

# Childbirth Classes and Birth Center Tours

Cottage Health is dedicated to the health of our community.

Find upcoming classes and events at [cottagehealth.org/classes-events](https://cottagehealth.org/classes-events)

**VIRTUAL**

## Understanding Birth:

- Complete course to prepare for childbirth
- Self-paced tutorials and videos

**VIRTUAL**

## Birth Center Tour:

- Free, virtual tour of the Santa Barbara Cottage Hospital Birth Center, including birthing rooms and postpartum unit

**VIRTUAL**

## Childbirth Preparation:

- Live chat online with a certified childbirth educator to help answer questions about pregnancy, labor and birth

**IN-PERSON**

## Childbirth Preparation:

- Onsite class with a certified childbirth educator to help answer questions about pregnancy, labor and birth

**VIRTUAL**

## Breastfeeding Class:

- Live online chat with a certified lactation consultant to offer information on breastfeeding and infant nutritional needs

**VIRTUAL**

## Infant/Child CPR:

- Class is modeled after the American Heart Association (AHA) guidelines for the public and covers CPR (Cardiopulmonary Resuscitation) and choking first aid for infants and children
- Participants will receive a kit in the mail to help with instruction and skills practice during class
- After review of recorded modules, participants join a live online session with a certified AHA instructor

For more information, email [childbirthed@sbch.org](mailto:childbirthed@sbch.org)

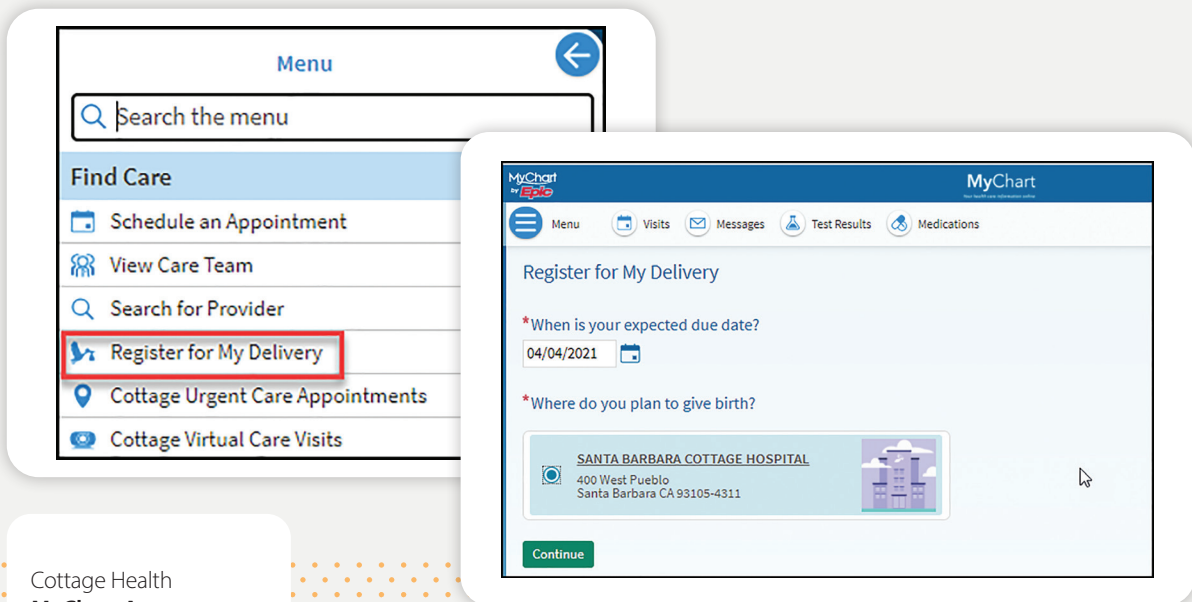
# Birth Center **Registration** Made Easier

## PRE-REGISTER FOR YOUR DELIVERY ONLINE.

We are pleased that you have chosen Santa Barbara Cottage Hospital for your baby's birth, and we look forward to seeing you!

