

# Family Birthing Center

## Breastfeeding Support

**Breastfeeding helps you and your new baby get off to the best start. Breastfeeding offers numerous health benefits and is one of the earliest ways for a mother and baby to bond.**

French Hospital Medical Center is top-ranked for breastfeeding success in California. We received prestigious international recognition as a Baby-Friendly® birth facility, which includes the practice of the Ten Steps to Successful Breastfeeding program. This program supports mothers and families with information, confidence and skills to successfully breastfeed their babies.

French Hospital Medical Center is also a recipient of the International Board Certified Lactation Consultant (IBCLC) Care Award for providing evidence-based data demonstrating excellence in the hospital's promotion, protection and support of breastfeeding. We support the mother-infant connection during your pregnancy, through the delivery and then continued with daily support at the Family Birthing Center.

Information about classes and services offered are on reverse side.

**Where every mom is a hero,  
and every baby is a miracle.**



## The Breastfeeding Center

**Pacific Medical Plaza  
1941 Johnson Avenue  
Lower Level, Suite LL4  
San Luis Obispo**

**Call with questions or to schedule  
an appointment.**

**We provide a free Warmline  
where new mothers can call  
to get the guidance they need;  
we are here to help.**

**805.541.BABY (2229)**

# Offering Breastfeeding Support Before and After Your Baby is Born



Before your baby arrives, enroll in free **Breastfeeding Class** held once a month on **Saturdays, 10:00AM — 12:30PM** French Hospital Medical Center Copeland Health Education Pavilion

To pre-register, please call **Tamra Winfield-Pace, RN, Childbirth Education Coordinator, 805.542.6659.**

You may also schedule a 30-minute prenatal visit with one of our International Board Certified Lactation Consultants at our unique Breastfeeding Center, please call 805.541.BABY for an appointment.

During your stay in the hospital with your newborn, we promote bonding and breastfeeding with lots of skin-to-skin time, education and support. Every one of our families is seen daily by a specially trained lactation nurse to ensure a positive breastfeeding experience.

The support continues when you take your baby home. For a private consultation, appointments may be made at the half hour or one hour intervals with experienced staff at the Breastfeeding Center. **We also provide a free Warmline 805.541.BABY** where new mothers can call to get the guidance they need. In addition, please join us for **The Baby Hour**, a breastfeeding support group for nursing mothers to meet with a lactation consultant and other nursing mothers.



## The Baby Hour Breastfeeding Support Group

Join a lactation consultant and other nursing mothers for this free weekly breastfeeding support group as we discuss topics related to breastfeeding and parenthood. There will be time to answer your questions and address your concerns. Mothers and babies are welcome; no need to register.

**Mondays, 10:00AM — 11:00AM**  
Copeland Health Education Pavilion  
1823 Johnson Avenue, Suite 101  
San Luis Obispo

By being designated a Baby-Friendly® Hospital, our new moms and babies have the assurance that our Family Birthing Center has achieved a level of expertise that is internationally recognized for following the best practices for supporting breastfeeding.



Baby-Friendly®

**Questions?**  
**Call our Warmline**  
**805.541.BABY (2229)**