

Baby Wall of Fame

You may honor the birth of your baby by purchasing a star on the baby wall of fame.

This permanent display includes personally engraved stars to recognize anyone born at St. Joseph's - past and present. For more information call **(209) 467-6347**, or donate online by visiting **SupportStJosephsHospital.org**.

Parking

Parking is available in the underground parking garage on Maple Street from 5 a.m. to 9 p.m. The cost for parking is \$5 per vehicle, per day. Anyone with a handicapped placard can access our parking lots at no charge.

Parking is also available on the corner of Maple and Cemetery Lane across from the Emergency room, the lot is open 24 hours. The cost for parking is \$3.00 per vehicle, per day. Anyone with a handicapped placard can access our parking lots at no charge.

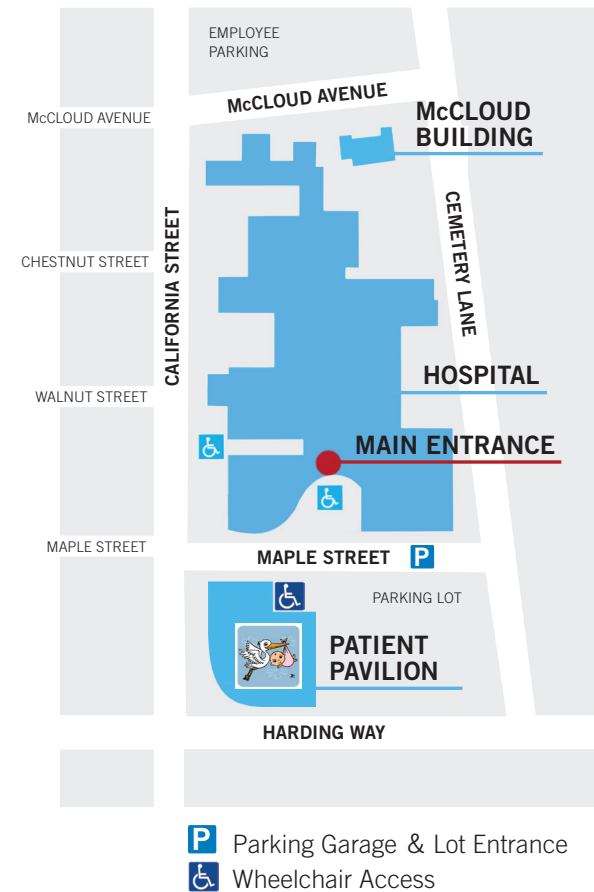
The Emergency Department parking lot on Maple Street is reserved only for patients seeking emergency medical assistance. Parking is free once your baby is born. Be sure to let the parking attendant know.



St. Joseph's Medical Center

1800 North California Street
Stockton, CA 95204
(209) 943-2000

DignityHealth.org/Stockton



Pregnancy and Parenthood 2023



St. Joseph's Medical Center



St. Joseph's is San Joaquin County's FIRST Baby-Friendly hospital®—providing optimal care for members and their babies.

Welcome To Life Class Series 2023

Having your baby is a wondrous experience and we want you to feel comfortable, safe and at ease. Our Welcome to Life class series is provided to help ensure a healthy pregnancy and to gain knowledge about what is happening to your body, your emotions and your baby.

Classes are open to mothers and their partners.

Everyone is welcome to attend classes either alone or with their partner. These classes are FREE and pre-registration is required. Call (209) 461-5213.

Please access the Medical Center through the main entrance. Classes are held in the Auditorium on the lower level of the Medical Center or in the Patient Pavilion conference room. If you have any questions about classes, call **(209) 461-5213**.

Infant CPR

Parents can now learn the life saving skill of infant CPR and relief of choking. Those caring for the new baby can learn these life saving skills and be prepared to respond during the first few minutes of a life threatening emergency. Please call the Education Department at **(209) 467-6331**.

Understanding Natural Childbirth Techniques Online Class

Having your baby is a wondrous experience and we want you to feel comfortable, safe, and at ease. Our Understanding Natural Childbirth Techniques Class is provided for those mothers who are planning to have a birth with limited medical interventions. This course covers the philosophy behind natural childbirth while providing comfort measure practices for labor.

Topics include: positioning, breathing, massage, visualization, acupressure, and mindfulness. Call **(209) 461-5213** and leave a message for more details. Someone will return your call as soon as possible.

Family Birth Center Virtual Tour

This includes a virtual tour of our Family Birth Center, including state-of-the-art Labor & Delivery and post-partum rooms, and dedicated C-section operating rooms. You will receive specific information about where to go and what to do when it comes time to have your baby, including pre-admission registration and birthing options tailored to your individual needs.

Birth Ball Basics Class

Improve motherhood through movement and education. Birthing ball basics help you with labor, postpartum recovery, fitness, and more. For more information on classes, visit **4TFM.com**.

Breastfeeding Support Group

Our Breastfeeding Support Group meets in person every Wednesday at 1:00pm in the Maternity Department. This group's purpose is to support mothers through breastfeeding education and information. Breastfeeding is difficult and takes practice and knowledge to be successful. In this group, you can work one-on-one with our board certified lactation consultant and at the same time learn from and encourage other mothers. If you have questions or concerns, we are here to help! We want you to be successful.

Call **(209) 461-5213** for information pertaining to the above mentioned support group. You can also visit **BreastFeedSJC.com** for more information available within our community.

Resources Available to Families:

Haven of Peace

A faith-based homeless shelter for women and children in San Joaquin County. Their goal is to provide mothers and children with the skills and resources to become self-sufficient. For more information, please visit **HavenOfPeaceInc.com**

Health Information On the Web

You'll find a comprehensive medical library just a click away in the General Health & Wellness section of our website at **DignityHealth.org/Stockton**. Comprehensive Care for Women and Infants St. Joseph's Medical Center is honored to welcome more than 3,000 new babies each year.

Our mother-baby "Family Centered Care" encourages togetherness and skin-to-skin bonding to help develop a closer relationship with your baby right from the start. You can choose St. Joseph's knowing that our specially trained nurses, advanced technology, and safe and comfortable environment are ready for you when the big day arrives. And for newborns requiring more advanced care, our Neonatal Intensive Care Nursery (NICU) is available with specialists dedicated to the care of premature or ill newborns.

Ask your Doctor about pre-registering for admission to St. Joseph's or pre-register online: [DignityHealth.org/Stockton](https://www.dignityhealth.org/stockton). It will save you time when you go into labor!