

Preparing for Parenting: Childbirth Education



Class 1:
Pregnancy, Labor, and Birth

Apr 5, May 3, Jun 7

Class 2:
Comfort Techniques and Hospital Stay

Apr 7, May 5, Jun 9

Class 3:
The Newborn Class

Apr 12, May 10, Jun 14

Class 4:
The Safety Class

Apr 14, May 12, Jun 16

Class 5:
Dads Class

Apr 19, May 17, Jun 21

Preparing for Parenting: Childbirth Education is a series of 5 classes that include education on labor, delivery, breastfeeding, newborn care, postpartum care, newborn safety, and a class just for dads.

Classes are from 6pm - 8pm at the Soldier and Family Readiness Group Center.

Pre-registration is required.



New Parent Support Program

For more information, see the back of the flyer.

To register, visit FortBraggACSFAP.TimeTap.com or scan this QR code.

Soldier Support Center, 3rd Floor
Twitter and Instagram @FortBraggACS
[www.Facebook.com/FortBraggNPSP](https://www.facebook.com/FortBraggNPSP)
Bragg.ArmyMWR.com/Programs/NPSP



NPSP Class Descriptions

(In the event of post closure due to inclement weather, classes and play mornings will not be held.)

Preparing for Parenting: Childbirth Education

Preparing for Parenting: Childbirth Education is a series of 4+ (2-hour each) classes that include education on labor, delivery, breastfeeding, newborn care, postpartum care, and newborn safety. These classes can be taken in any order and not all sections are required to be completed. Mothers can take classes as early as 24 weeks into the pregnancy.

We also have an optional 5th class for expecting fathers. For a new or expecting father who needs some tips or advice, join us to get prepared! Topics include preparing for fatherhood, surviving the first few weeks, caring for your baby, and more! Taught by a dad, for dads!

Class 1: Pregnancy, Labor and Birth Class

Pregnancy, Labor, Medical Procedures and Cesarean Birth

Class 2: Comfort Techniques and Hospital Stay

Comfort Techniques, Exercises, Newborns, Postpartum

Class 3: The Newborn Class

Newborn Traits, Newborn Behaviors, Feeding, Diapering, Bathing, Nail Care,
Dressing and Newborn Health

Class 4: The Safety Class

Car Safety, Safe Baby Care, Safety Products, Home Safety Poisons and Emergency Preparedness
Perinatal Mood Anxiety Disorders
Understanding Crying & Comforting

Class 5: Dads Class

The Importance of Fathers, Labor & Delivery- Partner in Birth, Parent Training Wheels
Baby Care -Going Home & Getting Real, The Postpartum Dad-He Says, She Says, Dads & Depression.
The Joy of Fatherhood-Play & Milestones (Birth to 6 Months)

Pre-registration is required. Please note - Mothers can take classes as early as 24 weeks into the pregnancy. Please bring to class: something to write with, and a bottle of water.

To register, visit FortBraggACSFAP.TimeTap.com