



RESOURCES LIST IN OKINAWA

**COVID19 might have affected some of these classes or resources, please call and confirm.*

A. FOR MILITARY AND FOREIGN FAMILIES IN OKINAWA

1. PARENT SUPPORT PROGRAMS

Japan Birth Resource Network

- Birth Circle gather with other expecting families as well as birth professionals to talk about your plans regarding your birth.
- Held at the Camp Courtney "Old USO"
- 2nd Friday evening of the month from 6:30-8:00 pm
- jbrn@militarybirthresourcenetwork.org
- <https://www.facebook.com/JapanBRN>

Parents in Uniform

- This class discusses the logistics of becoming a parent in the Marine Corps.
- It will provide information on the Marine Corps order, DEERS, Childcare, and Housing.
- This class is held once a month.
- Thursdays, from 1500-1630 at the WestPac on Camp Foster
- Registered in advance at 645-0396/098-970-0396

Nurturing Relationships (4 sessions)

- Learn knowledge, strategies, and positive communication skills to make healthy parenting and lifestyle choices.
- Locations may vary.
- Held at the Library or WestPac on Tuesdays from 1000-1200.
- Depending on the session the client signs up for, they will know the location beforehand.
- Registered in advance at 645-0396/098-970-0396

2. NEW PARENT SUPPORT PROGRAMS CAMP FOSTER

New Parent Support Program

- Foster Bldg. 439
- Camp Foster, MCCA Okinawa, Japan
- Local: 098-970-0396
- DSN: 315-645-0396

- International: 81-98-970-0396
- Email: mccsnewparentsupportokinawa@okinawa.usmc-mccs.org

** Click here to [download](#) the classes & group schedule FY 22/23

3. NEW PARENT SUPPORT KADENA AF

☐ Kadena Air Base Airman and Family Readiness Center

- Bldg 220
- 098-961-3366

☐ Newborn 101 + Dad 101

- Discuss everything about pregnancy and newborns.
- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ Baby Safety 123

- Discuss all things to keep your newborn safe.
- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ Before You Deliver

- Gain an understanding of pregnancy, stages of labor, and more.
- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ Breastfeeding Basics

- Discuss the basics of breastfeeding.
- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ Toddler Time

- The class will teach you to prepare a budget and discuss ways to save on specific baby items
- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ New Parent Orientation

- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, and times and register in advance at 634 0433

☐ Kadena Health Promotion and NPSP Introducing Solid Foods

- Held on Kadena AFB, BLD 90 Marek Park
- Call for dates, times and register in advance at 634 0433

☐ **Bundles for Babies**

- Budgeting for baby, reducing stress in a growing family.
- Attendees will receive a gift card and a baby growth chart.

☐ **Give Parents a Break**

- Designed to give parents relief through free childcare while the military member is deployed or TYD for more than 30 days.

4. PARENT SUPPORT KINSER

☐ **Play Morning Camp Kinser Chapel/Bldg. # 1092**

- Interactive, educational playgroups assist parents in learning developmentally-appropriate play techniques and help children improve their social, cognitive, and motor skills. Newborn to 5 years old.
- Wednesdays from 10:30 am - 12:00 pm.

5. PARENT SUPPORT GROUP FOR TWINS

Please call NPSP for more information on any of these resources.

☐ **Multiple Support Group**

- 2 hours. Anyone expecting multiples or has multiples on Okinawa.
- Mondays from 12:15 - 2pm.

6. PLAY GROUPS MILITARY BASES

(Double-check dates and times)

☐ **Play Morning Camp Foster SAC/Bldg. #1620**

- Thursdays at 10:00am - 12:00 pm

☐ **Play Morning Camp Courtney Chapel/Bldg. #4244**

- Friays at 10:00am - 11:30 am

7. CHILDBIRTH CLASSES CAMP FOSTER

☐ **Journey Through Pregnancy (4 week course)**

- The class provides you with helpful information to get your pregnancy off to a healthy start, emotional changes that come with pregnancy, baby's basic nutrition, safety, and care.
- Held on Wednesday from 1300-1430 and rotates bases (Camp Courtney, Foster and Kinser)
- Registered in advance at 645-0396/098-970-0396

