

Registration Form

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (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 March June Aug Oct Dec

Sibling Class

Feb April June Aug Oct Dec

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

July 2021

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 6, 2021

March 25, 2021

May 20, 2021

July 15 & 22, 2021

September 16 & 23, 2021

November 11 & 18, 2021

Time: 5:45 p.m. – 8:00 p.m

Location: Tomah Health

Please obtain Conference Room 1B & 1C 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 11, 2021

April 8, 2021

June 10, 2021

August 12, 2021

October 7, 2021

December 9, 2021

Time: 7:00 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

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

February 2, 2021

March 30, 2021

June 10, 2021

August 12, 2021

October 7, 2021

December 2, 2021

Time: 6:30 p.m. – 8:00 p.m

Location: Tomah Health

Please obtain Conference Room 1C 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 11, 2021

April 8, 2021

June 10, 2021

August 12, 2021

October 7, 2021

December 9, 2021

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

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