



### Pre-Birth Planning & Tour Class

Join us for a free class and tour that will allow you to learn what to expect prior to the birth of your baby.

Pre-Birth Planning and Tour is also offered in the first part of the Prepared Childbirth Classes (see other side of pamphlet for dates)

#### Dates offered

February 12, 2020

April 8, 2020

June 3, 2020

August 12, 2020

October 7, 2020

December 16, 2020

**Time:** 5:00 p.m. – 6:00 p.m

**Location:** Tomah Health

Please obtain Conference Room directions from the receptionist at the main entrance of the hospital.

**Fee:** Free

## Registration Form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Physician \_\_\_\_\_ Due Date \_\_\_\_\_

## Classes

### Pre-Birth Planning & Tour Class

\_\_ February \_\_ April \_\_ June \_\_ August \_\_ October \_\_ December

### Prepared Childbirth Class

\_\_ January \_\_ March \_\_ May \_\_ July \_\_ September \_\_ November

### Hydrotherapy Class

\_\_ February \_\_ April \_\_ June \_\_ August \_\_ October \_\_ December

### Breastfeeding Class

\_\_ January \_\_ March \_\_ May \_\_ July \_\_ September \_\_ November

### Sibling Class

\_\_ February \_\_ April \_\_ June \_\_ August \_\_ October \_\_ December

### Infant CPR / Car Seat Safety Class

\_\_ February \_\_ April \_\_ June \_\_ August \_\_ October \_\_ December

## For Further Information or To Register

Please contact the Executive Administrative Assistant at (608) 377-8688 or mail registration to:  
Tomah Health, 501 Gopher Drive, Tomah, WI 54660

Early registration is advised.

# Childbirth Education



501 Gopher Drive, Tomah, WI 54660 | 608-372-2181

Visit us on the web at [tomahhealth.org](http://tomahhealth.org)

November 2019

# 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.

Please bring two pillows on second night and dress in comfortable clothing.

### Dates offered

January 8 & 15, 2020

March 11 & 18, 2020

May 6 & 13, 2020

July 15 & 22, 2020

September 9 & 16, 2020

November 4 & 11, 2020

**Time:** 5:45 p.m. – 8:30 p.m

**Location:** Tomah Health

Please obtain Conference Room 1B directions from the receptionist at the main entrance of the hospital.

**Fee:** \$35.00

## Hydrotherapy Class

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

### Dates offered (Thursday evenings)

February 6, 2020

April 2, 2020

June 4, 2020

August 6, 2020

October 1, 2020

December 3, 2020

**Time:** 7:00 p.m. – 9:00 p.m

**Location:** Tomah Health

Please obtain Conference Room 1B directions from the receptionist at the main entrance of the hospital.

**Fee:** \$10.00

## Breastfeeding Class

This 2-hour 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

January 30, 2020

March 25, 2020

May 21, 2020

July 30, 2020

September 23, 2020

November 18, 2020

**Time:** 6:00 p.m. – 8:00 p.m

**Location:** Tomah Health

Please obtain Conference Room 1B directions from the receptionist at the main entrance of the hospital.

**Fee:** \$10.00



## Sibling Class

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

### Dates offered (Thursday evenings)

February 6, 2020

April 2, 2020

June 4, 2020

August 6, 2020

October 1, 2020

December 3, 2020

**Time:** 5:30 p.m. – 6:30 p.m

**Location:** Tomah Health

Please obtain Conference Room 1B directions from the receptionist at the main entrance of the hospital.

**Fee:** \$10.00 one child, \$15.00 two or more

## Infant CPR & Car Seat Safety Class

An Infant CPR & Car Seat Safety class.

### Dates offered

February 13, 2020

April 9, 2020

June 18, 2020

August 13, 2020

October – date to be determined

December – date to be determined

**Time:** 6:00 p.m. – 7:30 p.m

**Location:** Tomah Health

Please obtain Conference Room 1B directions from the receptionist at the main entrance of the hospital.

**Fee:** Free