

# *Childbirth and Parenting Preparation*

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The Tiny Toes Program is Winn Army Community Hospital's exclusive series of educational classes focused on giving you useful information at the adequate time. These classes are free to our patients. Spouses and family members are welcome to attend. Register for classes at The Women's Health Center or call 435-6633 or 1-800-652-9221 and follow the prompts to the Department of OB/GYN.



## **From Delivery to Parenthood**

3 childbirth classes reviewing labor and delivery, post partum and baby care. Registration starts at 28 weeks



## **Breastfeeding Class**

Registration starting at 28 weeks. Get a head start in learning how to give your baby the best a mother can offer; mother's milk.



## **Tiny Toes Together**

This sibling class is designed for children 3 to 12 years of age. Spend some fun time learning how to be an "official big brother or sister."

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## *Army Community Service (ACS) Programs*

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### **Baby Basic Training**



A unique class taught by men for men. No females allowed. Learn how to care for your baby with hands-on training.

Registration per social work services at  
435-6779

### **First Steps Program**



A valuable resource available free to female soldiers, spouses, and dependents living on or off post. First Steps can help you prepare for your baby, help you adjust to parenthood, answer basic perinatal questions, and locate available resources.

Call 756-6516 for more information