

MADIGAN PRENATAL AND PARENTING CLASSES

Classes and Services for Parents and Parents-to-be

(ALL classes are free! Dates posted in OB Clinic each month.)

1. PRENATAL CLASS: Class is held the 1st Thursday of each month, 4:30-6:30pm.

The prenatal class is held in the Letterman Auditorium and fathers-to-be and/or support persons are encouraged to attend with you. We will be discussing preparing for baby, what to expect during labor and delivery, signs and progress of labor, common procedures in LDR (Labor/Deliver/Recovery), labor and pain management, normal newborn appearance/behavior, and what to expect the first few days/weeks at home.

Call TRICARE at 1-800-404-4506 to register. **JAN 3**

2. INFANT/CHILD SAFETY CLASS: Class is held the 2nd Thursday of each month, 4:30-5:30pm, Tupa Conference Room, Old Madigan, Ramp#3, Room#100 (across from AAFES Shopette). This class offers a step-by-step guide for prevention of the most common life-threatening situations facing infants and children, to include general injury prevention, car seat safety, and poisoning prevention. Additionally, the issues of childproofing your home and what to look for in nursery items are addressed. Handouts and community resources are available. **Call Tricare to register**

JAN 10

3. BIRTH PLAN: Class is held the 1st and 3rd Tuesday of each month, 6:00-7:30pm.

The class is held in the Sakakini Classroom, outside LABOR and DELIVERY on the third floor of Nursing Tower. This class offers discussion of birth plans, available options, and management during labor and delivery to help you bring your baby into this world in a safe and friendly environment.

Register for class at about 32+ weeks, by calling TRICARE at 1-800-404-4506.

JAN 1 (Holiday) –no class, Jan 15

4. SIBLING'S CLASS: Classes are held based on number of participants/children in the 4-6 year old group, and the 7-10 year old group. This class is to help prepare older children for the role of big brother/big sister and a tour of the mother-baby unit if time permits.

Register for class during the 3rd trimester (after 34 weeks) by calling OB/GYN specialty line at (253)968-1406, Option# 3.

5. PRENATAL BREAST FEEDING CLASS: Class is held the 2nd Tuesday of each month, the Letterman Auditorium, 6-8pm.

This class will introduce you the breast feeding basics: the benefits of breast feeding, how to tell if baby is getting enough milk, helpful techniques in positioning and latching baby and much more. So come and learn. Dads are encouraged to come!

Call TRICARE at 1-800-404-4506 to register. **JAN 8**

6. M.O.M.S. (Mom's Own Milk) Breastfeeding Support Group meeting: The meeting is Weekly/every Tuesday and Thursday, 1-3pm, the Sakakini Classroom, outside LABOR and DELIVERY on the third floor of Nursing Tower. This is a great way to meet new moms, have your infant weighed, talk with a Pediatrician, and get lactation support from our staff.

Just walk in: no appointment required.

7. NEW PARENT SUPPORT PROGRAM: Provide professional home visiting support, classes, and education to expectant parents and families with children up to six years of age. Parent Support Group is also available. Services are confidential, voluntary, and free of charge.

Call (253)-967-7409 for more information.