

# 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)

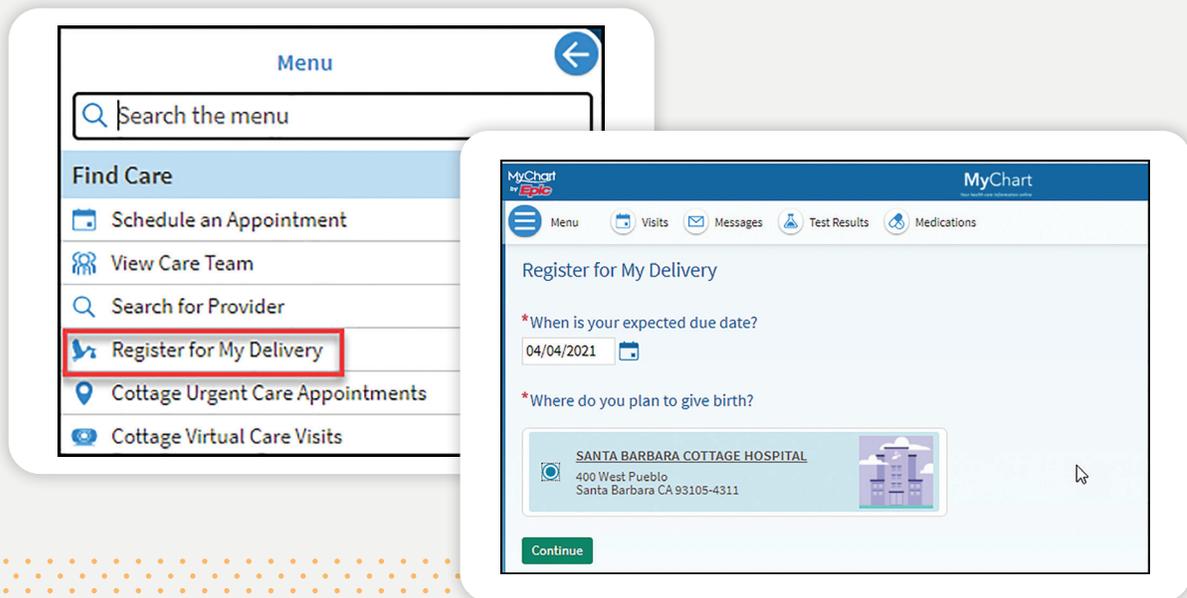
# Birth Center **Registration** Made Easier

## 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](http://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](http://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.



8/2021 RLC

# Santa Barbara Cottage Hospital Birth Center and Mother-Infant Unit

## Frequently Asked Questions during COVID-19 Precautions

We are honored you have chosen to deliver your baby at Santa Barbara Cottage Hospital. We are committed to providing a safe and comfortable birth experience while protecting you, your baby, and a support person/partner if you choose to have one with you. We have prepared this information to help you know what to expect at the hospital as we observe COVID-19 precautions.

### 1. What should I expect when arriving at the hospital lobby?

When you are coming to the hospital in labor (known or suspected) or for a scheduled procedure, you will enter the hospital through the main entrance. You (and partner if one is present) will be asked if you have any signs or symptoms of COVID-19, and your temperature will be taken. You and your partner will be provided with a protective face mask to be worn your entire stay at the hospital, and escorted to the Birth Center. If you have any signs or symptoms, you will be taken to an isolation room and cared for appropriately. If your partner has any signs or symptoms, they will not be able to accompany you to the floor, but once on the unit you can call for another support person to be with you. This is done for your protection, the protection of your newborn, and the protection of our healthcare providers. Upon arrival to the Birth Center, you will be escorted to a room and a rapid COVID-19 test will be performed.

### 2. Who is allowed with me when I come to the hospital?

The number of support people who can enter the hospital with you is based on compliance with current health officer orders for hospital visitation. Please visit [cottagehealth.org/covid19-visiting](https://cottagehealth.org/covid19-visiting) for current guidelines, as these are frequently changing. One support person should be able to stay with you for your entire hospital stay. We provide a sleeping area for your support person, and will provide meals during this time. If you are displaying symptoms of COVID-19 or are positive, your partner must wear personal protective equipment including mask, gown, gloves and eye protection during labor. Your partner must then leave after delivery. A doula is allowed in addition to your partner if they are on the

hospital-approved doula list. Call (805) 569-7258 for questions about the doula list.

### 3. Will I be separated from my baby?

If you test positive for COVID-19 and are well enough to care for your baby, your baby may stay with you in your room in an isolette.

### 4. Will my nurses be wearing protective gear?

Staff will follow current hospital and CDC guidelines for personal protective equipment. All staff will be wearing masks. If you test positive for COVID-19, staff will be wearing additional protective gear. These precautions are taken to protect you, your family and our healthcare workers.

### 5. Will my partner be allowed to leave and come back?

We are making every effort to limit exposure of the staff and providers as well as you and your baby by limiting visitation. Please visit [cottagehealth.org/covid19-visiting](https://cottagehealth.org/covid19-visiting) for current visitation guidelines.

