



Having your baby at Emerson Hospital



Special care close to home

At Emerson Hospital's Birthing Center, our skilled, supportive physicians and nursing staff make every family's childbirth experience as rewarding as possible. We can provide the specialized expertise and technology to give the newest member of your family the best start in life.

Through a family-centered approach to childbirth, Emerson Hospital obstetricians exemplify the highest quality of medical expertise available. Emerson offers the best of both worlds—the latest in technology and the one-on-one compassionate patient care of a community hospital—just minutes from home.

"The competence of our doctors and the individualized care we received made us feel reassured and confident that we were in good hands. We wanted the pregnancy to be carried to at least 34 weeks so that we could have the babies delivered at Emerson, assured that they would receive the best care and be close to home."

A serene setting

Created with your comfort in mind, we offer an atmosphere of privacy conducive to a family-centered birth experience. The Birthing Center has its own secure patient entrance, a serene wooded setting and private rooms in our Mother-Baby unit—an ideal setting to begin life with your new baby.

Rooms are equipped with everything necessary for the birth and care of your newborn baby: shower, rocking chair, television, stereo CD player, birthing ball, aromatherapy and a laboring tub should you choose to use these during your labor.

The Birthing Center provides:

- One-on-one nursing care
- Comfortable, home-like rooms for labor, delivery and recovery
- High risk pregnancy services, including consultations with a perinatologist
- The area's only Special Care (Level 2A) Nursery, directed by a Massachusetts General Hospital neonatologist
- 24-hour obstetrical anesthesia
- Pediatric hospitalist available 24 hours a day
- Certified lactation (breastfeeding) consultants on site
- Acupuncture
- A centralized computerized fetal monitoring system
- A locked unit and wireless infant security system for your peace of mind and privacy

In addition, we offer new mother support groups and our exclusive *Tender Beginnings* menu of classes, including prenatal and infant care, sibling preparation and mother-to-be exercise, to help expectant mothers and their partners prepare for childbirth and parenting.





Flexibility to meet your unique needs

At Emerson, we respect each family's unique and individual needs, questions and concerns. We are committed to giving you the information, care and support you need to create the pregnancy and childbirth experience that's best for you and your baby.

Determining what type of childbirth experience is right for you and your baby is a very important decision. Emerson physicians and nurses work with you to answer your questions at each phase of your pregnancy and delivery.

"I love going to Emerson to deliver my children because it is so easy and the care is great. It's not too big and impersonal. The drive is convenient for us. The staff are so kind and caring. This last delivery was really wonderful. The nurses were fantastic. They made me feel I was in capable hands and that I didn't have to worry."

“The nurses in the Special Care Nursery were amazing. They clearly love what they do. But every nurse we encountered at Emerson was attentive and caring... I would certainly recommend Emerson, and that includes for anyone having twins.”

Peace of mind

Our Special Care Nursery, reserved for babies born ahead of schedule or with a newborn illness, includes a pediatric hospitalist on site and available 24 hours a day, as well as state-of-the-art medical facilities. With our neonatologist and staff of expert nurses, you and your baby will receive one-on-one care.



