

New Beginnings Childbirth Center

at Beverly Hospital

A Special Place for
Your Baby's Birth



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Welcome

Thank you for choosing Beverly Hospital as the place to have your baby! We are honored to share this special experience with you.

We will do everything we can to provide a warm, comfortable, family-centered environment for the birth of your baby. This is a memorable time of your life, and we are dedicated to making it a positive experience.

About 2,200 babies come into the world each year at Beverly Hospital, and we have provided superior maternity care for generations. It's a special thrill for us to deliver so many babies of women who were born here themselves.

This packet contains helpful information for your labor and childbirth. If you have any questions, you are welcome to call us at **978-816-2229 (BABY)**.

Congratulations! We look forward to seeing you and welcoming your new little one into the world.

Warm regards,

Rebecca Gadon RNC MA

Rebecca Gadon, RNC, MA
Associate Chief Nursing Officer, Maternal Newborn Services

Preparing for your stay

At Beverly Hospital, we are happy to share in your special “birth” day. Here are some things to do to get ready for your childbirth experience with us.

Forms to complete and return

In this packet are some forms for you to complete in advance and mail back to us in the enclosed self-addressed, stamped envelope:

1. Pre-Admission Form
2. Infant Identification and Security Information
3. Massachusetts Health Care Proxy (if you choose to waive the Health Care Proxy, please write your name and “declined” on it and return it with the other forms)

To do in advance

1. Decide on the support person (partner, parent, sibling, friend) who will be with you in the Labor and Delivery room.
2. Information about your condition will not be given to anyone. We recommend that you identify one person for all your relatives and friends to call for updates about your labor and childbirth status. This way there is only one person who will be checking in with you and/or your support person during your labor.
3. Start researching a car seat for your newborn; more information on car seats can be found in the “Preparing for Discharge” section of this booklet.
4. Choose your baby’s doctor before you deliver. In this packet, for your convenience, is a listing of pediatricians and family physicians with privileges at Beverly Hospital.

Insurance information

In most cases, you need to inform your insurance company of your pregnancy so they can pre-approve your hospital stay. Not doing this may result in the insurance company denying coverage for the cost of your care.

Under normal circumstances, most insurance providers allow for a 48-hour (two-day) stay for a vaginal birth and a 96-hour (four-day) stay after a cesarean birth.

If you have any questions, please contact your individual insurance carrier. You should also check with your insurance carrier to determine coverage for childbirth classes, breast pumps and other expenses related to your baby’s birth.

If you do not have insurance and feel that you may have a financial problem, please contact our Business Office prior to the birth of your baby at **978-816-2207**.



Checklists of what to bring



For the expectant mom:

- Insurance card
- Photo ID
- Completed "Worksheet for Certificate of Live Birth - Newborn" included in this packet
- Music to listen to during your labor and birth, if desired
- Personal care items, including toothbrush, toothpaste, deodorant, shampoo, comb/hairbrush
- Nightgown, robe and slippers



For the partner/support person:

- Personal care items, including toothbrush, toothpaste, comb, deodorant, razor and shaving cream
- Comfortable clothes for sleeping
- Money for meals, newspapers, etc.
- Photo ID (for father of the baby to complete birth certificate)
- Cell phone



For the baby's trip home:

- Undershirt
- Outfit
- Light blanket (warm weather)
- Heavy blanket (cold weather)
- Car seat

Circumcision information

If your baby will be a boy, you may want to think in advance about whether to have him circumcised. Circumcision is an optional procedure in which the foreskin covering the head of the penis is removed.

At Beverly Hospital, you will get an explanation of the procedure from the physician who will be performing it (your obstetrician), and you will be given the chance to ask questions. You will need to sign a consent form at the hospital before the procedure can be performed.



Parent education programs and classes

Before your baby's birth

Beverly Hospital is pleased to help you prepare for your new baby with a series of childbirth education programs taught by our own certified childbirth educators and/or registered nurses. We offer a full range of education programs for your whole family.

