

**Curriculum Guide 2018
(All Classes will be in the 5th Floor Classroom)**

Breastfeeding 101 - 1st Tuesday of the month 1800 – 2000

Must register for this class through the OBGYN Clinic.

This class will discuss the following topics:

What have you heard about infant feeding?

While you are at the maternity center.

Breastfeeding information and tips.

Once you are home with your baby.

Labor Support/Labor & Delivery/Medications 201 - 2nd Tuesday of the month 1800-1900

This class will discuss the following topics:

Labor coach positioning support

Different laboring positions and breathing techniques

What to bring to labor & delivery,

How to know when you are in labor and warning signs to report

Pain management (natural/IV/Epidural), and non-pharmacological pain management.

Keeping Baby Safe/Infant CPR & Choking 301 - 3rd Tuesday of the month 1800 – 2000

This class will discuss the following topics:

The ABCs of infant safe sleep.

Water, Medication, and Toy Safety.

Ways to prevent poisoning.

How to make your home safe for baby.

Infant CPR and choking (THIS IS NOT A CERTIFICATION)

Postpartum & Newborn Care/Car Seat Safety 401 – 4th Tuesday of the month 1800 – 1900

(Except the month of December)

This class will discuss the following topics:

What to expect the first hour after birth.

Infant safety and security at MACH.

Skin conditions of the newborn.

Routine newborn care.

Feeding cues, sleeping patterns, and bathing.

Postpartum and breast care

How to properly install and secure infant in car seat.



For more information, please call Department of Women's Health Newborn Care Nurse Educator at 762-408-5114 or email angela.m.carroll17.civ@mail.mil. Tours are given after each class. Spouses and partners are encouraged to attend all classes.