### 6. Does the hospital have supplies like diapers, wipes, and formula?

We will provide everything you need to care for your infant, and yourself, while you are here.

### 7. What happens if my baby needs to go to the NICU?

If your baby needs to go to the NICU, you can go to the NICU to visit. Our staff will assist with this. Your support person will be able to visit your baby initially with you, and then once daily when you are not visiting your baby. Call the NICU with any further questions about visitation. Our NICU offers a service called NicView which allows parents to see their baby through a live-stream on camera, using a specific username and password that can be shared by the parent. Parents with babies in the NICU receive all the details on this.

CONTINUED...

**8. Will I be able to breastfeed? And will there be lactation support for me?**

COVID-19 has not been detected in mother's breastmilk. To protect your baby if you test positive, it is recommended to wear a mask and perform hand hygiene before any feeds. We encourage all mothers who can breastfeed to do so, and we offer lactation support during your hospital stay. Once discharged, Welcome Every Baby (WEB), Women, Infants and Children -- County Nutrition Services (WIC), and our Cottage Health lactation team will all provide phone support. Our goal is to provide all the support and resources needed to help you achieve breastfeeding success.

**9. Can I have visitors while in the hospital?**

One support person is allowed to be with you throughout your hospital stay. The visitor must remain masked the entire stay. The number of visitors allowed at the bedside is based on compliance with current health officer orders for hospital visitation. Please visit [cottagehealth.org/covid19-visiting](https://cottagehealth.org/covid19-visiting) for current guidelines, as these are frequently changing. If needed, our care teams can offer options for using technology to stay connected with your loved ones outside the hospital and introduce your new family member virtually.

**10. Can I 'FaceTime' with family during my hospital stay?**

You are welcome to use FaceTime or other apps in your room during your hospital stay. Your personal mobile devices may be used only in your room, not in shared areas of the hospital. Please discontinue use if a hospital staff member enters your room. The same policy applies to photos in the hospital. You are welcome to take photos in your room, but you must have the permission of healthcare providers if you wish to include them in your photos.

**11. What should I do if I'm feeling anxiety or depression?**

First of all, know that you are not alone. Many of the parents we are talking to are feeling anxious during this challenging time. However, if you are feeling anxiety or depression to a point that it is overwhelming you and interfering with your functioning, please speak with your doctor. There are ways to get help from home without an in-person visit. Almost all counselors have the ability to see patients virtually using telemedicine. Postpartum Support International offers online support groups and a provider directory for certified perinatal counselors. This organization is evidenced-based and our Perinatal Social Worker recommends it as a resource. Visit [postpartum.net](https://postpartum.net) for more information. If you are experiencing a mental health emergency, call 911. Our Social Workers at the hospital will be available to provide counseling and support during your hospitalization. We are here to help.

We are committed to providing the care and support you need to make this a happy and memorable experience. We suggest starting a journal now to share with your baby in the future, and to remember the experience of having a baby during this time.

Please reach out with any additional questions you may have. Feel free to email Libby Smith, Director of Women's Services at [fsmith@sbch.org](mailto:fsmith@sbch.org) or call (805) 682-7111 and ask for the Birth Center or (805) 569-7258 and leave a message. Your call will be returned within one business day. **We are here for you!**





### 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?*



TRAUMA SERVICES | COTTAGEHEALTH.ORG

## 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.

COVID-19 safety precautions will be in place during inspections.

### TO SCHEDULE AN APPOINTMENT

#### Contact Trauma Services

Molly Hawkins (805) 569-7478 /

mhawkins@sbch.org or

Lauren Sutherlin (805) 569-7521 /

lsutherl@sbch.org.

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

# 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)

### MOTHER'S VIRTUAL CIRCLE

Free support and breastfeeding information

No appointment or RSVP needed.

**Wednesdays, 3:30–4:30 p.m.**

#### Zoom

Please join my meeting from your computer, tablet or smartphone.

<https://zoom.us>

Click on "Join A Meeting"

Meeting ID: 943 6177 3646

Passcode: 473570

You can also dial in using your phone.

#### UNITED STATES:

+1 213 338 8477

#### MEETING ID:

943 6177 3646

### 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.



# 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.

## Mother's Virtual Circle

**Free support and breastfeeding information.  
No appointment or rsvp needed.**

**WEDNESDAYS,  
3:30–4:30 P.M.**

### 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

Instructions for joining Mother's Virtual Circle via Zoom are below:

### ZOOM

Please join my meeting from your computer, tablet or smartphone.

<https://zoom.us>

Click on "Join A Meeting"

Meeting ID: 943 6177 3646

Passcode: 473570

### YOU CAN ALSO DIAL IN USING YOUR PHONE.

United States: +1 213 338 8477

Meeting ID: 943 6177 3646

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)



# 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>Welcome Every Baby (WEB)</b>	<ul style="list-style-type: none"><li>• Santa Barbara County Education Office free home visit program</li><li>• Call for eligibility</li></ul>	805-729-1593
<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: 1-888-275-8805
<b>LOCAL BUSINESSES THAT OFFER BREAST PUMP SALES AND/OR RENTALS:</b>		
<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