infancy.

- Normal newborn appearance and behavior
- Feeding cues and frequency
- Normal Stooling and frequency
- Safe Sleep and SIDS prevention
- Newborn hospital care and screenings

Cesarean Section Education

~90 minutes

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.

Maternal Child Stay (Take last)

~60 minutes

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.
- Will discuss the same things discussed in the in person labor and delivery tour.
- 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>

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

The Navy Marine Corps Relief Society holds a Budget for Baby Course with 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.
- Molly Curtis, IBCLC also offers a virtual and in person Breastfeeding Basics course, see flyer for details.

The most current Virtual and In-Person Prenatal Class information can be found on the NMCP website at:

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



SCAN ME