Registration Form

Name(s) _____

_____

Address _____

_____

City _____ State _____

Zip _____

Phone (H) _____

Phone (W) _____

Email _____

Physician _____

Due Date _____

Classes

Prepared Childbirth Class

___ Jan. ___ March ___ May ___ July ___ Sept. ___ Nov.

Hydrotherapy Class

___ Feb. ___ April ___ June ___ Aug. ___ Oct. ___ Dec.

Breastfeeding Class

___ Feb. ___ April ___ June ___ July ___ Sept. ___ Nov.

Siblings Class

___ Feb. ___ April ___ June ___ Aug. ___ Oct. ___ Dec.

For Further Information or To Register

Please contact the Executive Administrative Assistant by calling 608.377.8688 or mail registration to: Tomah Health
501 Gopher Drive, Tomah, WI 54660

Early registration is advised.
There is no fee to attend.

Tomah Health
TOGETHER IN CARE

501 Gopher Drive, Tomah, WI 54660 | 608-372-2181
Visit us on the web at tomahhealth.org

March 2023

Childbirth Education



Tomah Health
TOGETHER IN CARE

Classes



Prepared Childbirth Class

This all-inclusive course will assist you in planning your birth experience. You and your partner can support each other through pregnancy, labor and birth by understanding the birthing process and practicing massage, relaxation and coping techniques together.

You will learn about the physical changes you will experience, pain relief options, and possible complications including Cesarean birth. You will also learn about newborn characteristics and basic care.

Pre-Birth Planning and Tour will also be included in the first part of the class.

Dates Offered:
January 26, 2023
March 23, 2023
May 18, 2023
July 13, 2023
September 7, 2023
November 2, 2023

Time: 5:30 p.m. – 8:30 p.m.

Location: Tomah Health
Please obtain Conference Room 1B & 1C directions from the receptionist at the main entrance of the hospital.

Fee: Free

Hydrotherapy Class

Do you have questions, concerns, or just curiosity about water-birth? This is the class for you. Come see what water-birth is all about. Lean how this technique can assist in promoting a calm, safe and relaxed birth experience.

Dates offered: Thursday Evenings
February 9, 2023
April 6, 2023
June 8, 2023
August 10, 2023
October 12, 2023
December 14, 2023

Time: 7:00 p.m. – 8:00 p.m.

Location: Tomah Health
Please obtain Conference Room 1B or 1C directions from the receptionist at the main entrance of the hospital.

Fee: Free

Breastfeeding Class

This class is designed to prepare your family for the breastfeeding experience. During this class, information will be presented on the advantages of breastfeeding, prenatal preparation, healthy nutrition, the partner's role and returning to work while continuing to breastfeed.

Dates Offered:
February 2, 2023
April 6, 2023
June 1, 2023
July 27, 2023
September 21, 2023
November 16, 2023

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health
Please obtain Conference Room 1B or 1C directions from the receptionist at the main entrance of the hospital.

Fee: Free

Car Seat Safety & Infant CPR Class

An Infant CPR & Car Seat Safety class.

By Appointment Only:
Call 608-377-8400 to:

- Set up an appointment
- Receive car seat recommendations
- Get help with installation
- Ask questions

Fee: Free



Sibling Class

The Sibling Class is designed to prepare children for the arrival of a new brother or sister.

Dates Offered: Thursday Evenings
February 9, 2023
April 6 2023
June 8, 2023
August 10, 2023
October 12, 2023
December 14, 2023

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health
Please obtain Conference Room 1B or 1C directions from the receptionist at the main entrance of the hospital.

Fee: Free