



Our Baby Steps program provides a comprehensive prenatal and postnatal program for mothers-to-be.

The Ambulatory Care system has exceptionally trained Family Medicine Physicians and Obstetricians to guide you through your pregnancy and delivery.

Care for high risk pregnancy is available to those in need of such specialty services.

Mothers are walked through all stages of their pregnancy and the development of their baby through our unique counseling program. We provide information on nutrition, exercise, what to expect during delivery, and the care of your baby.

Babies are delivered at Santa Paula Hospital and Ventura County Medical Center, both designated as Baby-Friendly Hospitals, a distinction held by less than 100 hospitals nationwide.


We look forward to caring for you in this exciting stage of life!



Helping you with your first steps

(805) 677-5223

[www.vchca.org](http://www.vchca.org)

 Baby Steps, VCMC/SPH  
[babysteps@ventura.org](mailto:babysteps@ventura.org)  
[pasitosdebebe@ventura.org](mailto:pasitosdebebe@ventura.org)

#### VENTURA COUNTY BOARD OF SUPERVISORS

1st District	Supervisor Steve Bennett
2nd District	Supervisor Linda Parks
3rd District	Supervisor Kathy I. Long
4th District	Supervisor Peter C. Foy
5th District	Supervisor John C. Zaragoza

#### AMBULATORY CARE ADMINISTRATION

2323 Knoll Drive, Room 406  
Ventura, California 93003  
(805) 677-5223

#### VENTURA COUNTY MEDICAL CENTER

3291 Loma Vista Road  
Ventura, California 93003  
(805) 652-6000

#### SANTA PAULA HOSPITAL

825 North Tenth Street  
Santa Paula, California 93060  
(805) 933-8600



VENTURA COUNTY  
HEALTH CARE AGENCY

Rev 9-2011

VENTURA COUNTY MEDICAL CENTER  
SANTA PAULA HOSPITAL

# Baby Steps

PRENATAL CARE PROGRAM



*Helping you with your First Steps*



VENTURA COUNTY MEDICAL CENTER  
SANTA PAULA HOSPITAL  
ASSOCIATED WITH UCLA SCHOOL OF MEDICINE

# Pregnancy, Birth, Delivery

## VENTURA COUNTY MEDICAL CENTER

- VCMC and SPH are the only Baby-Friendly hospitals in the county
- Certified lactation consultants on site
- Support partner allowed to stay with you through the entire process
- Beautifully decorated postpartum room
- Baby will always stay by your bedside
- Bring any personal items from home that make this experience more relaxing
- Parenting class before hospital discharge
- Specialized and prestigious staff in our established NICU department
- Waiting room to accommodate your visitors
- Two-visitor privilege in your labor and postpartum room
- Special certificate with baby footprints and newborn photo (photographer on site) and baby t-shirt as a gift with special snack packs for the new family



## AMBULATORY CARE CLINICS

Our culturally competent clinics offer pregnancy testing, individual prenatal counseling, and friendly staff. We design a personalized birthing plan that is individualized to meet your needs. We offer resources for nutrition, education, exercise, counseling, as well as birthing classes, expert lactation consultants, and parenting classes; provided by bilingual staff which includes Mixteco translations.

### CAMARILLO

#### Las Posas Family Medical Group

3801 Las Posas Road, Suite 214 (805) 437-0900

### FILLMORE

#### Fillmore Family Medical Group

828 Ventura Street (805) 524-2000

### MOORPARK

#### Moorpark Family Medical Clinic

35 W. Los Angeles Avenue (805) 529-4624

### OXNARD

#### Las Islas Family Medical Group

2400 S. C Street (805) 240-7000

#### Magnolia Family Medical Clinic

2240 E. Gonzales Rd., Suite 100 (805) 981-5151

#### Mandalay Bay Women and Children's Medical Group

2000 Outlet Center Drive, Suite 110 (805) 604-4588

### SANTA PAULA

#### Santa Paula Hospital Clinic

845 N. Tenth Street, Santa Paula (805) 525-0215

#### Santa Paula Medical Clinic

1334 E. Main Street, Santa Paula (805) 933-1122

### SIMI VALLEY

#### Sierra Vista Family Medical Clinic

1227 East Los Angeles Avenue (805) 582-4000

### THOUSAND OAKS

#### Conejo Valley Family Medical Group

223 E. Thousand Oaks Blvd., Suite 102 (805) 370-0600

### VENTURA

#### Academic Family Medicine Center

3291 Loma Vista Road, Building 340 Suite 201  
(805) 652-6100

#### West Ventura Medical Clinic

133 W. Santa Clara Street (805) 641-5600

#### Women's Health Center

3291 Loma Vista Road, Building 340 Suite 403  
(805) 652-6229



## SANTA PAULA HOSPITAL

- A private, calm and peaceful atmosphere with individual care
- VCMC and SPH are the only Baby-Friendly hospitals in the county
- Certified lactation consultants on site
- Support partner allowed to stay with you through the entire process
- Beautifully decorated private rooms and private restrooms
- Baby will always stay by your bedside
- Bring any personal items from home that make this experience more relaxing
- Support partner's bed
- Waiting room to accommodate your visitors
- Two-visitor privilege in your labor and postpartum room
- Special certificate with baby footprints and newborn photo (photographer on site) and baby t-shirt as a gift with special snack packs for the new family

Ventura County Medical Center  
Santa Paula Hospital

Are you looking for an OB?  
Find one close to you on our website!

[www.vchca.org](http://www.vchca.org)