



# Welcome

## Safe, Personalized Delivery

Since 1961, we've provided a safe, personalized delivery experience for families throughout the East Bay.

We proudly offer comprehensive maternity care. Whether you prefer a vaginal delivery, are experiencing a high-risk pregnancy, or anticipate having a C-section, we meet you where you are.

Our services include:

- Single room birthing and recovery suites
- Birthing tools and pain management options according to your preferences
- Support for high-risk pregnancies and vaginal birth after a previous C-section (VBAC)
- Family-centered care, with immediate skin-to-skin contact and rooming-in to help you and your baby bond
- Lactation consultations in the hospital and after your stay

For more information about our maternity services, please visit [valleycare.com/maternity](https://valleycare.com/maternity).

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## Your Checklist

We know that having a baby can feel overwhelming. To help you simplify the process, here's a handy checklist:

- Sign up for a childbirth preparation, breastfeeding, CPR, or newborn care class at [valleycare.com/maternity](https://valleycare.com/maternity).
- Create your birth plan and discuss it with your doctor.
- Plan care for your other young children and pets for the time when you are at the hospital.
- Create a postpartum plan, which might lay out your maternity leave, childcare, meals, simple self-care practices, and a phone number for counseling services.
- Pack your hospital bag with essentials for you and your newborn.
- Contact your insurance company to inquire about coverage for a personal breast pump.
- Pick a pediatrician at Stanford Health Care – ValleyCare by visiting [valleycare.com/pediatrics](https://valleycare.com/pediatrics).
- Install your rear-facing infant car seat. If you need help, call your local police department, fire department, California Highway Patrol (CHP), or **866-SEAT-CHECK (866-732-8243)**, or visit [seatcheck.org](https://seatcheck.org).
- Fill out your pre-admission paperwork, which you can get at your doctor's office or by visiting [valleycare.com/medical-clinics/maternity/maternity-pre-register.html](https://valleycare.com/medical-clinics/maternity/maternity-pre-register.html).
- Make sure you have everything you need for your baby's arrival.

# Delivery During COVID-19



Your health and safety are our top priority. We follow the latest recommendations and guidelines from the Centers for Disease Control, California Maternal Quality Care Collaborative, and American Academy of Pediatrics. Everyone on your care team will wear appropriate protective equipment throughout your stay. Currently, our policies include:

## Arriving at the Hospital

When you arrive for your delivery, please enter through the emergency admitting entrance. From there, a nurse will walk you to your room, discuss your birth plan, and check your progress.

## Labor & Delivery Support

When you arrive for your delivery, we perform a COVID-19 test. The results help us plan a safe delivery for you, your baby, and our other patients.

One person can accompany you during your labor and delivery. This might be your spouse or doula (but not both).

## Masks

We ask patients and their support person to wear a mask while staff are in their room.

## Meals

Your support person is welcome to use our café or coffee cart for meals. In addition, vouchers can be purchased for ordering meals and food deliveries are allowed.

## Visitors

Due to COVID-19 safety requirements, one person can stay with you during your first 24 hours. You may have an additional visitor each day with limited visiting hours. When your partner, spouse, or support person comes into the hospital, we:

- Meet them at the hospital entrance
- Screen them for symptoms
- Give them a mask to wear at all times
- Escort them to your room

Before your hospital admission, we ask that you prepare by securing child care if you have other small children at home. Children may not visit you in the hospital at this time.

**Note:** Our policies may change due to recommendations from the State or County Health Department and the prevalence of COVID-19 in the area.

# Birthing Center



At Stanford Health Care – ValleyCare, we are dedicated to providing you with a safe birthing experience that honors your preferences and emotional and physical needs. You have access to a wide array of effective, comfortable tools and amenities, including:

## Private, Family-Centered Suites

We offer private, spacious, single room suites where you can deliver your baby and recover in the same room.

Each room features:

- Bathroom with shower
- Sleep area for your spouse or support partner
- Flat-screen TV with cable
- Free Wi-Fi connection

To help you and your baby bond and support breastfeeding, your baby rooms with you and we designate 2 – 4 p.m. as visitor-free, quiet time hours to encourage maternal-infant bonding and promote skin-to-skin time.

## Birthing Tools

We work closely with you to support your birth plan, whether you prefer a medicated, nonmedicated, or aromatherapeutic labor.

