



**Martin Army Community Hospital  
Childbirth Education Classes  
2023 Class Registration Packet**

**REGISTRATION IS HIGHLY ENCOURAGED**

**Recommend starting childbirth classes at 28 - 32 weeks gestation.**

**Guidelines Below:**

- 1. No more than 8 couples per class. Please note to hold class, we must have a minimum of 2 couples or class will be rescheduled.**
- 2. If registration not completed, you will not be able to attend class.**
- 3. We will take breaks at this point, then resume class.**
- 4. You must sanitize hands prior to enter classroom.**
- 5. As of now, no tours will be offered.**

**Please complete registration form during your clinic visit and give to your nurse or use the QR code to register digitally.**

**All classes will be in the 5<sup>th</sup> floor Women's Health Classroom.  
Please retain this instruction sheet for your information.**

**POC: SSG Brown, Jasmine @jasmine.a.brown53.mil@health.mil or (762) 408-5054**



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## **Martin Army Community Hospital Childbirth Education Classes**

- Classes offered:**
  - Understanding Breastfeeding - Topics include:**
    - How breastfeeding works
    - How to breastfeed
    - When to feed your baby
    - Breast care
    - Breastfeeding lifestyle
  - Understanding Birth -Topics includes:**
    - Labor
    - Comfort Techniques
    - Medical Procedures
    - Cesarean Birth
  - Understanding Newborn & Postpartum Care**
    - Newborn skin appearance
    - Skin to skin contact -Golden Hour - First Feeding
    - Immediate medical procedures
    - Rooming-in
    - Other newborn hospital procedures
    - Infant warning signs
    - Postpartum physical recover & discomfort
    - Length of stay
    - Warning signs to report
    - Baby blues & postpartum mood disorders
  - Understanding Infant & Child Safety**
    - Car seat safety
    - Safe baby care
    - Safety products
    - Home safety
    - Poisons
    - Infant CPR & Choking



**Registration Form for Childbirth Class**  
**January 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Jan 17: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Jan 18: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Jan 19: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_  
Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**February 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
**(If spouse not attending, please put N/A)**

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Feb 7: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Feb 8: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Feb 9: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**March 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Mar 14: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Mar 15: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Mar 16: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**April 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Apr 11: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Apr 12: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Apr 13: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**May 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**May 16: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**May 17: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**May 18: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_  
Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**June 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Jun 13: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Jun 14: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Jun 15: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_  
Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**July 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Jul 11: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Jul 12: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Jul 13: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**August 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Aug 15: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Aug 16: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Aug 17: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**September 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Sep 12: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Sep 13: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Sep 14: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**October 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
(If spouse not attending, please put N/A)

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Oct 17: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Oct 18: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Oct 19: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**November 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
**(If spouse not attending, please put N/A)**

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Nov 14: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Nov 15: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Nov 16: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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**Registration Form for Childbirth Class**  
**December 2023**

**Patient Information:**

**Name:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_  
**(If spouse not attending, please put N/A)**

**Due Date:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Please check date & classes:**

**Dec 12: 1700 - 1930 Understanding Breastfeeding \_\_\_\_\_**

**Dec 13: 1700 – 1930 Understanding Birth/Newborn/Postpartum \_\_\_\_\_**

**Dec 14: 1700 – 1930 Understanding Infant & Child Safety/Car \_\_\_\_\_**  
**Seat/Infant CPR & Choking**



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