☐ **Baby Boot Camp**

- The class will teach you about caring for baby from birth to six weeks. It discusses safety in the home, for cribs and car seats, how to diaper, bathe and soothe baby as well as feeding/breastfeeding.
- Held once a month, typically on Mondays, from 0815-1600 here on Camp Foster at BLDG 439 in the downstairs multi-purpose classroom.
- Registered in advance at 645-0396/098-970-0396

☐ **Budget for Baby Program**

- The class will teach you to prepare a budget and discuss ways to save on specific baby items
- Held on Camp Foster at BLDG 5717 I
- Registered in advance at 645-6808/2357 or 0989707808/2357
- www.nmcrs.org
- www.facebook.com/NMCRS.Okinawa

8. MILITARY HOSPITAL CHILDBIRTH CLASSES

***Please Call the hospital for updates in classes*

☐ **U.S. Naval Hospital Okinawa**

- (DSN) 646-7267
- 098-971-7267
- Held in the Perinatal Education Room, 4th Floor, E0212
- med.navy.mil

☐ **Prepared Childbirth**

- 4-part series (3hr class each week taught over a 4-week period).It
- Covers the basic anatomy and physiology of pregnancy, how to prepare for labor and delivery through relaxation and breathing techniques, addresses the stages of labor, pain management options, the birthing process, recovery, initial postpartum period, and basic newborn care.
- Recommended to be taken between 30-36 weeks. Register early.

☐ **Childbirth Basics**

- 2-hour class. A refresher course for experienced parents.
- Covering the signs and stages of labor, when to come to the hospital, a refresher on how to prepare for labor and delivery through relaxation and breathing techniques, a re-examination of pain management options, a refresher of the recovery process, the initial postpartum period, as well as information on hospital procedures.

☐ **Welcome to Pregnancy**

- 2-hour class.
- This childbirth education course is an overall view of what to expect here at the U.S. Naval Hospital Okinawa, Japan, during your pregnancy.

- Topics discussed are normal pregnancy symptoms, routine visits, emergencies and where to present for evaluation, our travel policy, and typhoon policy.
- Local representatives from WIC, Air Force, and Marines.
- New Family Support and Navy-Marine Corps Relief Society attend to present information on services they provide for all expectant parents.

☐ **Mother Infant Care Center (MICC) Tour**

- 1-hour tour.
- MICC is 14-bed labor, delivery, recovery, and postpartum unit and is able to accommodate a multitude of birthing options.
- Expecting parents can take a guided tour of the MICC in order to familiarize themselves better with the triage area, birthing suites, and waiting area for visitors.

9. BREASTFEEDING CLASSES

☐ **Breastfeeding 101**

- An introductory course to the wonderful art of breastfeeding.
- Topics covered are benefits to mom and baby, correct positioning and latching, frequency of feedings, how to know if your baby is getting enough, going back to work while breastfeeding, partner support and proper self-care during breastfeeding.
- Call for dates, times and register in advance at 634 0433

☐ **Breastfeeding Support Group**

- 2 hours. For anyone needing breastfeeding support and lactation services. Groups are offered twice a week.
- *Call the MICC or the hospital for an updated schedule

☐ **Mom2Mom Okinawa**

- A Facebook support group for breastfeeding parents. It holds free education calls and more.
- <https://www.facebook.com/groups/mom2momokinawa/>

☐ **Breastfeeding Moms of Okinawa**

- A Facebook support group for breastfeeding parents.
- <https://www.facebook.com/groups/377073652334528/>

10. BREASTFEEDING SUPPORT

☐ **Mom2Mom Okinawa**

- <https://www.facebook.com/groups/mom2momokinawa/>

☐ **Weekly meetings at the Naval Hospital.**

- Breastfeeding Pump & Equipment Suppliers
- Call the Naval Hospital for updated dates.

