



The Women & Children's Center at NORTH COUNTRY HEALTH SYSTEM

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Welcome to North Country Hospital's Women and Children's Center... We are looking forward to helping you prepare for your new baby. With every pregnancy there may be new experiences and questions you may have, this guide will provide you with useful information throughout your pregnancy. Please feel free to contact the staff at the hospital or North Country OB/Gyn medical practice. Please see the inside back cover for contact numbers and helpful information from your medical providers.

Our family will help you create your family... Our recently remodeled Birthing Center has four beautiful birthing rooms. These intimate, warmly decorated rooms let you have your baby in a special setting with all of the comfort and privacy of your own bedroom and a relaxing whirlpool tub. You will still have all of the medical attention and modern equipment of a traditional delivery room. The birthing room concept allows the family to participate in the birth in a relaxed atmosphere.

North Country Hospital's Maternal-Child Department has been well known for its philosophy of family centered care for quite some time. During your stay with us, a designated support person is welcome to spend the night if a bed is available. Flexible visiting hours, a complimentary fruit basket and gift for baby will enhance your visit.

Our highly trained staff is always available for phone consultation and we have two certified lactation consultants who specialize in breast-feeding support.

Classes designed to enhance your childbirth experience... If you have questions about your pregnancy, are nervous about labor and delivery or worried about becoming a new parent ... then join the crowd! That's what childbirth education classes are for - a chance to share ideas and concerns with other expectant parents and learn from an expert. Being prepared will enhance your childbirth experience and decrease your anxiety.

Childbirth classes offer 2 options:

The Six Week Class - Thursday evenings from 6:30-8:30 pm

The Two-Day Saturday Class - From 9am - 2 pm. We offer a two-day option for an in-depth childbirth education program. This two-day class is a good alternative for students and working parents-to-be or as a refresher course for those who are already parents!

Expectant Moms may be accompanied by their partner, coach, friend or family member. Topics to be covered include: Coping with pregnancy; Dynamics of labor and delivery; Relaxation and comfort techniques; Pain relief options; Infant care and feeding; Birth videos; Family care; and Car seat safety.

Cost is covered by most insurance plans. If you are a Healthy Babies client please give us your insurance number and we will bill Healthy Babies. Please do not let cost prohibit you from attending; no one will be turned away for financial need!

Call The Wellness Center @ 334-5566 for information about childbirth classes.

PLEASE REMEMBER! *Second hand smoke is very dangerous for your baby. Give your baby a Fresh Start with good clean air to breathe.*