French Hospital's Family Birthing Center 2012

Where every mom is a hero, and every baby a miracle…

Family Birthing Center Tour

This tour will familiarize expectant families with the birthing center, and answer any questions. This small group tour takes 30-45 minutes.
Call for an appointment (805) 542-6659

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

Partners, coaches and grandparents are welcome and encouraged to attend.

Pre-registration for Birth

Pre-registration can be done Monday–Friday from 8:00 am through 4:30 pm at the Information Desk in the Main Lobby, please bring your identification and insurance cards. This is done on a walk-in basis and is great to complete by your 7th month of pregnancy.

Car Seat Information

It is important to have your baby's car seat ready and installed prior to admission to the hospital. In order to make sure that your baby's car seat is installed correctly, have it inspected by a certified technician. Call one of these inspection sites to make an appointment to ensure your baby's car seat safety:

SLO Police Department, 805-781-7317
1042 Walnut St. @ Santa Rosa St.

Templeton CHP, 805-434-1822
101 Duncan Rd., Templeton

San Luis Obispo CHP, 805-549-3261
675 California Blvd., SLO

Department of Social Services, 805-781-1600
slococpsafetytech@yahoo.com

CAPSLO, 805-602-2032
1030 Southwood Dr., SLO

ALPHA, 805-541-3367
11549 Los Osos Valley Rd., Ste 104, SLO

Sibling Class

This one time class is designed for children ages 3–12 and emphasizes the importance of being a big brother or big sister. It includes hands-on fun with life-size baby dolls, lots of tips and a short movie on becoming a sibling. We will also do a tour of the birth center and hopefully meet a newborn. Parents are encouraged to attend. Bring your cameras, it is cute!

Dates:	March 3	April 21
	June 16	Aug. 18
	Oct. 20	Dec. 15

Time: Saturdays, 11:00 am–12:30 pm
Where: French Hospital Auditorium
Cost: FREE

Refresher Class

This one time class is wonderful for the family who is delivering again! We concentrate on strengths of previous experience(s) and changes necessary for a positive birth. We discuss comfort measures, positioning, breathing techniques and coaching. Hands-on practice, media viewing and a tour of the birthing center is also included.

Dates:	Feb. 23	April 26
	June 28	Aug. 23
	Oct. 25	Dec. 6

Time: Thursdays, 6:00-8:30 pm
Where: French Hospital Auditorium
Cost: FREE

More classes listed on reverse side.

The Baby Hour

Join other nursing mothers and a lactation consultant for this free weekly breastfeeding support group. Learn about various topics surrounding breastfeeding and parenthood. Mothers and babies are welcome and there is no need to register. ***Mondays 10:30 am–11:30 am, French Hospital Education Classroom, Suite D (Pacific Medical Plaza)***

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Babies 101 Classes

These one-time classes teach you the basics of caring for your new baby. Our RN teaching staff will help you feel prepared with your infant. All the Babies 101 classes are FREE and partners, coaches and grandparents are always welcome.

Infant CPR

You will learn life saving skills for infants from birth to one year of age.

Dates:	Jan. 9	Feb. 6	Mar. 5
	April 16	May 7	June 11
	July 9	Aug. 13	Sep. 10
	Oct. 15	Nov. 5	Dec. 3

Time: Mondays, 6:00–8:00 pm
Where: French Hospital Auditorium

Baby Basics

Information and tips on newborns and infants: sleeping, bathing, feedings, diapering, swaddling, cord care, medications, immunizations, remedies for fussy babies, milestones and more in a fun, relaxed atmosphere.

Dates:	Jan. 12	Feb. 9	Mar. 8
	April 12	May 10	June 14
	July 12	Aug. 9	Sep. 13
	Oct. 11	Nov. 8	Dec. 13

Time: Thursdays, 6:00–8:00 pm
Where: French Hospital Auditorium

Breastfeeding

The benefits of breastfeeding, positioning baby for a successful latch, guidelines for knowing that your baby's getting enough breast milk, returning to work and advice regarding pumps and milk storage will be discussed. Partners are encouraged to attend.

Dates:	Jan. 21	Feb. 11	Mar. 10
	April 14	May 12	June 9
	July 14	Aug. 11	Sep. 15
	Oct. 13	Nov. 10	Dec. 8

Time: Saturdays, 10:00 am–12:30 pm
Where: French Hospital Auditorium

Prepared Childbirth Classes

Our childbirth classes of four sessions are designed to provide current information, practical tools, and techniques needed to promote a healthy birth experience. Partners and coaches are encouraged to attend. **Please bring a pillow and a blanket/ yoga mat each night.**

Dates for Consecutive Tuesdays:

Jan. 3–Jan. 24	Jan. 31–Feb. 28 *(no class 2/14)*
Mar. 6–Mar. 27	Apr. 3–Apr. 24
May 1–May 22	May 29–June 19
June 26–July 24 *(no class 7/3)*	July 31–Aug. 21
Aug. 28–Sep. 18	Sep. 25–Oct. 16
Oct. 23–Nov. 13	Nov. 27–Dec. 18

Time: 6:00–8:30 pm
Where: French Hospital Auditorium
Cost: $10 one-time fee

Dates for Consecutive Wednesdays:

Jan. 4–Jan. 25	Feb. 1–Feb. 22
Feb. 29–Mar. 21	Mar. 28–April 18
April 25–May 16	May 23–June 13
June 20–July 18 *(no class 7/4)*	July 25–Aug. 15
Aug. 22–Sep. 12	Sep. 19–Oct. 10
Oct. 17–Nov. 14 *(no class 10/31)*	Nov. 28–Dec. 19

Time: 6:00–8:30 pm
Where: French Hospital Auditorium
Cost: $10 one-time fee

Natural Childbirth Class

This one-session class will focus on personal determination, coping strategies and comfort techniques for women and families interested in an unmedicated birth.

Dates:	Feb. 2	Mar 22	May 24
	July 26	Sep. 27	Nov. 15

Time: 6:00–8:30 pm
Where: French Hospital Auditorium
Cost: $10 one-time fee

You must pre-register for all classes.
Please call Tamra Winfield-Pace, R.N.
Childbirth Education Coordinator at (805) 542-6659