



# Pregnancy and Childbirth

## Online Class Schedule and Resources 2026

### Childbirth Education (In-Person)

Learn how to prepare for labor, birth, and early parenthood in a class with other expectant parents. This is a free class offered by Wilcox Medical Center.

You will explore your new role as a parent as well as the needs and activities of your newborn. Over four weeks, we will cover:

- Body conditioning
- Relaxation and breathing techniques
- Signs of labor
- Labor and delivery
- Cesarean birth
- Postpartum issues
- Breastfeeding
- Medications and hospital procedures
- A tour of the medical center is also included

**NOTE:** It is best to register for this class in your 3rd trimester, closer to your due date.

**To register or for more information**, please call **808-245-1441** or **808-245-1433**. **Register online** at <https://www.hawaiipacifichealth.org/wilcox/health-wellness/classes/>.

**Fee:** No fee

**Location:** Wilcox Memorial Hospital, 3-3420 Kuhio Hwy, Lihue, HI 96766

**Duration:** 4 weeks

### Car Seat Checks on Kauai

Join a Kapiolani Certified Child Passenger Safety Technician for a free, 30–45-minute car seat inspection. Learn how to correctly install and use your child's car seat or booster seat.

**To register or for more information**, please contact **Christina Christunas** at **808-245-1441** or email [christina.christunas@wilcoxhealth.org](mailto:christina.christunas@wilcoxhealth.org). **Register online** at <https://www.hawaiipacifichealth.org/wilcox/health-wellness/classes/>.

**Fee:** No fee

**Location:** Wilcox Memorial Hospital, 3-3420 Kuhio Hwy, Lihue, HI 96766

**Duration:** 35-40 minutes

### Maternity Tours

Visit our private birthing suites and learn more about the birthing experience at Wilcox Memorial Hospital.

To register or for more information, please call **808-245-1441**.

**Fee:** No fee

**Location:** Wilcox Memorial Hospital, 3-3420 Kuhio Hwy, Lihue, HI 96766

### Childbirth Education (Online)

Discuss your questions and concerns with other pregnant women in a relaxed setting. Learn about your changing body and the signs and stages of labor. Review relaxation exercises, breathing techniques, and comfort measures for labor. Connect with your birth partner and discuss your birthing options, positions for labor, and pain management. Members only. Partners welcomed. Pre-registration required.

**Fee:** No fee

**Location:** Online via Microsoft Teams

**Time:** 6:00 p.m. to 9:00 p.m. (3 hours)

**Dates:** One Session (1), 1/8, 1/21, 2/5, 2/19, 3/11, 3/26, 4/13, 4/23, 5/4, 5/25, 6/11, 6/25, 7/8

### Understanding Breastfeeding (Online)

Breastfeeding offers many health benefits to you and your baby. This workshop can get you started with skills to help you breastfeed with confidence so you and your baby can enjoy your time together.

Members only. Partners welcomed. Pre-registration required.

**Fee:** No fee

**Location:** Online via Microsoft Teams

**Day/time:** Third Monday of the Month, 6:30 p.m. to 8:30 p.m. (2 hours)

**Sessions:** One Session (1), 1/19, 2/16, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/14\* (2nd Monday of the Month)

### Welcome to Pregnancy Care with Kaiser Permanente (Online)

Ideal for early pregnancy! This two-hour informational session covers the basics of prenatal care at Kaiser Permanente. Get the help you need to navigate your pregnancy journey and get your questions answered.

Open to the community. Pre-registration required.

**Fee:** No fee

**Location:** Online via Microsoft Teams

**Day/time:** 4th Wednesday of Each Month, 6:30 p.m. to 8:30 p.m. (2 hours)

**Sessions:** One Session (1), 1/28, 2/25, 3/25, 4/22, 5/27, 6/24, 7/22, 8/26, 9/23, 10/28, 11/25, 12/23

**To register or for more information on any of the classes above,** please call **(808) 432-2260** or email [kaiserpermanente.healthylivingclasses@kp.org](mailto:kaiserpermanente.healthylivingclasses@kp.org)

### Reach Out Stay Strong Essentials (ROSE) (Online)

Are you pregnant or have you recently delivered a baby?

Having a baby can bring about many changes in a mother's life. Here at Kaiser Permanente, we are committed to helping mothers get a good start for their babies. When moms are happier, they raise healthier and happier children.

We are offering the ROSE (Reach Out, Stay Strong Essentials) Program; classes for pregnant women to educate themselves on the types of changes to expect once the baby arrives and how to manage these changes successfully.

Weekly sessions will cover the following topics:

- Session 1: Education on Postpartum Depression
- Session 2: Being a Mother
- Session 3: Relationships and Communication
- Session 4: Planning for the Future

Who should attend? Pregnant or recently delivered women who may be at risk for Perinatal Depression or are interested in preparing for how pregnancy and motherhood may change or impact their lives.

Members only. May be referred through OBGYN or Integrated Behavioral Health. Pre-registration required.

**Fee:** No fee

**Location:** Online Video Visit via Zoom

**Day/time:** Thursdays, 11:30 a.m. to 1:00 p.m.

**Sessions:** 4 (once per week)

**To register or for more information on the ROSE Program,** please call your OBGYN Advice RN at **(833) 833-3333** or discuss registration at your next OBGYN visit.

### Online Resources

#### Pre-Natal Yoga - Recording

<https://youtu.be/731xMrh8XBA>

#### Newborn Care Part 1 - Recording

[https://youtu.be/\\_Py-U720nt0](https://youtu.be/_Py-U720nt0)

#### Newborn Care Part 2 - Recording

<https://youtu.be/ZZqtPTy0gmQ>

#### Pregnancy and Healthy Living - Recording

<https://youtu.be/g83TH8k5i7Y>

#### Family Birth Center (Hawaii) Maternity Resources and Videos

<https://kpfamilybirthcenter.org/>

#### Health and Wellness Maternity Resources and Videos

<https://kp.org/maternity>