Black River Health

CHILDBIRTH & BREASTFEEDING EDUCATION

REGISTRATION 2026

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. A confirmation letter or phone call will be sent to you one week before the date(s) of the class.

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

***Please note, a minimum of three participants must register to hold a class. Class dates and times are subject to change.* Please feel free to bring a beverage and snacks to enjoy during any of these classes.**

☐ CHILDBIRTH EDUCATION CLASSES – FREE

Childbirth Education Classes are held Thursdays from 5:30 p.m. to 9:00 p.m. Please select the date you would like to attend.

☐ February 19 ☐ April 16 ☐ June 18
☐ August 20 ☐ October 15 ☐ December 17

☐ ONLINE CHILDBIRTH EDUCATION COURSE – FREE

Includes educational information and course booklet.

☐ I will pick up my booklet at the BRMH registration desk
☐ Please mail my booklet to the address listed above

☐ BREASTFEEDING CLASS – FREE

Breastfeeding classes are held Tuesdays from 5:00 p.m. to 6:45 p.m. Please select the date you would like to attend.

☐ March 10 ☐ May 12 ☐ July 14
☐ September 8 ☐ November 10

Mail registration form to:

Black River Health
OB Department
711 West Adams Street
Black River Falls, WI 54615

Or email form to:
excellence@brmh.net

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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.

CHILDBIRTH EDUCATION CLASS - FREE

This class is held on Thursday evenings in February, April, June, August, October, and December. The class is held from 5:30 p.m. - 9:00 p.m. 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 the mom, baby, and the family. This class is held on the second Tuesday of January, March, May, July, September, and November from 5:00 p.m. to 6:45 p.m. at Black River Memorial Hospital.

Pre-registration is requested.
For more information call
the OB Department at:

715-284-1329