To pre-register for your delivery, please visit [cottagehealth.org/babyregistration](https://cottagehealth.org/babyregistration) and follow the steps outlined below.

- **Cottage Health MyChart Users:** Register for maternity services through your Cottage Health MyChart account at [mychart.sbch.org](https://mychart.sbch.org) using the MyDelivery Questionnaire.
  - If you are unable to pre-register via MyChart, the Pre-Registration team can assist you with pre-registering over the phone at 805-324-9288.
- **Patients New to Cottage Health or Patients Without a Cottage Health MyChart Account:** Please call our Pre-registration team to initiate a MyChart activation link and proceed with the MyDelivery Questionnaire.
  - The Pre-Registration team can be reached Monday through Friday, from 8 a.m. – 4 p.m., at 805-324-9288.



Cottage Health  
**MyChart App**  
Now Available





## Free Car Seat Inspection

**Protect your children.** We will provide you with the necessary tools to ensure that your baby is safe and secure in his or her car seat.

Cottage staff who are NHTSA certified car seat technicians will review child passenger safety information, discuss relevant legislation, and provide car seat installation instructions.

### TO SCHEDULE AN APPOINTMENT

#### Contact Trauma Services

Lauren Sutherlin 805-569-7521 /  
lsutherl@sbch.org.

Please let us know if you have any language assistance needs.

### DID YOU KNOW?

*Did you know that 4 out of 5 car seats are installed wrong?*

*Did you know that your car seat has an expiration date?*

*Do you understand your car's LATCH system?*



GOLETA VALLEY | SANTA BARBARA | SANTA YNEZ VALLEY

TRAUMA SERVICES | COTTAGEHEALTH.ORG

## MOTHER'S CIRCLE

Free support and breastfeeding information

**Wednesdays, 2-4 p.m.  
By Appointment**

Register at  
[cottagehealth.org/classes-events](http://cottagehealth.org/classes-events)  
or 805-569-7826



If you have COVID symptoms or recent exposure, please do not attend.

## AN OFFICIAL BABY-FRIENDLY HOSPITAL

One of a select group of hospitals to meet the stringent requirements for Baby-Friendly designation, Santa Barbara Cottage Hospital is recognized for providing top-tier care to support breastfeeding mothers and their infants.

# Breastfeeding:

## THE BEST START

The first year of your baby's life is important to determine their health in the future. Consider breastfeeding your baby for the many advantages it provides:

- Breastfed babies are less likely to get sick than formula fed babies.
- Some research suggests a reduced incidence of SIDS, diabetes, obesity and certain childhood cancers.
- Mothers lose pregnancy weight more quickly, have fewer female cancers and less osteoporosis.
- A large savings in the cost of bottles and formula.
- Bottles and nipples add to environmental waste. Breastfeeding reduces our carbon footprint.



At Cottage Health:

- Your nurses and lactation consultants have special training to help you feed your baby.
- Soon after birth, our goal is to help you hold your new baby skin-to-skin. This will help with bonding, breastfeeding and keeping your baby warm.
- We encourage you to breastfeed early and often, and to feed your baby whenever they seem hungry. This will help establish a good milk supply.
- Your nurses and lactation consultants will help and support you to breastfeed. They will teach you how best to latch and position your baby for breastfeeding.
- Your baby will be rooming-in with you in your room as much as possible.

### OTHER FACTS:

- For the first six months, most babies need only breast milk. If you feel your baby needs other types of feedings, please let your nurse or baby doctor know.
- Babies benefit from continued breastfeeding for up to a one year and beyond, even after you have started giving them solid food.

