

Registration Form

Name(s) _____

Address _____

City _____ State _____

Zip _____

Phone (H) _____

Email _____

Physician _____

Due Date _____

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 contact the Executive Administrative Assistant by calling 608.377.8688 or mail in this registration form to:

Tomah Health

Attn: Executive Administrative Assistant
501 Gopher Drive, Tomah, WI 54660

Early registration is advised.
There is no fee to attend.



501 Gopher Drive, Tomah, WI 54660 | 608-372-2181
Visit us on the web at tomahhealth.org

Childbirth Education



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



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 primary care.

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

Dates Offered:

January 11, 2025
March 8, 2025
May 10, 2025
July 12, 2025
September 13, 2025
November 8, 2025

Time: 8:00 a.m. – 11:00 a.m.

Location: Tomah Health

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

Fee: Free

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 4, 2025
April 8, 2025
June 3, 2025
August 5, 2025
October 7, 2025
December 2, 2025

Time: 7:00 p.m. – 8:30 p.m.

Location: Tomah Health

Please use our Emergency Room entrance. Our main hospital entrance is closed at 6 pm.

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 29, 2025
March 26, 2025
May 28, 2025
July 23, 2025
September 17, 2025
November 12, 2025

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:

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:

February 4, 2025
April 8, 2025
June 3, 2025
August 5, 2025
October 7, 2025
December 2, 2025

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