☐ **The Breastfeeding Shop Breast Pumps and supplies**

- 866-255-6779
- www.thebreastfeedingshop.com

11.LACTATION CONSULTANTS/ SPECIALISTS

☐ **U.S. Naval Hospital Lactation Consultant**

Office located at the 3rd floor of the US Naval Hospital (right outside the MICC)

☐ **Lindsey Blew**

facebook.com/glowlifeokinawabirthdoulaservices

Certified Breastfeeding Counselor

☐ **Dayana Harrison Lactation Visits**

www.dhbirthservices.com

Certified Integrative Lactation and Feeding Specialist

12.POSTPARTUM SUPPORT VISITS

☐ **Home Visiting**

- Home visitors work with families in a one-on-one setting to provide support and enhance parenting skills and consist of professional social workers and registered nurses with knowledge of the issues encountered by parents.
- Registered in advance at 645-0396/098-970-0396
- * Please call for availability

13.POSTPARTUM SUPPORT GROUP

☐ **Postpartum Support Group**

- 1.5 hours.
- An educational discussion group that provides support to new mothers and women in late-term pregnancy who are experiencing sadness, fatigue, anxiety, or depression.
- Wednesdays from 10:00 - 11:30am (call hospital)

☐ **Mother Baby Support Group**

- Understand the wide range of feelings that come with a new baby and how to let your community support you.
- Held in Kadena AFB BLD 90 -Marek Park
- Second (2nd) Monday of every month from 09:30 to 11:00
- Call Kadena Family Advocacy for more information at 635 0433

14. NEWBORN CLASSES

☐ Infant Massage Class

- Learn massage techniques that help with gas, colic, teething, congestion and regulating temperature. Infant Massage is a great way for both parents to connect and bond with the baby and also decreases the risk of Post-Partum Depression. (Beginning when baby is 6 weeks old.)
- Held at the Library or WestPac on Tuesdays from 1000-1100.
- *Registered in advance at 645-0396/098-970-0396

15. BABYWEARING SUPPORT

☐ The Carrying On Project (TCOP)

- www.carryingonproject.org
- okiplaydate@carryingonproject.org
- A home based charity that donates new and/or gently used carriers to military families and disabled veterans in need.
- TCOP in Okinawa is a group designed to provide information about TCOP sponsored play dates to families residing in Okinawa Japan.

16. WICO (Women Infants & Children Overseas)

☐ Kadena Bldg 428

- 011-81-98-938-1111, then 632-9427

☐ Camp Foster Bldg 5677

- 011-81-98-970-9302

☐ Camp Kinser Bldg 107

- 011-81-98-970-5555, then 637-4899

☐ Camp Courtney Bldg 4416

- 011-81-98-954-9424

17. DOULAS (BIRTH AND POSTPARTUM)

☐ Military Birth Resource Network

- Provides a list of all the doulas in Okinawa, Japan.
- www.militarybirthresourcenetwork.org

☐ Japan Birth Resource Network

- jbrn@militarybirthresourcenetwork.org
- <https://www.facebook.com/JapanBRN>

18. LOCAL JAPANESE MIDWIVES IN OKINAWA

☐ Fumie Itagaki (Musubiya Midwifery)

- +81 090 1220 1289
- musubiya038@gmail.com
- Facebook: <https://www.facebook.com/musubiya038>
- Instagram: <https://www.instagram.com/musubiya.mw/>
- Website: <https://musubiya-sanba.amebaownd.com/>

☐ Maya Terrace Midwifery

- +81 090 8768 5473
- mw.mayaterrace@gmail.com
- <https://www.instagram.com/mayaterracemidwifery/>

19. BIRTH CENTER/MATERNITY CLINICS

Open to foreigners and English-speaking families

☐ Yui Clinic

- +81 098 989 3801
- <https://www.yuiclinic.com/en/>
- Instagram: <https://www.instagram.com/yuiclinic/>

20. MILITARY MEDICAL/ INSURANCE CARE

☐ Tricare Pacific

- 098-970-9155

☐ US Naval Hospital OB/GYN

- 098-971-7267

☐ Mother Infant Care Center (MICC)

- 098-971-7181

21. PRENATAL EXERCISE

☐ One Strong Mama

- A wonderful resource for pregnancy and postpartum balancing and recovery.
- <https://onestrongmama.com/?osm=312>
- Coupon Code \$10: dcsY0312

