

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 23 & 30, 2018
March 7 & 14, 2018
May 9 & 15, 2018
July 10 & 17, 2018
September 19 & 26, 2018
November 7 & 14, 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 August 2, 2018
April 5, 2018 October 4, 2018
June 14, 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 July 19, 2018
March 8, 2018 September 20, 2018
May 17, 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 August 2, 2018
April 5, 2018 October 4, 2018
June 14, 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 **6:00 – 8:00 p.m.:**

February 7, 2018 October 24, 2018
August 8, 2018 December 19, 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	July 12, 2018
February 14, 2018	August 15, 2018
March 14, 2018	September 12, 2018
April 18, 2018	October 17, 2018
May 9, 2018	November 14, 2018
June 14, 2018	December 12, 2018



REGISTRATION FORM

Name(s) _____
Address _____
City _____ State _____ Zip _____
Phone (H) _____ (W) _____
Physician _____ Due Date _____

Classes:

Prepared Childbirth Class:

January _____ July _____
March _____ September _____
May _____ November _____

Infant CPR / Car Seat Safety Class:

February _____ August _____
October _____ December _____

Breastfeeding Class:

January _____ July _____
March _____ September _____
May _____ November _____

Sibling Class:

February _____ August _____
April _____ October _____
June _____ December _____

Hydrotherapy Class:

February _____ August _____
April _____ October _____
June _____ December _____

Pre-Birth Planning & Tour Class:

Jan _____ May _____ Sept _____
Feb _____ June _____ Oct _____
March _____ July _____ Nov _____
April _____ Aug _____ 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.



CHILDBIRTH EDUCATION 2018