

## **VIRTUAL** Childbirth Classes available at Sentara Obici Hospital!



As the Coronavirus Pandemic continues, we are happy to be able to continue Virtual Childbirth Classes. There is a couple of options since we don't want you to miss out on these informational sessions! We have developed Online versions of the Childbirth Class, Breastfeeding Class, and the Maternity Tour.

1)-**Saturday Childbirth Class**-This is a condensed version of the childbirth process that helps you and your support person prepare for the physical and psychological experience of labor, birth, and postpartum period. Emphasis is placed on understanding the childbirth process, which can be used to make decisions about your care during the childbirth experience.

The Saturday Childbirth Class is offered one Saturday a month from **8:30 a.m. to 3:00 p.m.** This class **INCLUDES Natural Nutrition Breastfeeding Class and a Maternity Tour**. Childbirth Classes are recommended in the seventh month of pregnancy. Registration and payment should be in the Expecting Mother's name only but will cover one support person of her choice for the class.

**VIRTUAL (ONLINE) CLASS \$45.00** -Registration is required to obtain the mailed and virtual materials that accompany the class. INJOY booklets that match the instructor's presentations will be mailed to the address you register with. An email explaining how to join the class will be sent to the email address provided during the registration process for you and your support person.

*Dates for 2022: 5/14/22, 6/18/22, 7/23/22, 9/17/22, 10/15/22, 11/19/22*

2)-**Three Week Monday Night Childbirth Class**-This is a comprehensive series covering the childbirth process that will help you and your support person prepare for the physical and psychological experience of labor, birth, and the postpartum period. Emphasis is placed on understanding the childbirth process, which can be used to make decisions about your care during the childbirth experience.

The Three Week Monday Night Childbirth Class is offered 3 consecutive Monday evenings from **6 pm to 8 pm**. This class **INCLUDES Natural Nutrition Breastfeeding Class and a Maternity Tour**. **Childbirth Class is recommended in the seventh month of pregnancy**. Registration and payment in the Expecting Mother's name only but will cover one support person of her choice for the class.

**Virtual (ONLINE) Class \$45.00**- Registration is required to obtain the mailed and virtual materials that accompany the class. INJOY booklets that match the instructor's presentations will be mailed to the address you register with. An email explaining how to join the meeting will be sent to the email address provided during the registration process for you and your support person.

*Dates for 2022: August 1,8,15 December 5,12,19*

3)-**Natural Nutrition Breastfeeding Class**-This class includes information about positioning the infant for feedings, Latch On techniques, how to know if your baby is "getting enough", and tips for successful breastfeeding while transitioning back to work.

This class is offered on select Saturdays from **8:30 am to 10:30 am**.

**DO NOT REGISTER FOR THIS CLASS IF YOU HAVE REGISTERED FOR THE SATURDAY CHILDBIRTH CLASS OR THE THREE WEEK MONDAY NIGHT CLASS.**

**Virtual (ONLINE) Class \$10.00-** Registration is required to obtain the mailed and virtual materials that accompany the class. INJOY booklet that matches the instructor's presentation will be mailed to the address you register with. An email will be sent to the email address provided for you and your support person to use to join the class.

*Dates for 2022: 5/14/22, 6/18/21, 7/23/22, 9/17/22, 10/15/22, 11/19/22*

4)-**Maternity Tour**-This a FREE 45 minute power point presentation of the Women's Center at Sentara Obici Hospital developed for expecting parents that already have children but may be new to the area or delivering at Sentara Obici Hospital for the first time. The tour includes viewing a labor and delivery room, a postpartum room, and the nursery area. Information will be provided about unit procedures, the registration process, and parking area.

The Maternity Tour is offered monthly from **6 pm to 7 pm**.

*Dates for 2022: 5/10/22, 7/12/22, 8/9/22, 9/13/22, 10/11/22, 11/15/22, 12/13/22*

Sentara produced 8 minute online tour link:

**U tube link-** <https://www.youtube.com/watch?v=QiWtj0oK1QI>

**Sentara.com link-** <https://www.sentara.com/hampton-roads-virginia/hospitalslocations/locations/sentara-obici-hospital/medical-services/family-maternity-center.aspx>

**Payment for all classes must be made in advance. Register at Sentara.com or call 1-800-SENTARA (1-800-736-8272).**

**There is NO FEE for Expecting Mothers with Medicaid or Virginia Premier. Please call 1-800-SENTARA (1-800-736-8272) to register for the fee to be waived.**

**Cancellation Policy: All registrations are subject to the following policy. Please notify us at least 24 hours prior to the course to cancel. A minimum class size is required. If class size is not met, you will be contacted about cancellation of the class and to help with rescheduling.**

For more information or questions, contact Lisa Milburn-(757) 934-4497 or Elizabeth Johnson-(757)-934-4563