Adapted from "off to the best start", a parent leaflet from [www.unicef.org.uk](http://www.unicef.org.uk)

04/2023 RLC



# The Lactation Center

BREASTFEEDING SUPPORT AT SANTA BARBARA COTTAGE HOSPITAL

The American Academy of Pediatrics recommends breastfeeding for at least one year, and, if possible, exclusive breastfeeding for the first six months.

**Research shows that:**

Breastfed babies are less likely to get sick than formula fed babies.

Some research suggests a reduced incidence of SIDS, diabetes, obesity and certain childhood cancers.

Mothers lose pregnancy weight more quickly, have fewer female cancers and less osteoporosis.

A large savings in the cost of bottles and formula.

Women breastfeed longer when they have group support.

## Mother's Circle

**Free in-person support and breastfeeding information.**

**WEDNESDAYS,  
2-4 p.m., BY APPOINTMENT**



Register at  
[cottagehealth.org/classes-events](https://cottagehealth.org/classes-events)  
or 805-569-7826

**OFFERED FOR:**

- Expectant mothers who have questions and concerns about breastfeeding
- New mothers just getting started
- Ongoing support for nursing

**INFORMATION PROVIDED BY:**

Certified lactation consultants/educators

If you have COVID symptoms or recent exposure, please do not attend.

Breastfeeding Support at Santa Barbara Cottage Hospital: [805-569-7826](tel:805-569-7826)  
400 W. Pueblo Street, PO Box 689, Santa Barbara, CA 93102  
[cottagehealth.org/classes-events](https://cottagehealth.org/classes-events)



# Breastfeeding Resources

Recursos Para Amamantar

NAME	SERVICE	CONTACT INFORMATION
<b>Santa Barbara Cottage Hospital</b>	<ul style="list-style-type: none"><li>• Breastfeeding education and support</li><li>• TLC warmline</li></ul>	<a href="http://cottagehealth.org/classes-events">cottagehealth.org/classes-events</a> 805-569-7826
<b>kellymom.com</b>	Evidence-based breastfeeding support website	
<b>La Leche League</b>	<ul style="list-style-type: none"><li>• Free support meetings and lending library</li><li>• Telephone Help Line</li></ul>	805-270-3321 <a href="mailto:llofsb@gmail.com">llofsb@gmail.com</a> <a href="http://llofsb.org">llofsb.org</a>
<b>Lompoc Valley Medical Center (LVMC)</b>	<ul style="list-style-type: none"><li>• Lactation support by appointment</li></ul>	805-737-3395
<b>Marian Medical Center</b>	<ul style="list-style-type: none"><li>• Breastfeeding education and support</li><li>• Nurture (Telephone) Line: Every day, 8 am – 4 pm</li><li>• Breast pump sales and rentals available</li></ul>	805-739-3388
<b>Katrina Mitchell, MD</b>	<ul style="list-style-type: none"><li>• Lactation and perinatal mental health services</li><li>• Accepts insurance</li></ul>	<a href="http://physicianguidetobreastfeeding.org">physicianguidetobreastfeeding.org</a>
<b>Postpartum Education for Parents (PEP)</b>	Provides peer support to new parents.	805-564-3888 <a href="http://sbpep.org">sbpep.org</a>
<b>Then Comes Baby (TCB)</b>	Family resource supporting families, empowering parents and fostering community connections. <ul style="list-style-type: none"><li>• Lactation support services</li><li>• Breast pump rental</li><li>• Accepts select insurances</li></ul>	805-834-Baby (2229) <a href="http://thencomesbaby.org">thencomesbaby.org</a>
<b>WIC</b> <i>Se habla español.</i>	Free breastfeeding support, pumps, products and services for WIC participants Monday–Friday, 8 am – 4 pm	Nutrition Services: 1-877-275-8805

## LOCAL BUSINESSES THAT OFFER BREAST PUMP SALES AND/OR RENTALS:

<b>Chicken Little</b>	1236 State Street, Santa Barbara	805-962-7771
<b>Then Comes Baby (TCB)</b>	200 N. La Cumbre Road #H, Santa Barbara	805-834-Baby (2229)

Breastfeeding Support at Santa Barbara Cottage Hospital: [805-569-7826](tel:805-569-7826)

400 W. Pueblo Street, PO Box 689, Santa Barbara, CA 93102

[cottagehealth.org/classes-events](http://cottagehealth.org/classes-events)



Not only is it safe to provide breast milk to your baby, it is recommended.

