

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 7 & 15, 2019
March 20 & 27, 2019
May 14 & 21, 2019
July 17 & 24, 2019
September 17 & 24, 2019
November 5 & 12, 2019



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 7, 2019 August 8, 2019
April 4, 2019 October 3, 2019
June 6, 2018 December 5, 2019

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 17, 2019 July 18, 2019
March 21, 2019 September 19, 2019
May 16, 2019 November 14, 2019

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 7, 2019 August 8, 2019
April 4, 2019 October 3, 2019
June 6, 2019 December 5, 2019



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 12, 2019 August 20, 2019
April 10, 2019 October 8, 2019
June 18, 2019 December 10, 2019

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 9, 2019	July 9, 2019
February 6, 2019	August 7, 2019
March 6, 2019	September 18, 2019
April 17, 2019	October 16, 2019
May 15, 2019	November 13, 2019
June 11, 2019	December 11, 2019



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 _____
April _____ October _____
June _____ 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 2019