

Welcome to the Childbirth Education program at Cottage Health!

We offer childbirth preparation classes, Birth Center tours, CPR for infants and children, and other classes.

To view our schedule, and to register for classes, visit cottagehealth.org/classes-events
Register early for best selection of dates.

Birth Center Tours: Tour Santa Barbara Cottage Hospital's Childbirth (Maternity) Center and birthing rooms, and learn more about Cottage's family-centered approach to birth. Pre-admission, visitor guidelines, parking, and other relevant patient information will also be discussed.

Prepared Childbirth Classes: Evening or weekend classes will help prepare expectant families for the arrival of a first baby. Specially trained registered nurses provide expert preparation and support for the challenges of pregnancy and labor. Choose series dates that finish 3-4 weeks before your due date. Topics include:

- Breathing, relaxation and coping methods for labor
- Stages of labor and delivery
- Medical options for labor and birth, including Cesarean
- Preparing for postpartum
- Getting to know your newborn
- Gaining the confidence to breastfeed*

* This class is included in the series fee but is taught on a different night of the week.

Registration and Financial Assistance Cost of childbirth classes can be reduced or waived based on financial need. To request financial assistance, call 805-569-8229 or email childbirthed@sbch.org.

Breastfeeding Class: helps you gain the confidence to breastfeed. Learn about the advantages of breastfeeding and nutritional needs of you and your baby, physiology of lactation, and challenges of getting started.

Breathing Refresher: designed for those who have experienced a previous birth. Review the stages of labor, discuss coping and comfort techniques, practice relaxation techniques, and rehearse breathing patterns.

CPR for Infants and Children: a class for the lay public, covers CPR (Cardiopulmonary Resuscitation) and choking first aid for infants and children up to the age of 8. This course is appropriate for parents, babysitters, and anyone else who spends time with children and wants to learn these skills.

Cesarean Class: helps you prepare for your planned Cesarean. We invite you to join in the Medical Options segment of our regular series.

Maternidad ¿Está esperando un bebé? Clases gratis de preparación para el parto. Para más información, llame al 805-569-8389.

For more information, call 805-569-8229 or email childbirthed@sbch.org