☐ Prenatal Yoga

- Call the Foster gym for an updated schedule

☐ The Yoga Tree Okinawa

- Prenatal Yoga available

- +8105033903511

☐ PHAT Mermaids

- <https://www.facebook.com/phatmermaids>

☐ Dayana Harrison Private Classes

- www.dhbirthservices.com

22.POSTPARTUM EXERCISE

☐ Stroller Warriors Okinawa

- Free running club for military spouses & their family members in the Oki area.
- *Please find them on FB

☐ One Strong Mama

- A wonderful resource for pregnancy and postpartum balancing and recovery.
- <https://onestrongmama.com/?osm=312>
- Coupon Code \$10: dcsY0312

23.POSTPARTUM EXERCISE FOR PROLAPSE

☐ POP UP: An Uplift Resource

- POP UP is a comprehensive educational course specifically created for those managing pelvic organ prolapse. It is delivered entirely online with video modules on topics like exercise, sex, treatment options, body image, pelvic floor physical therapy, daily movement activities, and more.
- Website: <https://pop-s-school.thinkific.com/?ref=693af0>

☐ POP Uplift: An Uplifting Guide + 12 Weeks of Foundation Strength

- <https://pop-s-school.thinkific.com/bundles/pop-up-pop-up-lift?ref=693af0>

☐ POP Uplift:+ 12 Week Foundations + Strength Circuits + Return to Run

- <https://pop-s-school.thinkific.com/bundles/ultimate-bundle-pop-up-12-weeks-of-foundation-al-strength-12-weeks-of-strength-circuits-and-pop-up-run?ref=693af0>

24.MATERNITY UNDERWEAR: CORE AND PELVIC FLOOR SUPPORT

☐ Bao Bei Body

- Pelvic Floor and Core Support Underwear for Pregnancy and/or Postpartum
- https://www.baobeibody.com/?sca_ref=1709255.2esSUFVfJH
- They offer a 15% coupon for pelvic floor trainers: dhbirthservices15

25.ACUPUNCTURISTS

☐ Rina Yoshida Acupuncturist & Moxibution

- email: anuenuemana.ry18@gmail.com

- English speaking

☐ **Arata Clinic**

- 098 989 8076

☐ **Okinawa Energy Chiropractic Care**

- 098-926-0756
- www.okinawaenergy.com

☐ **Toido Acupuncture**

- 098 939 2256

26.CHIROPRACTORS

☐ **Dr. Masahito Kanai DC**

- 080-6601-4941

☐ **Niseko Chiropractor**

- Website: www.nisekochiropractic.com
- +81 80-8152-7136

☐ **Pacific Family Chiropractor**

- Emily Akiyama
- www.pacificfamilychiro.com

☐ **Okinawa Energy Chiropractic Care**

- 098-926-0756
- www.okinawaenergy.com

27.MASSAGE THERAPIST

☐ **Kadena Rissner GYM**

- Call to schedule an appointment

☐ **Foster Gunner's Gym**

- 645-3141

☐ **Shanbio Off Base Prenatal Massage**

- 098-983-7778
- Shanbio.com

28.ROLFING

☐ **Akihiko Tsubuku**

- http://akihikotsubuku.com/?page_id=57609

24. NATUROPATHIC/HOMEOPATHIC SERVICES

☐ Yui Clinic

- 098-989-3801
- Yuiclinic.com

29. HEALTH FOOD STORES

☐ Green Leaf Market Organic Foods

- 098-923-3870
- www.greenleafoods.com
- FB@greenleafoods

☐ Organic and Natural Shop - Tenbusu

- 098-880-6866
- Tenbusu.ti-da.net

B. OTHER LOCAL JAPANESE RESOURCES

C. ONLINE RESOURCES

- ☐ www.evidencedbasedbirth.com
- ☐ www.lamaze.org
- ☐ www.childbirthconnection.org
- ☐ www.spinningbabies.com
- ☐ www.VBACfacts.com
- ☐ www.who.int
- ☐ www.kellymom.com
- ☐ www.vbaclink.com
- ☐ www.kellymom.com
- ☐ www.onestrongmama.com/?osm=312
- ☐ Learning and healing prolapse: <https://pop-s-school.thinkific.com/?ref=693af0>