Maternity tours

Free group tours of Beverly Hospital's Maternity Services are offered on a weeknight evening and on a Saturday morning each month. Tours are also included as part of our childbirth classes.

Prenatal preparation class

Topics include signs and stages of labor, comfort and measures for labor, breathing techniques, medication, anesthesia and more. Weeknight and weekend classes are available.

Hypnobirthing

Hypnobirthing is a childbirth method that focuses on preparing parents for a gentle birth. Taught by a certified hypnobirthing practitioner, this course teaches proven techniques in a well-thought-out program of deep relaxation, visualization, and self-hypnosis. It is held for four- or five-week sessions, usually during the evening. Included is a tour of Beverly Hospital's Maternity Services and a prenatal breastfeeding class.

Childbirth classes for young moms

This class is a seven-week series especially planned to support young women in their labor and childbirth.

Healthy pregnancy for young women

This is a one-evening class for young moms, to be taken early in pregnancy. Topics include nutrition, fetal development, healthy lifestyle options and more.

Refresher class

This class is one evening for three hours, for parents who have previously attended a childbirth education class. Topics include reviews of pain relief, breathing, relaxation, and sibling concerns.

Prenatal breastfeeding class

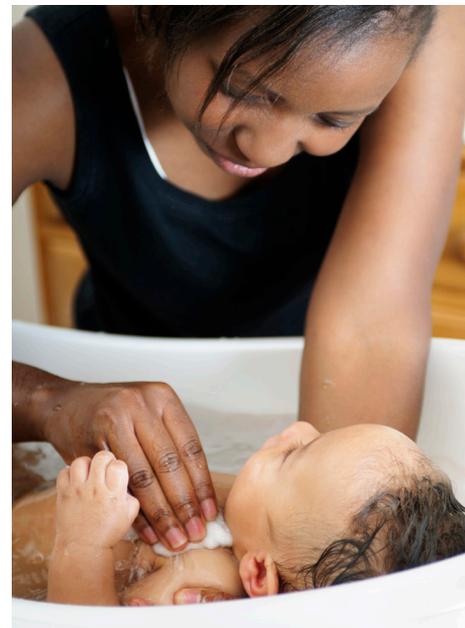
Taught by one of our lactation consultants, this two-hour class prepares an expectant mother to breastfeed. Topics include storing breast milk, breast pumps, and much more. Partners are encouraged to attend.

Baby care and more

This two-hour class teaches new parents about comforting their baby, bathing, diapering, feeding, and more.

Infant/child, friends and family CPR

This American Heart Association Friends and Family CPR course gives participants hands-on learning for CPR of the child and infant. Choking



will also be covered as well as basic baby safety. Grandparents, nannies, and babysitters are welcome to sign up as well. This class does not provide certification.

Boot camp for new dads

This class, offered once a month on a Saturday morning, helps prepare first-time fathers for the joys and challenges of fatherhood.

Sibling class

This class, offered once a month, meets for one hour on a Saturday morning for children ages 3-7, to help them adjust to the role of big brother or big sister.

Special circumstances

Childbirth education classes may be arranged at home, on an individual basis, for women whose medical situations do not allow them to attend classes at the hospital.

To register for any of these classes, including e-learning, please call us by your sixth month of pregnancy to check for availability, dates and times. Our classes fill quickly, on a first-come, first-served basis, please call **978-927-9103**.

Parent education programs and classes

After your baby's birth



The B.R.E.A.S.T. connection

Meet with a lactation consultant and get the extra support you need after going home. This drop-in session includes the visit and Mothertalk group after the visit.



Mother talk groups

These weekly drop-in groups are held Tuesday for moms with babies ages newborn to 3 months and Thursday for moms with older babies 4 to 8 months of age. A Saturday Mothertalk group is held every third Saturday for moms who have returned to work. Get to know other moms in a shared space.



Daddy and baby group

In this monthly group, new dads are welcome to come with their babies, from newborn and up, to share experiences and get advice.



