



# 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)  
*Register early as classes fill up quickly.*

## **Virtual Birth Center Tour:**

A virtual tour of the Santa Barbara Cottage Hospital Birth Center includes birthing rooms and the postpartum unit.

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## **Childbirth Preparation:**

A certified childbirth educator will help prepare you and answer questions about pregnancy, labor and birth.

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## **Breastfeeding Class:**

A certified lactation consultant will offer information on breastfeeding and infant nutritional needs.

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## **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.

*This class is for expecting/new parents. It does not offer certification.*

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**REGISTRATION AND FINANCIAL ASSISTANCE:** Cost of childbirth classes can be reduced or waived based on financial need. To request financial assistance, email [childbirthed@sbch.org](mailto:childbirthed@sbch.org).

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

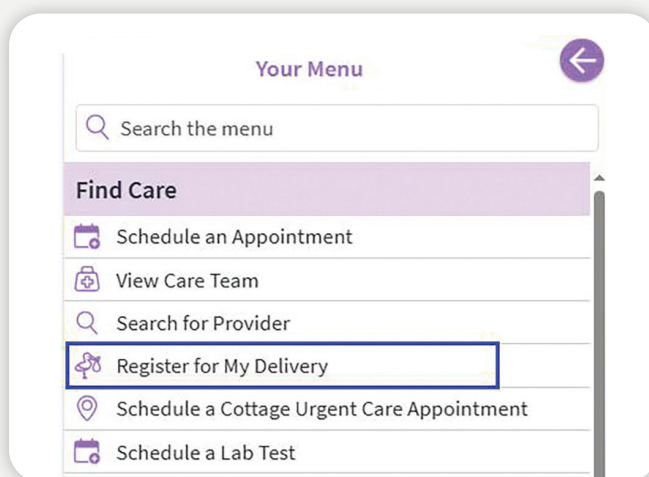


# Birth Center **Registration** Made Easier

## 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!

- Pre-register for your delivery through your Cottage Health MyChart account at [mychart.sbch.org](https://mychart.sbch.org). Select Your Menu, then under the Find Care section, select Register for My Delivery.



- If you are unable to pre-register via MyChart, the Cottage Navigation team can assist you with pre-registering Monday through Friday from 7:30 a.m. - 6 p.m. Dial 805-563-7000, then choose option 6.
- Please also visit [cottagehealth.org/babyregistration](https://cottagehealth.org/babyregistration) for additional steps to take to get prepared for your birth.

Cottage Health  
**MyChart App**  
Now Available





### 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.

### TO SCHEDULE AN APPOINTMENT

#### Contact Trauma Services

Mayra Vázquez 805-569-7478 /  
m8vazque@sbch.org

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

# Breastfeeding:

## THE BEST START

### MOTHER'S CIRCLE

Free 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



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.

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.

#### Breast milk benefits for baby:

- Easy to digest
- Helps the brain develop
- Strengthens the immune system, reducing the risk of disease and infection
- Lowers risk of SIDS
- Lowers risk of type 1 and type 2 diabetes

#### Breastfeeding benefits for mother:

- Causes the uterus to contract and return to its normal size
- Decreases bleeding
- Lowers risk of osteoporosis and some breast and ovarian cancers
- Lowers risk of developing type 2 diabetes

## 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:

- Families 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**

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>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:lllofsb@gmail.com">lllofsb@gmail.com</a> <a href="http://lllofsb.org">lllofsb.org</a>
<b>The Lactation Network</b>	<ul style="list-style-type: none"><li>Get paired with an International Board Certified Lactation Consultant (IBCLC) in your area, covered by your insurance</li></ul>	<a href="http://lactationnetwork.com">lactationnetwork.com</a>
<b>Community Memorial Healthcare (CMH)</b>	<ul style="list-style-type: none"><li>New Parent Resource Center in Ventura</li></ul>	<a href="http://mycmh.org/locations/community-memorial-new-parent-resource-center">mycmh.org/locations/community-memorial-new-parent-resource-center</a> 805-948-2229
<b>Infant Risk Center</b>	<ul style="list-style-type: none"><li>Evidence-based education on medications and breastfeeding</li><li>Nutrition and pregnancy research</li></ul>	<a href="http://infantrisk.com">infantrisk.com</a> 806-352-2519
<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>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>Haven Family Resource</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)



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



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## 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