

# *French Hospital's Family Birthing Center*

## *Family Birthing Center Tours*

### *Expect the Best Tour*

This individualized tour will familiarize expectant families with the birthing center, and answer any questions. Pre-registration can be done Monday–Friday 8:00 am–4:30 pm at the Information desk in the Main Lobby, please bring your identification and insurance cards.

### *Personal Tours*

Call for appointments (805) 542-6659

Where: French Hospital Lobby  
1911 Johnson Ave.  
San Luis Obispo

*Partners, Coaches and Grandparents are welcome and encouraged to attend.*

## *Car Seat Information*

For questions about car seat installation or safety, please call the San Luis Obispo County Public Health Department at (805) 781-5522 or your local Highway Patrol office. French hospital is unable to assist in the installation of car seats.

## *Family Birthing Center Classes*

### *Sibling Class*

This one time class is designed for young children and emphasizes the importance of being a big brother or big sister. It includes hands-on fun with life-size baby dolls and lots of tips on becoming a sibling. Parents are encouraged to attend, bring your cameras, it is FUN!

When: Saturdays, 11:00-12:30

Dates: January 16  
February 6  
March 6  
April 3  
May 1

Where: French Hospital Auditorium

Cost: FREE

### *Refresher Classes*

This class will concentrate on comfort measures, breathing techniques and a coaching refresher. For the family who is delivering again.

Dates: January 18  
February 22  
March 29  
May 3

When: 6:30-9:00

Where: French Hospital Auditorium

Cost: FREE

*More classes listed on reverse side.*

**You must pre-register for all classes.**

**Please call Tamra Winfield-Pace, R.N., Parent Education Coordinator at (805) 542-6659**

# French Hospital's Family Birthing Center

## Babies 101

Baby 101 classes teach you the basics of caring for your new addition. Our RN teaching staff will help you feel prepared with infant CPR, first aid, baby basics and breastfeeding classes. All the classes are FREE and Grandparents are always welcome.

### Infant CPR

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Dates: December 14  
January 4  
February 8  
March 8  
April 12  
May 10  
When: 6:30- 8:30 pm  
Where: French Hospital Auditorium

### Baby Basics

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Dates: December 3  
January 7  
February 4  
March 4  
April 1  
May 6  
When: 6:30-8:30 pm  
Where: French Hospital Auditorium

### Breastfeeding Class

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Date: January 9  
February 20  
March 20  
April 24  
May 15  
When: Saturdays, 10:00-12:30  
Where: French Hospital Auditorium  
*Partners are encouraged to attend.*

## Prepared Childbirth Classes

Our childbirth classes are designed to provide current information, practical tools, and techniques needed to promote a healthy birth experience. Please plan to register four months before your due-date.

### Consecutive Tuesdays:

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Dates: November 3 — November 24  
January 5 — January 26  
March 2 — March 23  
April 6 — April 27  
May 4 — May 25  
When: 6:00-8:30 PM  
Where: French Hospital Auditorium  
Cost: \$10 supply fee

### Consecutive Wednesdays:

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Dates: January 13 — February 3  
March 17 — April 7  
May 12 — June 2  
When: 6:00-8:30 PM  
Where: French Hospital Auditorium  
Cost: \$10 supply fee

**Partners are encouraged to attend. Please bring a pillow and a blanket to each class.**

***Please attend your first class, otherwise your space will be given to one of the many on our waiting lists.***

## Información en Español

A nuestras familias de habla hispana, les ofrecemos un recorrido de nuestro Centro de Nacimientos, materiales educativos y clases. Por favor deje un mensaje Elizabeth 805-440-4392. Le devolveremos su llamada lo antes posible.

**You must pre-register for all classes.**

**Please call Tamra Winfield-Pace, R.N., Parent Education Coordinator at (805) 542-6659**

*Winter/Spring 2009-10*