Infant/child, friends and family CPR

This American Heart Association Friends and Family CPR course gives participants hands-on learning for CPR of the child and infant. Choking will also be covered as well as basic baby safety. Grandparents, nannies, and babysitters are welcome to sign up as well. This class does not provide certification.

These are basic classes. Additional classes may be available. Contact us for more information.

All classes are held on the Beverly Hospital campus. Please note that preregistration and prepayment is required for all classes. Please call us for pricing. If you have any questions or for special circumstances, please call us at **978-927-9103**.



Your arrival at the hospital

When the day comes for your baby to be born, here is what you need to know about your arrival at Beverly Hospital. Our experienced and efficient staff will help guide you from the minute you walk in our door to the time you leave with your little bundle of joy.

Admission to the hospital

After speaking with your healthcare provider and being instructed to come to the hospital, please come through the main hospital entrance.

- If it is between 6 a.m. and 8 p.m., come directly to Labor and Delivery on the third floor of the Alt Building.
- If it is between 8 p.m. and 6 a.m., please check in at the Emergency Department desk.

Be sure to bring your overnight bag, your insurance card and a photo ID. Also please bring your “Worksheet for Certificate of Live Birth–Newborn” form that is included in this packet.

Parking

When you arrive at Beverly Hospital, you may drive directly to our main entrance, where valet parking is available during the day for a nominal fee. You also may drive directly to the free parking garage and park your vehicle there.

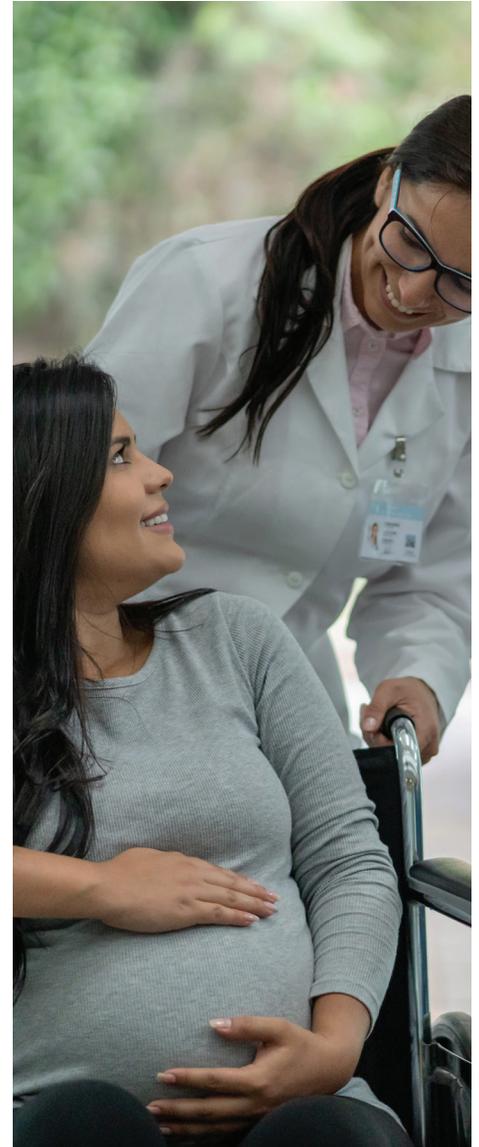
Accommodations

Beverly Hospital’s Maternity Services offers a home-like atmosphere. You will begin in Labor and Delivery, located on the third floor of the Alt Building, which consists of eight private rooms in which you will deliver your baby.

After your baby’s birth, you will be moved to our Mother-Baby Unit on the fourth floor where under normal circumstances you will have a private room. We provide cots for your significant other or support person to spend the night if desired. On occasion, because of the number of new mothers, we may have to utilize our semi-private rooms.

Photographs and videotaping

You are welcome to take videos and photos before and after the birth of your baby. Please note that videotaping and photographs are not permitted during the birth itself or during any medical procedures.



