

## 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.

# Childbirth Education



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

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

May 2023



# 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. Learn 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 & 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 & 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 & 1C directions from the receptionist at the main entrance of the hospital.

**Fee:** Free