We offer the latest tools to reduce pain, promote labor, and make you feel more comfortable, including:

- **Kaya stool:** This waterproof stool supports different upright birthing positions, including squatting, lunging, and kneeling.
- **Peanut ball:** This peanut-shaped yoga ball supports your legs when you need to lie down due to fatigue, complications, or after an epidural.
- **Birthing ball:** A round ball can relieve discomfort and help with gentle movement.
- **Remote fetal monitor:** Wireless monitoring keeps track of your baby's heart rate and your contractions, enabling you to walk during labor.
- **Aromatherapy:** Diffusing different essential oils can aid labor and delivery, depending on your needs. Lavender essential oil promotes calm and sleep, while citrus essential oil stimulates energy and reduces nausea.

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With your birth plan as your guide, we always strive for a vaginal delivery. Typically, we recommend a C-section only if your health or baby is at risk.

### Your Care Team

Your care team consists of board-certified doctors and nurses who are specially trained to care for expectant moms and newborns.

Our nurses support your labor and delivery using many of the breathing and positioning techniques that doulas use. The same nurse cares for you and your baby throughout your stay, making sure you have everything you need.

We also have an OB laborist available at the hospital 24/7 to intervene immediately in case of an emergency. An OB laborist is a doctor who specializes in caring for women throughout pregnancy, during childbirth, and after delivery.

### Pain Management Options

You may have access to a wide variety of safe and effective pain management options, depending on your preferences.

In addition to birthing tools and aromatherapy, you can choose:

- **Nitrous oxide:** A blend of oxygen and nitrous oxide to inhale during contractions, also known as laughing gas
- **Pain medicine:** Quick-acting medicine given through an IV every 1 – 2 hours
- **Epidural:** Injection of anesthesia (pain medication) into your lower back, often continuously, so you feel pressure but not pain
- **Spinal:** Before a C-section, a one-time injection of anesthetic into your spinal fluid to block pain while exposing your baby to only minimal medication

### Higher Level of Care

Our team of experts also offers advanced, comprehensive care for expectant mothers who might need a higher level of care. We have expertise with:

- High blood pressure (preeclampsia)
- Diabetes during pregnancy
- Pregnancy with multiples
- Moms-to-be over age 35 (advanced maternal age)
- Vaginal birth after a previous C-section (VBAC)

### Questions

We welcome your questions! Please call our Birth Center at **925-416-3440**.

# Maternity Classes



Whether you're a first-time parent or already have kids, our classes prepare you to navigate all kinds of situations. You're welcome to join our classes if you plan to deliver at Stanford Health Care – ValleyCare or if you have arrangements to deliver somewhere else.

## Childbirth Preparation

To help you be as prepared as possible, this class teaches you and your coach:

- Physiology of the birth process
- Breathing and relaxation techniques
- Labor and delivery coaching strategies
- Labor pain management and interventions (such as inducing labor or having a C-section)

Best to take during your third trimester.

**Fee: \$150**

## Lamaze Childbirth

This five-week class teaches you and your coach about Lamaze, one of the most popular and oldest childbirth preparation methods.

This class includes:

- Breathing and relaxation practices
- Helpful positions for labor and delivery
- Massage techniques to ease pain

Best to take during your third trimester.

**Fee: \$175/couple for a five-session series**

## Infant CPR

This two-hour class teaches cardiopulmonary resuscitation (CPR) for infants up to 12 months of age (but doesn't provide certification).

Best to take during your third trimester.

**Fee: \$30 per person**

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## Infant Care

This two-hour class supports you and your partner in caring for your newborn. A registered nurse will teach you all about:

- Diapering
- Bathing
- Skin care
- Circumcision care
- Temperatures
- Newborn characteristics

Best to take during your third trimester.

Please bring a doll to practice baby techniques.

**Fee: \$50**

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## Moms at Rest

Being on bed rest can be stressful. This service supports you in creating a bed rest plan for your individual needs. Learn how to organize your day, stay healthy and calm, and care for your other children and household.

Physician referral is required.

For information, call Physical Medicine Services at **925-479-3701**.

## Prenatal Breastfeeding

Whether you're planning to breast/chestfeed or if you're still on the fence, this two-hour class provides practical tips for creating a satisfying nursing experience.

Taught by certified lactation consultants.

Best to bring your partner.

**Fee: \$50**

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## Mother's Support Group

Having a baby is a major adjustment. Meet other moms, share experiences, exchange helpful tips, and make meaningful connections.

**No Fee**

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## Stanford Health Care – ValleyCare Facility Tour

*Our ValleyCare Facility Tours have been suspended due to COVID-19. Please call **925-416-3440** to determine if tours are now available.*

Take a 90-minute tour of our single room birthing and recovery suites. Learn about pre-admitting procedures and receive answers to your questions.