Labor and delivery

At Beverly Hospital, our care team works together to provide a safe, family-centered, personalized childbirth experience. You will have many choices and options during your labor and childbirth, and we are here to help you every step of the way.

During your labor, you will have a private room with your own bathroom, equipped with a shower and whirlpool tub. Your obstetrician or midwife will assist with the birth of your baby, and our experienced and caring Labor and Delivery nurses will be with you throughout your labor, childbirth and recovery. In addition, a board-certified obstetrician is in the hospital 24 hours a day.

Inducing or augmenting labor

Sometimes labor doesn't progress as efficiently as hoped. In that case, your healthcare provider may suggest medication or other measures for induction (getting your labor started) or augmentation (helping labor move along at a better pace).

Cesarean birth

If you will be having a cesarean birth, at Beverly Hospital we perform it in a family-centered manner, known as the "gentle cesarean."

Certain simple measures can foster a calm environment and early family bonding while in the operating room and recovery room. During a "gentle cesarean" birth, we limit unnecessary

conversation and invite you to bring your own music to play during the birth. If you wish to see your baby during birth, clear drapes can be used.

Skin-to-skin contact is encouraged as soon as possible after birth. Early skin-to-skin contact can also help with your baby's temperature regulation and microbiome formation, which protects against germs. Cord clamping is delayed to help ease the baby's transition, and we encourage breastfeeding as soon as possible after the baby is born.

Sharing the happy news

Your support person is welcome to bring a cell phone to use before and after your baby's birth. You and your support person can take photos and videos when you are in your room. Please ask the staff if they would mind being videotaped before you begin filming. To protect the privacy of other patients, videotaping or picture-taking are not permitted at the Nursery window or in the hallways.

Special Care Nursery

If your baby needs extra medical attention after birth, we have a Special Care Nursery staffed with Beth Israel Deaconess Medical Center neonatologists and highly skilled nurses. You can learn more in the "Special Care Nursery" section of this booklet.



Pain relief options

We can offer you a number of options to help make your labor more comfortable, including:

- Relaxation techniques to help manage labor pain. Some expectant mothers take our Hypnobirthing class (see the "Childbirth Education Programs and Classes" section of this booklet) to learn this process.
- Pain medications to help provide relief.
- Nitrous oxide, which you inhale through a mask.
- Epidurals, which are available 24/7 at Beverly Hospital. Our Anesthesiology staff is extremely sensitive to the comfort level desired by our mothers during labor and childbirth. They are here to meet your comfort needs and answer any questions you may have.

After the birth of your baby

There is often much excitement among family and friends when a baby is born. During this joyous time, remember to take care of yourself and listen to your body's need for rest and recovery. Don't hesitate to let others know when you need to be alone with your baby and when you need to sleep.



Visiting hours

General visiting hours are from 11 am to 8 pm. Visitors should be free of any illnesses (such as colds, flu or contagious diseases). Visiting children, including siblings, must be accompanied by an adult. The father of the baby, significant other/partner, grandparents, and siblings of the baby may visit at any time.



Family-centered care

Your baby will spend the majority of the time with you in your room. It's a time for you to learn your baby's cues and how to take care of your baby's needs. Our family-centered care includes encouraging skin-to-skin contact between you and your baby, while you are awake. Mothers and babies are considered a pair, and the same maternity nurse will care for both of you. Our nurses are always available to support you and answer any questions. Your room will be equipped with a cot so that your significant other can stay overnight in your room with you and your baby.



Breastfeeding support

In addition to our Prenatal Breastfeeding Class, Beverly Hospital is pleased to offer additional resources to support breastfeeding mothers. Your nurse will help you with breastfeeding, and our certified lactation consultants are available for additional education and support.

