Having your baby at Emerson Hospital
Special care close to home

At Emerson Hospital’s Clough Birthing Center, our skilled, supportive physicians, midwives 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 and midwives 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.

Birthing Center staff members are supportive of each woman’s needs and choices around pain control in childbirth and offer a number of resources to make each delivery as personal and comfortable as possible.
A serene setting

Created with your comfort in mind, we offer an atmosphere of privacy conducive to a family-centered birth experience. The Clough 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, birthing ball and a laboring tub should you choose to use these during your labor.

The Clough Birthing Center provides:

- One-on-one nursing care
- Comfortable, home-like rooms for labor, delivery and recovery
- High risk pregnancy services, including consultations with perinatologists from Brigham and Women’s Hospital
- The area’s only Special Care (Level 2A) Nursery, directed by a Massachusetts General Hospital neonatologist
- 24-hour obstetrical anesthesia
- Pediatric hospitalists available 24 hours a day
- Certified lactation (breastfeeding) consultants on site
- 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 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. Visit emersonwellness.org to learn more and to register.
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, midwives and nurses work with you to answer your questions at each phase of your pregnancy and delivery.

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 Massachusetts General Hospital neonatologist and staff of expert nurses, you and your baby will receive one-on-one care.
Bonding with your new baby

Seeing your baby for the first time is an experience you will never forget. All those moments of preparing and dreaming have finally become real. Once your baby is born, assuming there are no complications, your baby will be placed skin to skin directly on your chest. A warm blanket will be placed on the baby and now bonding can begin. This connection of the unwrapped baby lying directly on our skin is called skin to skin contact and can provide you and your baby time to get to know each other.

Shortly after your baby is born, you’ll 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.

After birth, you are encouraged to keep your baby in the room with you. This is known as “rooming in.” This time spent together helps you to be more comfortable in caring for your baby’s needs. You’ll more quickly learn your baby’s cues and get to understand what he or she wants. Many new moms also sleep better when their baby is in the room.

If you choose to breastfeed your baby, 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.
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 high-risk pregnancy specialists from Brigham and Women’s Hospital, Level 2 diagnostic ultrasound, and genetic counseling.

Our Level 2 diagnostic ultrasound area includes a separate check-in and waiting area and genetic counseling room. And with our collaboration with Brigham and Women’s Hospital, obstetrical patients can now receive detailed ultrasound evaluation and the most sophisticated first-trimester and sequential testing available.

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

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

Education and preparation

We offer a comprehensive array of childbirth education classes, which consist of prenatal care, breastfeeding, natural childbirth, infant care, infant/child CPR, sibling preparation, physical recovery, exercise and movement and emotional health. All courses require pre-registration. For more information and to register, visit emersonwellness.org.

Take a tour of our Birthing Center and see for yourself what makes us so special. To sign up for a free tour, visit emersonwellness.org.
“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.”