Please register two months in advance of your due date.

We encourage your partner to attend, but they don't need to enroll.

Register online at [valleycare.com/maternity](http://valleycare.com/maternity).

# Lactation Services



If you'd like to breast/chestfeed, our International Board Certified Lactation Consultants are happy to support you in meeting your nursing goals. We are here for you before, during, and after your hospital stay. Our consultants also work closely with your pediatrician to ensure your little one is gaining weight in line with recommended guidelines.

## Breast Pump Rentals

If you need an electric breast pump, you can rent or purchase a pump before you go home or anytime you need it.

## Nursing Supplies

For your convenience, we offer various supplies on-site to make breast/chestfeeding a more comfortable part of your new life. You can purchase:

- Nursing bras and camisoles with fittings available
- Cooling gel pads to ease sore, cracked nipples
- Nursing pads to manage leaking
- Dry baby wipes
- Breast pump flanges and replacement parts
- Microwave sterilizer bags
- Silicone breast milk collectors
- Breast milk storage bags

If you or your pediatrician are concerned about your baby's weight, we offer baby scale rentals. These specialized scales calculate your baby's breast milk intake from pre- and post-feeding weights.

## Outpatient Lactation Center

Even when you've returned home, you can still access the support of our skilled lactation consultants. Our outpatient lactation center is the only one in the Tri-Valley area.

You can schedule a private consultation Monday – Friday by calling **925-416-3598**.

A private consultation can be helpful for:

- Assisting with position and latch techniques
- Producing adequate milk supply
- Dealing with soreness or pain
- Navigating baby's slow weight gain or difficulty thriving
- Nursing multiples
- Continuing milk production when you or your baby remains in the hospital
- Protecting your milk supply after returning to work
- Assisting with breast pumping session to ensure proper flange fit

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### **Personalized Breast/Chestfeeding Plans**

After your delivery, your lactation consultant will work with you and your nurse to develop a feeding plan that honors your goals and preferences. Lactation consultants are available to answer your questions, help with positioning, and navigate common and not-so-common feeding challenges.

### **Prenatal Breastfeeding Class**

Taught by a certified lactation consultant, this two-hour class provides practical tips for creating a satisfying nursing experience.



# Newborn Care



At Stanford Health Care – ValleyCare, your baby’s health, safety, and care are top of mind. We have strict security measures in place, and we perform comprehensive health screenings for all newborns. Equally as important to us is your bond with your baby. We provide private time with your little one to support you in building a close relationship from the start—often as soon as your baby’s first breath.

## **Safety and Security**

During your hospital stay, our infant security and safety program ensures the safety of your newborn. Our unit’s alarm system alerts our infant security team to any potential risks. As a locked unit, only individuals designated with the appropriate access can enter.

## **Family-Centered Approach**

We understand that bonding with your baby is paramount. Within the first hour after your little one’s birth, you have uninterrupted skin-to-skin contact. According to research, this “golden hour” is critical for bonding, reducing stress, and boosting breastfeeding (for moms who’d like to nurse).

Your baby will also room-in with you in your private suite. This closeness gives you the opportunity to enjoy each other while being able to ask for assistance. Rooming-in helps support the transition from womb to room to home.

## **Comprehensive Health Screenings**

After your first hour with your baby, we deliver routine newborn care and conduct a thorough exam to ensure your baby is healthy.

During your stay, we check your baby’s hearing, check for jaundice, and do a noninvasive heart screening. Your baby will also have a quick heel poke test to check for a number of possible health conditions. While these conditions are uncommon, we seek to identify any issues so your baby can receive care right away, if needed.

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## NICU

Our Level II Neonatal Intensive Care Nursery cares for babies born prematurely or with special health needs, including respiratory problems and feeding challenges. Our NICU is under the medical direction of Stanford Children's Health, giving you access to the latest treatments and compassionate care close to home.

Our skilled, caring staff includes doctors and nurses who are specially trained to attend to newborns that need a higher level of care.

The NICU is located near our postpartum suites and pediatric unit for your convenience.

## Selecting a Pediatrician

We know that selecting a pediatrician for your newborn is a big decision. We proudly provide family-centered services for all your little one's needs—from their first few days through young adulthood.

Choose your pediatrician at Stanford Health Care – ValleyCare and learn more about pediatrics at [valleycare.com/pediatrics](http://valleycare.com/pediatrics).



## Your Stay

At Stanford Health Care – ValleyCare, we are committed to making your stay as safe, comfortable, and pleasant as possible.