We also offer a Lactation Boutique, which offers breast pump rentals, bras, pillows, pumps and accessories for sale. A Lactation Boutique cart is available to come to your room to allow you to purchase any supplies you may need. All of our products are sold at a discounted rate below the manufacturer's suggested retail price. Our staff can help you select the bra and supplies that fit your lifestyle. The staff at the Lactation Boutique may be reached at **978-816-2202** or at **978-927-9103**.



Your baby's medical care

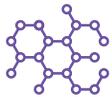
Your baby's doctor will see your baby at the hospital to perform an exam and assess his or her overall health. In addition, the Massachusetts Department of Public Health requires that all newborns receive the following:



Eye ointment to prevent any infections caused by the birth process.



Vitamin K injection, which helps the baby's blood to clot.



A hepatitis B vaccine, to help prevent this severe liver infection that can lead to liver failure, liver cancer and death.



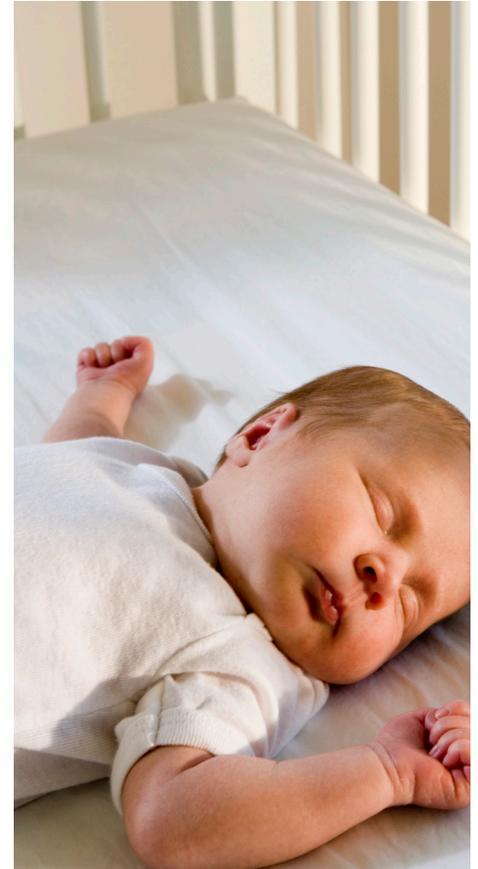
A blood test to determine if the baby has any metabolic disorders that need immediate treatment.



A newborn hearing screening that is quick, easy and not painful. It is important to recognize hearing loss as early as possible so that appropriate interventions can be made.



Critical congenital heart defect (CCHD) screening. Some babies born with a heart defect appear healthy at first but are at risk of serious complications within the first few days or weeks of life. This simple and painless test takes just a few minutes and measures how much oxygen is in your baby's blood. It is done by taping sensors to the baby's hand and foot that lead to a monitor.



Safe sleep guidelines for baby

These important practices will begin in the hospital and should be continued at home.

- Always place your baby on his or her back to sleep.
- Keep your baby close by, but in his or her own crib, with a firm mattress and a tight-fitting sheet.
- Don't put toys, blankets, pillows or bumper pads in your baby's crib.
- Don't smoke.
- Keep your baby cool; don't overheat the room.

If you have any questions about these tests, speak to your nurse or the baby's doctor.

Parent information

Birth certificates and social security cards

The “Worksheet for Certificate of Live Birth-Newborn” in this packet, which you will bring with you to the hospital, helps with the completion of your child’s birth certificate. The information you provide is sent to the Beverly Town Hall for processing. The Beverly Hospital birth registrar will come to your room to help you with this paperwork and answer any questions.

You may obtain a copy of your child’s birth certificate at the Beverly Town Hall after two weeks. Please note that Beverly Hospital does not issue birth certificates and does not maintain copies.

Your baby’s Social Security card will be mailed to your residence in about one month. If you have any questions regarding your baby’s Social Security card, you may contact the Social Security Administration at **800-772-1213**.

Baby portraits

Beverly Hospital offers the option of professional photography to new parents, with a photo session that takes place right in your hospital room. There is no charge for the photo session itself; you only pay for the photos if you choose. Items purchased while you are at the hospital are delivered to your room before you leave.