# Breastfeeding Your Baby

## Amidst COVID-19 Precautions

We understand that the spread of COVID-19 has raised a lot of questions and concerns for parents with children. We have prepared this information to help clarify any questions surrounding breastfeeding during the spread of COVID-19.

### Does Covid-19 get into my milk?

We do not know for sure whether mothers with COVID-19 pass the virus into their milk. There are very few studies, and the ones that exist did not find COVID-19 in breast milk. Studies of mother's who had a similar virus (Severe Acute Respiratory Syndrome; SARS-CoV) did not find the SARS virus in breast milk.

However, any virus that makes its way into the mother's blood stream causes the mother to make very specific types of protection, called antibodies, that fight these same viruses. These antibodies pass into the mothers milk. So, in the unlikely event that the virus is transferred in the milk, **so are the antibodies that even the most modern medicines cannot provide.**

All authorities (World Health Organization, WHO; Centers for Disease Control, CDC; American Academy of Pediatrics, AAP; Academy of Breastfeeding Medicine; ABM) recommend breastfeeding. Breastmilk provision (pumped breast milk) should continue in the presence of COVID-19, as a mother's milk helps her baby's immune system fight all types of infections.

### Wouldn't it be best just to give formula?

It is easy to think that it is "on the safe side" to avoid providing your milk, but the opposite is true. Only your milk—not formula— has the one-of-a-kind antibodies to lower the chances that your baby becomes sick with COVID-19.

### What else can I do to lower the chances of my baby being exposed to COVID-19 while providing my milk?

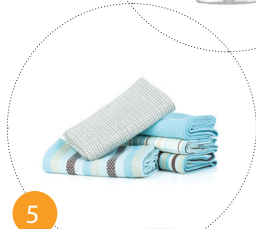
Remember that all germs, including COVID-19, can get into pumped milk, even if they do not start off at the breast itself.

Wash your hands with warm soapy water before feeding or pumping. If you have a cough, or feel unwell, wear a mask while breastfeeding or pumping. Wash your pump parts in warm soapy water and rinse in warm water, air dry on a cleaned surface away from other dishes and all food preparation, between each pumping. Avoid coughing or sneezing on your bare breasts, baby, or pumping supplies and storage containers, as viruses are spread often in this way. When storing pumped milk, wash the outside of the storage container after sealing it and before placing it in the refrigerator or freezer. Wash your hands again after breastfeeding or pumping.

This information was adapted from the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC).

04/06/2020

# Breastfeeding with **respiratory symptoms** or a positive COVID-19 diagnosis



## STEP BY STEP INSTRUCTIONS:

1. Wash hands for 20 seconds with soap and water
2. Put on your mask or clean face covering
3. Wash hands for 20 seconds with soap and water, or sanitize with gel
4. Wash your breasts with soap and water
5. If breastfeeding, use clean covering (i.e. towel/blanket/sheet/cloth), to cover exposed skin leaving only the breast in contact with baby.
6. Breastfeed your baby
7. Hand baby to support person for other cares (i.e burping, swaddling, comforting, diapering, etc). Support person should wash hands prior to any contact with the baby as well

## GENERAL INFANT CARE:

It is recommended that a healthy caregiver should care for the **infant**. Breastfeeding is the care mom, and only mom, can provide. Your pediatrician will provide guidance when you can assume full care of your baby.

## PUMPING INSTRUCTIONS:

If pumping, refer to your Baby News Booklet and the "How to Keep Your Breast Pump Kit Clean" handout for further instruction