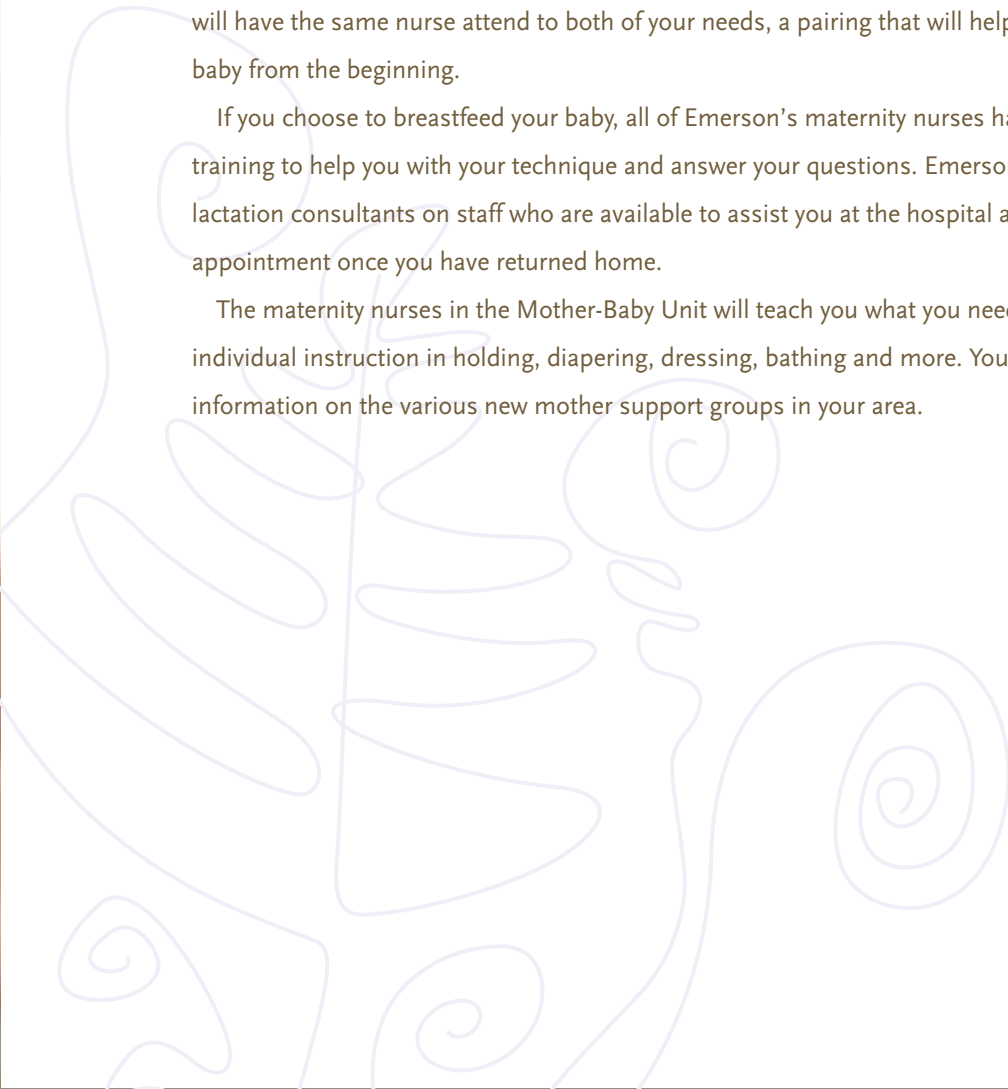


Bonding with your new baby

After your baby is born, you will be given a private room in Emerson's Mother-Baby Unit, where new mothers can continue to rest and become acquainted with their newborns. You and your baby will have the same nurse attend to both of your needs, a pairing that will help you get to know your baby from the beginning.

If you choose to breastfeed your baby, all of Emerson's maternity nurses have advanced training to help you with your technique and answer your questions. Emerson also has certified lactation consultants on staff who are available to assist you at the hospital and by telephone or appointment once you have returned home.

The maternity nurses in the Mother-Baby Unit will teach you what you need to know by offering individual instruction in holding, diapering, dressing, bathing and more. You will also receive information on the various new mother support groups in your area.



“Last December we had premature twins in the Special Care Nursery and we were so pleased with the care that they both received while they were there. All of the nurses were so loving and caring they felt like family. When the babies were released we were so excited.”

Medical expertise you can trust

Being pregnant or planning to have a baby is good reason to want the very best care, particularly if you have specific needs. Emerson offers advanced care for you and your baby, including a high-risk pregnancy specialist from Brigham & Women’s Hospital, Level 2 diagnostic ultrasound, and genetic counseling.

You may choose from a number of highly qualified physicians. All are experienced obstetricians/gynecologists who, as active members of the medical staff, meet Emerson’s exacting standards.

