

Family Birthing Center

2019 Class Schedule



Prepared Childbirth Classes

Our childbirth classes are designed to provide current information, practical tools, and techniques needed to promote a healthy birth experience. Plus, we have a good time! Partners and coaches are encouraged to attend. A tour is included.

Please bring a pillow and a blanket/yoga mat each night. The cost is \$10.00 per couple, a one-time fee the first week.

Every Tuesday for Four Weeks, 6:00PM — 8:30PM

January 8 — 29

March 5 — 26

April 9 — 30

May 7 — 28

July 2 — 23

September 3 — 24

October 1 — 22

October 29 — November 19

Saturdays, One All Day Class, 10:00AM — 5:00PM

February 9

April 6

June 1

August 24

December 7

Copeland Health Education Pavilion

1823 Johnson Avenue, Suite 101, San Luis Obispo

(Map on reverse side.)

Tour is Included

Family Birthing Center Tour

This 45 minute tour will familiarize expectant families with the Family Birthing Center, the hospital and answer questions. Partners, coaches and grandparents are welcome.

Please sign up online at www.dignityhealth.org/frenchhospital or call 805.542.6659 to register.

Tuesdays, 4:00PM

January 8, March 12, April 23,
May 28, July 9, November 5

Tuesdays, 5:30PM

February 12, February 26, June 4,
June 18, August 27, December 10

Thursdays, 4:00PM

January 24, February 7, February 28,
March 21, April 4, July 25,
August 15, November 21

Thursdays at 5:30PM

May 9, September 12, September 26,
October 10, October 24,
December 12

Saturdays at 1:00PM

January 19, March 16, May 18,
July 20, October 19

Saturdays at 2:00PM

January 19, March 16, May 18,
July 20, October 19

**Meet at French Hospital's main lobby,
1911 Johnson Avenue,
San Luis Obispo.**

Pre-registration is required for all classes. Please sign up online at www.dignityhealth.org/frenchhospital

For additional information call our Childbirth Education Coordinator Tamra Winfield-Pace, RN, 805.542.6659.

Natural Childbirth Class

This one-session class will focus on personal determination, coping strategies and comfort techniques for women and families interested in an un-medicated birth. **Please bring a pillow and a blanket/yoga mat.**

Thursdays, 6:00PM — 8:30PM

January 31, March 28, May 30,
August 29, November 14

The cost is \$10.00.



Sibling Class

This one-time class is designed for children ages 3 to 12 and emphasizes the importance of being a big brother or big sister. It includes hands-on experience with life-sized baby dolls, fun activities, a short movie and tips on becoming a sibling. We will also take a tour of the Family Birthing Center and hopefully meet a newborn. Parents also attend, bring your cameras!

Saturdays, 11:00AM — 12:30PM

January 19, March 16, May 18,
July 20, October 19

This class is free.

Pre-registration for Birth

Pre-registration may be completed anytime during your pregnancy. We recommend having your registration completed by the seventh month of your pregnancy. Please see our Hello Desk, located in the main lobby, French Hospital Medical Center, 1911 Johnson Ave., San Luis Obispo, 805.543.5353. No appointments are required.

Monday — Friday, 5:30AM — 4:00PM

Saturday, 8:30AM — 12:00PM

These one-time classes are designed to teach you the basics of caring for your newborn. Classes are FREE and partners, coaches and grandparents are welcome.

Pre-registration is required for all classes.

Please sign up online at

www.dignityhealth.org/frenchhospital/

For additional information call our Childbirth Education Coordinator Tamra Winfield-Pace, RN, 805.542.6659.

Baby Basics Class

Information and tips on newborns and infants; sleeping, bathing, feeding, diapering, swaddling, medications, immunizations, remedies for fussy babies, milestones and more in a fun, relaxed atmosphere. We practice with life-size baby dolls.

Thursdays, 6:00PM — 8:30PM

January 10, February 7, March 7, April 4, May 2, June 13,
July 11, August 15, September 5, October 3, November 7,
December 5

Breastfeeding Class

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

Saturdays, 10:00AM — 12:30PM

January 5, February 2, March 9, April 13, May 4, June 8,
July 13, August 3, September 7, October 12, November 2,
December 14

Infant CPR Class

You will learn life saving skills for infants from birth to one year of age. This is a non-certifying class but is packed with easy to remember information.

Thursdays, 6:00PM — 7:00PM

January 24, February 21, March 21, April 25, May 23,
June 20, July 25, August 22, September 19, October 17,
November 21, December 19

**All classes are held at
the Copeland Health
Education Pavilion,
1823 Johnson Avenue,
San Luis Obispo**

**First floor classroom,
Suite 101, directly
past the entrance.**

