

OB CLASS REGISTRATION 2021



Name _____ Support Person _____
Address _____ City _____ State _____ Zip _____
Primary Phone _____ Email _____
Provider/Doctor _____ Due Date _____

Classes are designed to help prepare parents for pregnancy and childbirth and will provide an opportunity to better understand the body, the changes that occur during pregnancy and the birthing process. Once registration is processed a confirmation letter will be sent to you.

Please check the class(es) you are registering for and a date for each. Pre-registration is requested. If you have questions, please contact the OB Department at 715-284-1329.

CHILDBIRTH EDUCATION CLASSES - FREE

Two-Day Weekend Series; 6:30 p.m. to 9:00 p.m. on Friday and 9:00 a.m. to 1:00 p.m. on Saturday

- | | | |
|---|--|---|
| <input type="checkbox"/> February 12 & 13 | <input type="checkbox"/> April 9 & 10 | <input type="checkbox"/> June 11 & 12 |
| <input type="checkbox"/> August 13 & 14 | <input type="checkbox"/> October 8 & 9 | <input type="checkbox"/> December 10 & 11 |

Please choose **ONE** of the above Childbirth Education Dates.

ONLINE CHILDBIRTH EDUCATION COURSE - FREE

- Educational Information & Course Booklet

How would you like to receive your booklet?

- I will pick up my booklet at the BRMH OB Department.
- Please mail my booklet to the address listed below.

BREASTFEEDING CLASS - FREE

Breastfeeding classes are held Tuesdays from 6:30 - 8:00 p.m.

- | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> January 12 | <input type="checkbox"/> March 9 | <input type="checkbox"/> May 11 |
| <input type="checkbox"/> July 13 | <input type="checkbox"/> September 14 | <input type="checkbox"/> November 9 |

Mail Registration form to:
Black River Memorial Hospital
OB Department
711 West Adams Street
Black River Falls, WI 54615

INFORMATION ABOUT CLASS REGISTRATION



Childbirth education classes are encouraged to ensure a more satisfying birth experience. It is important to prepare for life-changing and memorable events such as a graduation or wedding. Having a baby is just as life-changing and memorable. It too, should be just as important to prepare for. Some of the many benefits in attending childbirth education classes include:

- Prepare for what to expect during the labor and delivery process.
- Build confidence in the body's ability to give birth and decrease anxiety.
- Support partner tips for the big day.
- Pain relief options, including: massage, relaxation, positioning, breathing and medication.
- OB Department tour.
- Get questions answered about the birthing process.

Class sizes are small, offering the opportunity to connect with others in a relaxed setting as you learn the secrets of nurturing a healthy family.

TWO-DAY WEEKEND CHILDBIRTH EDUCATION CLASS - FREE

This class is held on a Friday and a Saturday in February, April, June, August, October and December. The class is held from 6:30 p.m. - 9:00 p.m. on Friday night and 9:00 a.m. - 1:00 p.m. on Saturday at Black River Memorial Hospital.

ONLINE CHILDBIRTH EDUCATION COURSE - FREE

The online childbirth education course offers the opportunity to complete the childbirth class at home. Educational information and a course booklet are available at the Black River Memorial Hospital OB Department or can be mailed to you at your request.

BREASTFEEDING CLASS - FREE

During one evening class, you will learn the benefits of breastfeeding for mom, baby and the family. This class is held the second Tuesday of January, March, May, July, September and November from 6:30 p.m. - 8:00 p.m. at Black River Memorial Hospital.

**Pre-registration is requested.
Call the OB Department at
715-284-1329**