You also may create your baby’s own personal website by visiting www.welcomenewborn.com and following the instructions to create your baby’s Welcomesite.



Perinatal mood complications/postpartum depression

Postpartum depression sometimes affects women during pregnancy and/or after childbirth. It is different from “the blues” that people may experience from time to time. Postpartum depression can cause feelings of extreme anxiety, sadness and exhaustion. It may also cause repetitive or disturbing thoughts. A woman with postpartum depression can have trouble caring for her baby, her family and herself.

Postpartum mood complications and postpartum depression are treatable. If you experience any of these or similar feelings, tell your healthcare provider or nurse.

Preparing to go home

To prepare for discharge from the hospital, be sure you have weather-appropriate clothing for your newborn (such as a t-shirt, outfit, sweater, coat, hat, blanket) as well as for you.

You also will need an appropriate car seat. It is Massachusetts law that all newborns have a properly fitting car seat in order to ride in a motor vehicle.

Because choosing a car seat for a newborn depends on the baby's size, some parents wait until the baby is born to purchase the seat. If you buy one ahead of time, we suggest that you keep the car seat box and receipt in case an exchange is needed.

Choosing a car seat

Beverly Hospital's Child Passenger Safety Program can help ensure you have the correct car seat. Beverly Hospital does not provide car seats, but our staff is here to advise you on your purchase. All newborns need an appropriate five-point-harness car seat. If your baby is less than five pounds, you will need a car seat that accommodates smaller infants.

Beverly Hospital's Child Passenger Safety Program requirements do not permit newborns to be discharged in:

- Seats that are not the right size for the baby.
- Seats that are past their expiration date. They will be discarded (usually six years after manufacture).
- Seats that have signs of damage that can affect the crashworthiness of the seat.
- Seats that do not have a sticker indicating the device follows federal standards.



Certified child passenger safety technicians

Our program is supervised by a certified child passenger safety technician with advanced training, and our staff includes occupational and physical therapists who provide car seat education, fitting and installation assistance. To get in touch with one of our safety technicians, you may email ChildPassengerSafety@BeverlyHospital.org.

About the North Shore Birth Center

Some women choose to get their prenatal care and give birth with the assistance of midwives at North Shore Birth Center (NSBC) on the campus of Beverly Hospital. NSBC opened its doors in 1980 as the first free-standing birth center in the Northeast. Today, the midwives of NSBC continue to provide holistic, individualized health care to women with low health risks.

NSBC offers a home-like environment in a quiet, peaceful, and family-friendly space, with full access to a kitchen, living room, outdoor garden and deck. Midwives support the progression of labor. Non-medication methods are used for pain management. Large birthing tubs are available for use during labor and for water births.

You may also choose a NSBC midwife for prenatal care and deliver with her assistance at the hospital. Some women deliver at the hospital for medical reasons, for personal preference or for additional pain management options. Nitrous oxide and epidurals are available if you deliver at the hospital.

Please note that only those midwives who are affiliated with Beverly Hospital's North Shore Birth Center can attend deliveries at the NSBC.

After childbirth at NSBC, you may choose to be discharged home in 4-12 hours or transferred to Beverly Hospital for a postpartum stay of 24-48 hours. As part of Beverly Hospital, NSBC accepts most insurance, and will work in consultation with OB/GYN physicians and other specialties as needed.

If you are interested in knowing more about the services of NSBC and touring the facility, we encourage you to attend an orientation. Please call **978-927-7880** to register.



Special Care Nursery

When a newborn comes into the world needing specialized care and attention, nothing is more important to parents than knowing that you and your baby are in the best of hands. At Beverly Hospital, you are.

Our 12-bed, Level II-B Special Care Nursery provides advanced medical care and exceptional family support in a warm and caring environment. In fact, many parents come to think of our staff as part of their extended family and stay in touch long after their baby has gone home.

