



Community Resources for Expecting Families

Classes

Womack Army Medical Center

Prepared childbirth Classes:

This class is for pregnant women and their partners. The classes (as of May 2010) consist of a two separate series of **four** classes during a one-month period to prepare for pregnancy, labor delivery, & parenting. There will now be 2 series of the 4 class childbirth sessions. The topics of the classes are Introduction to Pregnancy, Labor techniques, Interventions, Relaxation & Lamaze, C-section data, and Newborn Care, postpartum changes & Breastfeeding support.

These classes are held in **Weaver Auditorium** (ground floor of Womack Army Medical center by the Red Cross and Lunch Room) from **1800- 2000**. All moms are asked to bring bottle water and a writing pen to each class and sign in every time. [Sorry NO children allowed.](#)

To register for these **classes please call/email as early as 22-24weeks to ensure space is available.**

Call 907-6198 or email **Tracy.Stevens@us.army.mil** and leave your full name (to include spelling), and your actual due date, and a contact number for a call back call. **A confirmation email will be sent out.**

Class calendars can be seen on the website:

<http://www.wamc.amedd.army.mil/patients/deptservices/MaternalChildHealth/Pages/childbirtheeducation.aspx>

Sibling class: for children ages 4 – 12 years old. Classes are on third Tuesday of various months from 1600- 1700(please call for dates). The classes are held on the post partum Unit, third floor in class room 339. Please call 907-6198 or email Tracy.Stevens@us.army.mil the child or children's name (to include correct spelling) sponsors last four, which month you desire to attend and a point of contact to number for a call back confirmation call.

Express Childbirth classes Have been discontinued.

Breastfeeding Support Classes:

Lactation Consultant calls 907-8318 for Ms. Katie Chilsom/ Ms. Jessica Callahan. Appointments can be made for third trimester training and problems after discharged. In addition please ask for the

Lactation consultant after delivery upon arrival to Post partum. **Breast Pump Rental and or referrals:** please call 907-8318 Ms. Chilsom.

Ms.Pam Leeman RD, IBCLC 907-6500 is also available to breastfeeding moms.

☺Birthing Unit Tours: Offered Tuesday & Thursday of each week (unless a holiday or holiday week) at **1400 – 1430** approximately depending on questions. Please meet on the third floor birthing unit, in the waiting area and the Maternal Child Educator will come to you.

New Parent Support Program:

This is an excellent additional resource for maternal classes. The classes are primary in the day time in various locations on and off base. Call 396-5521 or email (www.fortbraggmwr.com/npsp.php) for additional information of the numerous **FREE** classes offered. Such topics as, “what to expect when you are expecting”, “Infant massage” training to help bond with your baby, group play mornings, support breastfeeding sessions, “marvelous multiples” and life with baby. Multiple locations offered.

Pregnant Soldier Wellness PT Program:

Please note this is for the active duty soldiers only. Please call 907-9355

www.fortbraggmwr.com/npsp.php for additional data.

Family Advocacy Program

How to Prepare for a parenting and new baby: **Free Home Visitations** that fit your time and needs.

Please call 396-5521 for additional information or stop by Soldier Support Center, 3rd Floor,

Normandy Drive, Fort Bragg or email www.fortbraggmwr.com/npsp.php

Sexual assault prevention class:

Information and support can be obtained by calling 396-5521 or **the 24hr. outline at 322-3418**

Self Defense classes:

For Females only call 369-5521 or www.fortbraggmwr.com/npsp.php

Victims Advocacy Program needs: call 369-5521 www.fortbraggmwr.com/npsp.php

Stress/Anger management classes 396-5521 www.fortbraggmwr.com/npsp.php

La Leche League Volunteer support staff: <http://LLofFayettevilleNC.org>

Dawn: 213-6726

Lorena (HABLA ESPANOL) 916-0170

Amy: instructor for breastfeeding class every 2nd Tuesday on 2nd floor (2 South) in WAMC patient lounge from 10:00 11:00. NO registration required. There will be hands on assistances available - during this time.

Phillia 488-4661, **Heather** 913-766-5450

Car Seat Safety: Parents please take your car seats to the nearest Fire Department to ensure correctly installed. www.seatcheck.org or www.nhtsa.gov/cps/cpsfitting

Looking for Labor Support???

Certified Birth Doulas: Provide emotional, physical and educational support to pregnant and birthing families. Provide labor support during the birth, including in the hospital. Inquire for fee

Doris McMurray 797-3919 (Certified Doula over 20 years).

Will go to Cape Fear Valley.