



Martin Army Community Community Hospital

## Childbirth University

5th Floor

Women's Health Classroom



### Curriculum Guide 2016

**Breastfeeding 101** - First Tuesday of every month from 1800-2000

**\*Need to be registered for class\***

- a. Breast milk production and normal newborn feeding patterns
- b. Latch, positioning and maternal comfort
- c. Prevention and treatment of sore nipples
- d. Hand expression and pumping

**Labor Support 201** - Second Tuesday of every month 1800-1900

- a. Labor/coach positioning support
- b. Different laboring positions
- c. Breathing techniques

**Labor and Delivery/Medications 301** - Third Tuesday of every month 1800-1900

- a. What to bring to Labor and Delivery
- b. How to know when you are in labor
- c. Warning signs
- d. Pain management (Natural/IV/Epidural)

**Postpartum & Newborn Care/Car Seat Safety 401** - Fourth Tuesday of every month 1800-1900

(Except the month of December)

- a. What to expect the first hour of life
- b. Infant safety at MACH
- c. Skin conditions of the newborn
- d. Feeding cues/sleeping/bathing
- e. Postpartum Care/Breast Care

For more information or to register please call BMACH Department of Women's Health and Newborn Care at 762-408-2273

**\*SPOUSES/PARTNERS are encouraged to attend all classes\***

Tours of Labor and Delivery & Mother Baby  
held after each class