Our team of Beth Israel Deaconess Medical Center neonatologists, nurses experienced in all aspects of newborn intensive care, respiratory therapists, social workers, and other professionals are exceptionally qualified to meet the medical and emotional needs of newborns and their families.

Our young patients include:

- Babies, twins and triplets who are born prematurely and need extra time and care to grow stronger
- Babies who need special monitoring, continuous observation and/or medical interventions
- Babies who need help breathing until their lungs develop further
- Babies with health issues who were born at Beverly Hospital or other hospitals and have been stabilized in Boston, but who need additional hospital care, close to home, until they are ready to go home with their parents



Services for parents

Our Special Care Nursery includes a family sleep room - complete with a couch that converts to a bed, a television, and a bathroom with a shower - so you can stay close to your baby and eliminate the burden of commuting to and from the hospital.

Our patients' parents also have full computer access, which provides the opportunity to look up medical information, access email, and keep

in touch with other concerned relatives and friends.

We also give mothers easy access to a hospital grade electric breast pump. This helps mothers whose babies are not yet ready to breastfeed maintain their milk supply, and allows mothers to store breast milk for feedings when she cannot be at the hospital. Lactation consultants also are available to help with special feeding plans.

Notice of your rights when you have a baby

While you are in the hospital:

- You have the right by law to stay in the hospital with your baby for 48 hours after giving birth vaginally or 96 hours after birth if you have a cesarean birth.
- The hospital may not send you and your baby home between 8 p.m. and 8 a.m., unless you ask to leave during that time.

If you choose to leave early:

- You have the right to at least one home visit by a nurse. A home visit is voluntary. If you do not want one, please let your nurse know.
- The Case Management Department will arrange for your home visit within 48 hours after you leave the hospital.

If you leave early and choose to have a home visit, the nurse who visits you at the first home visit will:

- Check you and your new baby to be sure you are both healthy.
- Answer any questions you may have and offer you information on feeding and taking care of your new baby.
- If needed, take a small blood sample from the baby for newborn testing.
- Help arrange checkups with a doctor, nurse or clinic for both you and your baby.

For more information:

- If you have any questions about your rights under this law, talk to your doctor, midwife, or nurse, or you may call the Bureau of Health Care Safety and Quality at **617-753-8000**, Monday through Friday, 8:45 a.m. to 5 p.m.

For complaints:

- If you feel your rights have been denied under this law, you may call the Department of Public Health at **800-436-7757** or TD TTY **800-439-2370**, 24 hours a day.



Information and Resources

Some key phone numbers for your reference:

- Beverly Hospital Maternity Services: **978-816-2229 (BABY)**
- Lactation (Breastfeeding) Consultants at Beverly Hospital: **978-816-2203**
- Lactation Boutique: **978-816-2202**
- Special Care Nursery: **978-816-2270**
- Admitting Office at Beverly Hospital: **978-816-2207**
- Beverly Hospital's main number: **978-922-3000**
- HealthConnection, Beverly Hospital's free physician referral service: **888-253-0800**

Some helpful websites:

- American Academy of Pediatrics (AAP): **www.aap.org**
- Childbirth Connection: **www.childbirthconnection.org**
- Choices in Childbirth: **www.choicesinchildbirth.org**
- DONA International (for information about doulas): **www.dona.org**
- Healthy living information for parents, from AAP: **www.healthychildren.org**
- International Lactation Consultants Association: **www.ilca.org**
- La Leche League: **www.llli.org**
- March of Dimes: **www.marchofdimes.org**
- Mothering Magazine: **www.mothering.com**
- Postpartum Support International – Massachusetts: **www.postpartumma.org**
- United States Breastfeeding Committee: **www.usbreastfeeding.org**
- U.S. National Library of Medicine: **www.nlm.nih.gov/medlineplus/childbirth.htm**

Beverly Hospital Maternity Services

85 Herrick Street
Beverly, MA 01915

978-816-2229 (BABY)