

If you have any comments, please drop us a line at [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil). Click on the ICE link to access the Interactive Customer Evaluation. You can also access the OB/GYN website if you click on the offices link. There you will find patient education and the virtual L&D Tour. **Please ensure that your address and phone numbers are up to date in DEERS so that your provider can contact you if needed.** You can access the DEERS website at [www.dmdc.osd.mil](http://www.dmdc.osd.mil) and update your information as needed.

**\*\*Classes may be scheduled through the OB Clinic, call a month or more in advance.\*\***

<b>Prenatal Class</b>	Online <a href="http://www.tamc.amedd.army.mil">http://www.tamc.amedd.army.mil</a>	Online	Recommended for 1 <sup>st</sup> time moms, take early in pregnancy. Covers the physical changes associated with pregnancy, nutrition, exercise, self care, fetal growth and development.
<b>Breastfeeding</b> (Take at 34-37 weeks)	Monday 1700-1900 Call for schedule as it may change Must register for class as class size is limited.	Meet at 5B1 Classroom Take Ocean-side elevator 5 <sup>th</sup> floor and follow posted signs	Provides information and tips for successful breastfeeding to include positioning, latching, preventing sore nipples, and feeding schedules.
<b>Labor &amp; Delivery Tour</b> (Take after 28 weeks)	Online <a href="http://www.tamc.amedd.army.mil">http://www.tamc.amedd.army.mil</a> In person through registration only Mon & Tues 2:00 pm Class size is limited	Online	<b>Pre-registration completed at admissions office Oceanside after 28 weeks.</b>
<b>Childbirth Education Class</b> (Take after 28 weeks)	Tuesdays and Thursdays 1700-2030  Must register for class as class size is limited.	Conference Room 10 <sup>th</sup> Floor Oceanside	Two Class Series Tuesday and Thursday. <b>TUESDAY:</b> Anatomy & Pregnancy Topics • Pain Theories • Pre-Labor Signs • Onset & Stages of Labor • Comfort Measures • Labor Positions <b>THURSDAY:</b> Interventions • Pain Medications • Cesarean Birth • Postpartum • Newborn Procedures & Appearance • Basic Breastfeeding
<b>Sibling Class</b>	Call for schedule	Conference Room 5A026 on 5 <sup>th</sup> floor Oceanside	Helps to prepare the soon to be big brother or sister for helping mom with the new baby. For children 2 years of age and older. Call 433-6808 to schedule.

### Community Resources

► **PREGNANCY NUTRITION & PREGNANCY EXERCISES @ <https://www.babyfit.com>**

► <http://www.womenshealth.gov/breastfeeding>

Childbirth classes are recommended between 28-32 weeks. Class schedules & fees are subject to change, please call to confirm.

► **Childbirth Preparation Classes: [www.hawaiichildbirthprofessionals.com](http://www.hawaiichildbirthprofessionals.com)**

*Check out this website regarding Lamaze and Bradley childbirth classes.*

<http://hmhb-hawaii.org> (healthy mothers healthy babies)

► **Pregnancy Wellness Classes (Childbirth Preparation) and Free Stork Classes 432-2260 through Kaiser Permanente**

*Classes are offered at various Kaiser locations on Oahu. Stork Classes are designed for the expectant mother and her partner between 16-20 weeks. Pregnancy Wellness classes should start no later than 28-32 weeks and are offered in four, 2 hour sessions*

and cover Labor and Delivery, pain-control methods, cesarean section, postpartum care of mother, coping skills for new parents, newborn care, beginning breastfeeding, baby feeding needs and various other topics. Class day and times vary by location.

► **Queen's Medical Center 547-4823**

*Expectant Parents Series, series of six classes covering L&D process, postpartum, infant care, breastfeeding, and more, \$85 per couple per series or \$25 per class. Lamaze Classes, series of 5 classes, \$109 per couple. Call for schedules.*

► **Mom's Basic Training and Dad's Baby Boot Camp**

*Infant care classes for new moms and dads in one 3 hour session. Pearl Harbor 474-1999 ext 6102. Marine New Parent Support Program 257-8803. Army New Parent Support Program 655-4ACS.*

► **American Red Cross on Hickam Air Force Base 449-0166**

*Infant/Child/Adult CPR and Healthy Pregnancy/Healthy Baby classes. Call for costs, dates, and times.*

► **American Red Cross at Diamond Head 734-2101**

*CPR and First aid training. Call for class schedule and cost.*

► **CPR Courses**

*American Medical Response 487-4900, H.A.N.D.S 292-4466, Last Minute CPR & First Aid 841-4100 or 671-4100, Heartline Hawaii 833-4604, HeartSavers 382-8487*

► **Navy and Marine Corp Relief Society 423-1314 Pearl Harbor or 254-1972 Kaneohe Bay**

*Class: Budgeting for Baby & Bringing up Keiki, free to all pay-grades, receive a free layette for attending. Visiting nurse for 2 week well baby check also available. Call for class schedule.*

► **Hickam AFB Family Life Skills Classes 449-0175**

*Parenting classes for all branches of the service. Call for schedule.*

► **Hickam AFB Family Support Center 449-0300**

*What to Expect Class for Air Force expectant parents, receive a free layette and books for attending. Call for schedule.*

► **Fish and Mercury During Pregnancy**

*<http://www.epa.gov/mercury/advisories.htm>*

► **WIC (808) 586-8175**

*Women, Infants and Children nutrition program helps pregnant women, new mothers and young children eat well and stay healthy. Contact you local WIC office to see if you qualify. Questions? Call George at Tripler Army Medical Center Social Services at 433-6606. [www.hawaiiwic.com](http://www.hawaiiwic.com) for more information.*

► **Joint Military Family Abuse Shelter 24 Hour Crisis Line 1-800-342-9647**

*The Joint Military Family Abuse Shelter provides a safe, comfortable environment for individuals and families experiencing abuse or the threat of abuse.*

► **Domestic Violence Shelter Hotline 841-0822**

► **Parents Without Partners 262-6442**

► **The Baby Hui 735-2484 or 1-888-895-2484**

*Meet other parents in your community with children your child's age  
[www.thebabyhui.org](http://www.thebabyhui.org)*

► **The Children's Waiting Room by the Armed Services YMCA**

*Short-term care for children 6 weeks to 12 years old. Open Monday, Tuesday, & Thursday 0800-1200, 433-3270 at Tripler. Located near Pediatrics in the Well Baby waiting room in Tripler. At Schofield, 433-8410, Monday-Friday 0800-1200 in the Pediatrics Clinic, Building 680. Call for appointment. Immunization records needed. Volunteers needed.*