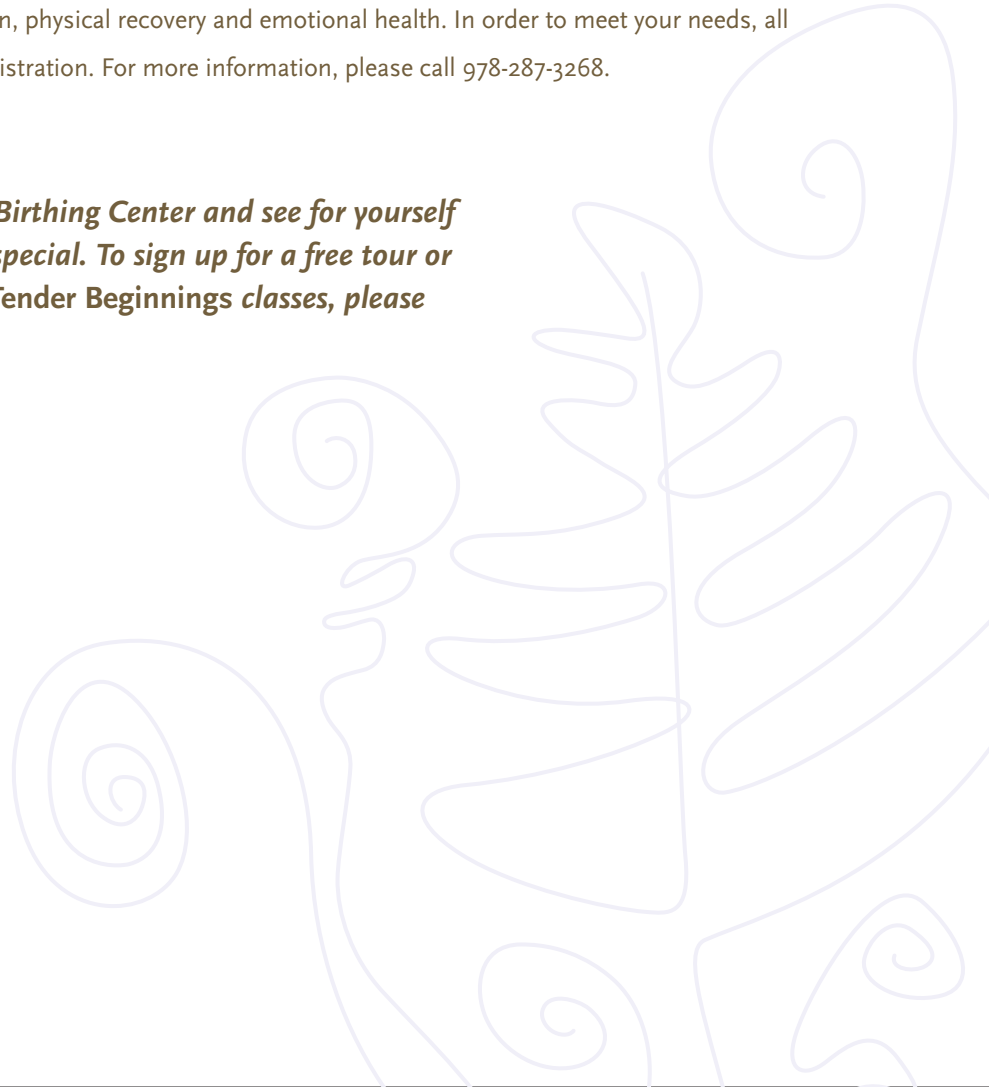
If you would like assistance in selecting a physician, please call Emerson’s physician referral line 24/7 at 1-877.9.EMERSON (877.936.3776), or visit our web site at www.emersonhospital.org/doctors.



Education and preparation

We offer a comprehensive array of childbirth education classes at the hospital, entitled *Tender Beginnings*. Classes consist of prenatal care, breastfeeding, hypnobirthing, infant care, infant/child CPR, sibling preparation, physical recovery and emotional health. In order to meet your needs, all courses require pre-registration. For more information, please call 978-287-3268.

Take a tour of our Birthing Center and see for yourself what makes us so special. To sign up for a free tour or to pre-register for Tender Beginnings classes, please call 978-287-3268.





 **The Birthing Center**
Emerson Hospital

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