### Before Your Stay

It's helpful to pack your hospital bag several weeks before your due date. Your packing list might include:

- Labor supports, such as pillows or a yoga ball
- Comfort items, such as music, phone, and charger
- Personal care items
- Comfortable clothes, including pajamas, slippers, and nursing bras
- Outfits for your baby

You'll also need a rear-facing car seat for your newborn to safely ride home from the hospital. If you aren't sure how to install or use your car seat, you can call your local police department, fire department, or California Highway Patrol (CHP). You can also call **866-SEAT-CHECK (866-732-8243)** or visit [seatcheck.org](http://seatcheck.org).

To expedite the process when you arrive for delivery, please register in advance at [valleycare.com/medical-clinics/maternity/maternity-pre-register.html](http://valleycare.com/medical-clinics/maternity/maternity-pre-register.html).

### Arriving for Your Stay

When you get to the hospital, please enter through the emergency admitting entrance. We will take you to your birthing suite and help you get comfortable.

Your labor and delivery nurse will:

- Review your birth plan
- Assess your labor
- Notify your obstetrician of your progress

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## During Your Stay

You labor, deliver, and recover in one private delivery suite. We also offer:

- **Bonding with baby:** After delivery, you spend time in private with your baby, skin-to-skin. Known as the “golden hour” this is the ideal time for you and your partner to bond with your baby without unnecessary interruptions.
- **Couplet Care:** The same nurse cares for you and your baby throughout your stay, making sure all your questions are answered and you have everything you need.
- **Celebration meal:** To celebrate the joyous occasion of your child’s birth, you can request a four-course meal to share with your partner or loved one.
- **Breastfeeding support:** Our board-certified lactation consultants are happy to answer your questions about breastfeeding. They visit you after delivery to help with latching on, positioning, and dealing with any feeding challenges.

Throughout your stay, if you need anything, please let us know. Our attentive nurses take great care of you, your baby, and anyone else with you.

## Going Home

Your care team prepares you and your baby to leave the hospital safely.

As you get ready to go:

- Both you and your baby have a checkup the morning you are discharged.
- Your nurse provides straightforward instructions to follow at home.
- You can get outpatient breast/chestfeeding support Monday – Friday by calling **925-416-3598**.

# Birth Plan

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

Partner's Name: \_\_\_\_\_ Physician Name: \_\_\_\_\_

## LABOR

- I would like to be able to move around as I wish during labor.
- I would like to be able to drink fluids during labor.

I prefer:

- An intravenous (IV) line for fluids and medications
- A heparin or saline lock—this device provides access to a vein but is not hooked up to a fluid bag
- I don't have a preference

I would like the following person present with me during labor: \_\_\_\_\_

I would like to try the following options if they are available (choose as many as you wish):

- Birthing ball
- Birthing stool
- Birthing chair
- Squat bar
- Warm shower or bath during labor (not during delivery)

## ANESTHESIA OPTIONS (choose one)

- I do not want anesthesia offered to me during labor unless I specifically request it.
- I would like anesthesia. Please discuss the options with me.
- I do not know whether I want anesthesia. Please discuss options with me.

## DELIVERY

I would like the following person present with me during delivery: \_\_\_\_\_

- Unless it needs to be done to ensure the safety of the baby, I would prefer not to have an episiotomy.
- I have made prior arrangements for storing umbilical cord blood.

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

### FOR A VAGINAL BIRTH, I would like (choose as many as you wish)

- To use a mirror to see the baby's birth
- For my labor coach to help support me during the pushing stage
- For the room to be as quiet as possible
- For my support person to cut the umbilical cord
- For the lights to be dimmed
- To be able to have my support person take pictures of the birth
- For my baby to be put directly onto my abdomen immediately after delivery
- To begin breastfeeding my baby as soon as possible after birth

### In the event of a CESAREAN DELIVERY

I would like the following person to be present with me: \_\_\_\_\_

**Stanford Health Care – ValleyCare Policy:** one support person allowed in surgery room and recovery, must be the same person.

- I would like to see my baby before he or she is given eye drops
- I would like my support person to hold the baby after delivery if I am not able to
- I would like my support person to accompany my baby to the nursery

### BABY CARE PLAN

I would like my baby to be:

- Breastfed exclusively
- Bottle-fed
- Combine breastfeeding and bottle-feeding

It's OK to offer my baby (check as many as you wish):

- Pacifier
- Formula
- Sugar water
- None of the above

### CIRCUMCISION

- If my baby is a boy and I would like a circumcision, I am aware I must speak with my pediatrician.

Once completed, please share a copy with your physician and place a copy in your hospital bag.