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. The Childbirth Education classes are offered from **5:30-8:30 p.m.** at the hospital; please obtain directions to the Classroom from the receptionist at the main entrance of the hospital. Please bring two (2) pillows on second night and dress in comfortable clothing. The fee for the class is **$35.00** and offered:

- January 24 & 31, 2018
- March 21 & 28, 2018
- May 16 & 23, 2018
- July 24 & 31, 2018
- September 24 & 31, 2018
- November 6 & 13, 2018

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. Classes are offered **Thursday** evenings from **7:00 – 9:00 p.m.** at the hospital. Please obtain directions to the Classroom from the receptionist at the main entrance of the hospital. The fee for the class is **$10.00** and is offered:

- February 1, 2018
- April 5, 2018
- June 7, 2018
- August 2, 2018
- October 4, 2018
- December 6, 2018

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. The classes are offered on **Thursday** evenings from **6:00 – 8:00 p.m.** at the hospital. The fee for the class is **$10.00** and offered:

- January 18, 2018
- March 8, 2018
- May 17, 2018
- July 19, 2018
- September 20, 2018
- November 8, 2018

Sibling Class

The Sibling Class is designed to prepare children for the arrival of a new brother or sister. The cost for the class is **$10.00** for one child; **$15.00** for two or more. The classes are on **Thursday** evenings from **5:30 – 6:30 p.m.** at the hospital on the following dates:

- February 1, 2018
- April 5, 2018
- June 7, 2018
- August 2, 2018
- October 4, 2018
- December 6, 2018

Infant CPR & Car Seat Safety Class:

An Infant CPR & Car Seat Safety class will be held on the following dates at the hospital from **6:30 – 8:30 p.m.**:

- February 7, 2018
- April 11, 2018
- June 6, 2018
- August 22, 2018
- October 10, 2018
- December 5, 2018
Pre-Birth Planning & Tour Class:

Join us for a *Free* class on tour that will allow you to learn what to expect prior to the birth of your baby. The class will be held on the following dates at the hospital from **5:00 – 6:00 p.m.**:

- January 17, 2018
- February 14, 2018
- March 14, 2018
- April 18, 2018
- May 9, 2018
- June 14, 2018
- July 12, 2018
- August 15, 2018
- September 12, 2018
- October 17, 2018
- November 14, 2018
- December 12, 2018

REGISTRATION FORM

Name(s)___________________________
Address___________________________
City___________ State_____ Zip______
Phone (H)___________ (W)___________
Physician___________ Due Date______

Classes:

**Prepared Childbirth Class:**
- January _________
- March _________
- May _________
- July __________
- September__________
- November___________

**Infant CPR / Car Seat Safety Class:**
- February________
- April___________
- June___________
- August____________
- October___________
- December___________

**Breastfeeding Class:**
- January _________
- March _________
- May _________
- July __________
- September__________
- November___________

**Sibling Class:**
- February________
- April___________
- June___________
- August____________
- October___________
- December___________

**Hydrotherapy Class:**
- February________
- April___________
- June___________
- August____________
- October___________
- December___________

**Pre-Birth Planning & Tour Class:**
- Jan ______
- Feb ______
- March ______
- April ______
- May ______
- June ______
- July ____
- Aug ______
- Sept ___
- Oct ___
- Nov ___
- Dec ___

For Further Information or To Register:
Please contact the Administrative Assistant at (608)374-6605 or mail registration to: Tomah Memorial Hospital, 321 Butts Avenue, Tomah, WI 54660. Early registration is advised.