Supporting Families means being there every step of the way. Sequoia Hospital is here for you from the moment you know you are pregnant until long after you go home.

Sequoia Hospital Health & Wellness Center
Maternity & Family Programs
749 Brewster Avenue
Redwood City, CA 94063
Phone: (650) 368-BABY (368-2229)
Fax: (650) 367-5664

Sequoia Hospital Health & Wellness Center
Lactation Center
749 Brewster Avenue
Redwood City, CA 94063
Phone: (650) 367-5597
Fax: (650) 367-5664

Sequoia Hospital
170 Alameda de las Pulgas
Redwood City, CA 94062
(650) 369-5811
sequoiahospital.org

Dignity Health
Sequoia Hospital

Dignity Health
Sequoia Hospital

Maternity & Family Programs

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Labor & Delivery Tours

Before giving birth, you are invited to familiarize yourself with Sequoia's home-like Birth Center. Visit the private rooms as well as have an opportunity to view the technically advanced facility and to ask questions. Adults only. **FREE**

Childbirth Preparation

Expectant mothers and their partners will gain thorough knowledge of the normal, natural process of labor and birth. You will learn to use a variety of comfort measures, especially relaxation, breathing techniques and physiologic positions for labor and delivery, with an emphasis on the role of the labor partner. You will learn about potential medical interventions, including pain medications. Emphasis will be on communication with care providers and decision-making. You will learn to identify the basic needs of your newborn and what to expect during the postpartum period. **FEE**

Preparation for Breastfeeding

You and your partner will be introduced to the whys and hows of breastfeeding. Learn solutions to common questions and how to read your newborn's feeding cues. Techniques will be taught to help those who will be supporting the nursing mother. **FEE**

Infant Care

Recommended for expectant parents, grandparents, older siblings ages 12 and older, childcare providers and babysitters. Learn how to care for your newborn such as: diapering, bathing and calming a crying baby. Includes practice using a baby doll. **FEE**

CPR Family and Friends (American Heart Association Curriculum)

For expectant and new parents, grandparents and others who wish to learn CPR. Get hands-on practice in CPR techniques and choking management for infants, children and adults. This course does not offer certification in CPR. **FEE**

Prepared Sibling Program

Prepares children ages 2 and older to become big brothers or sisters. This class is designed to promote the harmonious entry of your new baby into the family by familiarizing your child with newborn routines. Includes a special T-shirt and practice with life-sized baby dolls. At least one adult is required to attend with the child. **FEE**

Adult Vaccination Clinic

Protect yourself and family from Whooping Cough (Pertussis). Get your Pertussis/Tetanus/Diphtheria booster vaccine. Please call (650) 367-5998 to schedule your appointment. **FEE**

New Parents Support Group

A drop-in group designed to address early child and parent development issues through discussions, speakers and special events. Parents are able to access information and meet other new parents in this relaxed environment. A forum for new parents to share their experiences. **FREE**

Online Registration is available at **SequoiaHospital.org**. Please select Classes & Events to view and register for upcoming dates, times and location.

Lactation Education Center

Our team of caring professionals from the Lactation Center are available to help new parents during these early months in the life of a new baby. Sequoia's skilled Lactation Center staff are all registered nurses and International Board Certified Lactation Consultants (IBCLC). The Lactation Center is located at 749 Brewster Avenue, Redwood City, CA 94063.

Calm Line

For advice about breastfeeding call our Calm Line at (650) 367-5597, which is answered by Lactation-trained RNs. **FREE**

Family Room

Our popular Family Room is available weekdays from 9:00 am to 4:00 pm for you to feed and weigh your baby. Education literature is available. **FREE**

Private Consultations

Our Lactation-trained RNs are available for private consultations by appointment. Please call (650) 367-5597 to schedule your consultation. **FEE**

Breast Pump Rental Station

Medela breastpumps are available for rental. The Rental Station is available weekdays from 9:00 am to 4:00 pm. **FEE**