



RESOURCES LIST IN OKINAWA

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

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 of 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

NEW PARENT SUPPORT

New Parent Support Program

Foster Bldg. 439

Camp Foster, MCCA Okinawa, Japan

Local: 098-970-0396

DSN: [315-645-0396](tel: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

MILITARY BASE CHILDBIRTH CLASSES

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

MILITARY HOSPITAL CHILDBIRTH CLASSES

U.S. Naval Hospital Okinawa

(DSN) 646-7267

098-971-7267

**Please Call the hospital for updated in classes

- Held in the Perinatal Education Room, 4th Floor, E0212
- med.navy.mil

Prepared Childbirth

- 4 part series (3hr class each week taught over 4 week period). Covers 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, 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 Marine

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 a 14 bed labor, delivery, recovery, 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 better familiarize themselves with the triage area, birthing suites, and waiting area for family.

POSTPARTUM 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

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)

INFANT MASSAGE CLASS

Infant Massage

- 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

PARENT SUPPORT

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 at 10:30 am - 12:00 pm

Play Morning Camp Foster SAC/Bldg. #1620

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

Play Morning Camp Courtney Chapel/Bldg. #4244

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

PARENT SUPPORT GROUP FOR TWINS

Multiple Support Group

- 2 hours. Anyone expecting multiples or has multiples on Island. Mondays from 12:15 - 2pm.
- *Please call NPSP for more information on any of these resources.

PRENATAL EXERCISE

Prenatal Yoga (FREE)

- Call the Foster gym for an updated schedule

The Yoga Tree Okinawa

Prenatal Yoga available
+8105033903511

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.

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 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/>

KADENA AIR BASE CHILDBIRTH SUPPORT

Kadena Air Base Airman and Family Readiness Center

Bldg 220

098-961-3366

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.

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

BREASTFEDDING SUPPORT

❑ Mom2Mom Okinawa

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

❑ Weekly meetings at the Naval Hospital.

BABYWEARING SUPPORT

❑ The Carrying On Project

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.

BIRTH DOULAS

- Military Birth Resource Network has a listed of all the doulas in Okinawa, Japan.

www.militarybirthresourcenetwork.org

POSTPARTUM DOULAS

- Military Birth Resource Network has a listed of all the doulas in Okinawa, Japan.

www.militarybirthresourcenetwork.org

MIDWIVES

There is only one independent midwife that I know of. She supports home births and waterbirths.

-Maya Terrace Midwifery

090-8768-5473

mw.mayaterrace@gmail.com

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

MASSAGE THERAPISTS

- ❑ Gunner's Gym Prenatal Massage
- 645-3141

- ❑ Shanbio Off Base Prenatal Massage
- 098-983-7778
- Shanbio.com

ROLFING

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

LACTATION CONSULTANTS

- ❑ 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

MEDICAL CARE

- ❑ Tricare Pacific
- 098-970-9155

- ❑ US Naval Hospital OB/GYN
- 098-971-7267

- ❑ Mother Infant Care Center (MICC)
- 098-971-7181

OFF BASE MEDICAL CARE

- ❑ Yui Clinic
- 098-989-3801

Yuiclinic.com

NATUROPHATIC/HOMEOPATHIC SERVICES

☐ Yui Clinic
-098-989-3801
Yuiclinic.com

BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS

☐ The Breastfeeding Shop Breast Pumps and supplies
-866-255-6779
www.thebreastfeedingshop.com

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.fi-da.net

POSTPARTUM EXERCISE SUPPORT GROUP

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

ACUPUNCTURE CLINIC

☐ Rina Yoshida Acupuncturist & Moxibution
email: anuenumana.ry18@gmail.com

☐ Arata Clinic
098 989 8076

☐ Okinawa Energy Chiropractic Care
-098-926-0756
www.okinawaenergy.com

☐ Toido Acupuncture
098 939 2256

BODY STRESS RELEASE

Excellent for pregnancy, postpartum, and babies after childbirth. It helps relieve the different nervous tensions and stress that the bodies go through.

☐ Pascal Kent

<https://www.facebook.com/bsr.pascal>

Phone/ +1 (831) 747-0366

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.onestrongmama.com/?osm=312 Coupon Code \$10: dcsY0312