

2026 Classes

Prepared Childbirth Class

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

Hydrotherapy Class

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

Breastfeeding Class

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

Siblings Class

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

For Further Information or To Register

Please feel free to reach out if you have any questions by emailing Tomah Health's Women's Health Educators at WHClass@tomahhealth.org.



Visit [TomahHealth.org/childbirth-education/](https://www.TomahHealth.org/childbirth-education/) to view our 2026 classes and to sign up!

Early registration is advised.

Education classes are free to the public.

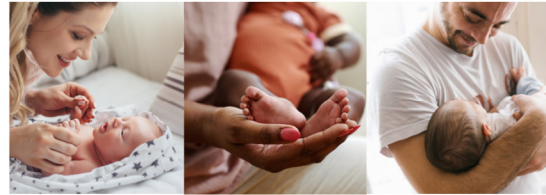


Steps To Register Online

Start by visiting:

www.TomahHealth.org/childbirth-education/

CHILDBIRTH EDUCATION



Tomah Health offers expecting parents services and education to help prepare for their new arrival! Click on each of the classes below for a detailed description of the class and to click on the date of the class you would like to attend.

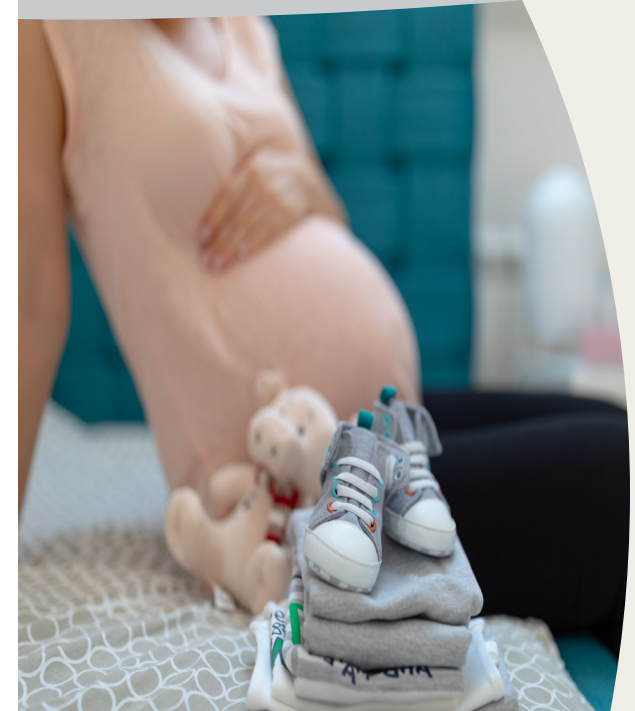
1. Click on the heading or the + sign of the class you would like to attend. Then click on the class date you would like to attend.
2. The page will open to the set event where you will then click the "register now" button.
3. You will then select your date in the first dropdown and fill out the registration information.
4. After completed hit submit. You will receive a confirmation email shortly after.



501 Gopher Drive, Tomah, WI 54660 | 608-372-2181
Visit us on the web at [tomahhealth.org](https://www.tomahhealth.org)

January 2026
WH001

Childbirth Education



Expecting parents will find free services and education to help prepare for their baby's arrival at Tomah Health.



Classes



Prepared Childbirth Class

This free 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 primary care.

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

Dates Offered:

January 17, 2026
March 14, 2026
May 9, 2026
July 18, 2026
September 12, 2026
November 7, 2026

Time: 9:00 a.m. – Noon

Location: Tomah Health

For Saturday morning classes, please enter through the ED entrance and obtain directions from the ED receptionist for Conference Rooms 1B & 1C.

Hydrotherapy Class

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

Dates offered:

February 5, 2026
April 2, 2026
June 4, 2026
August 6, 2026
October 1, 2026
December 3, 2026

Time: 7:00 p.m. – 8:30 p.m.

Location: Tomah Health

For Evening classes, please use our Emergency Room entrance. Our main hospital entrance is closed at 6 pm. The ED receptionist will provide directions for Conference Rooms 1B & 1C.

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:

January 28, 2026
March 25, 2026
May 20, 2026
July 29, 2026
September 23, 2026
November 18, 2026

Time: 5:30 p.m. – 7:00 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the hospital's main entrance.

Fee: Free

Car Seat Safety Class

By Appointment Only with a Child Passenger Safety Technician

Call 608-377-8400 to:

- Set up an appointment
- Receive education on how to safely transport your child
- 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:

February 5, 2026
April 2, 2026
June 4, 2026
August 6, 2026
October 1, 2026
December 3, 2026

Time: 5:30 p.m. – 6:30 p.m.

Location: Tomah Health

Please obtain Conference Room 1B & 1C directions from the receptionist at the hospital's main entrance. **Fee:** Free