

**READY FOR PARENTING**

We offer a variety of postnatal classes and support groups to help you, your baby, and your family get the best start possible. These offerings give you a chance to share your experiences and learn from other parents.

For information on all classes, please call 408-866-3905 or visit us on the Web at [www.elcaminohospital.org](http://www.elcaminohospital.org).

The Maternal Network, across from the Well Baby Nursery in the Women's Hospital, offers breastfeeding supplies and specialty items, including herbs and teas to aid in natural milk production, individually fitted nursing bras, as well as sales and rentals of breast pumps. Knowledgeable staff is on hand to help you select what you need. Call 408-866-3905.



Parents-to-be have a lot to think about before their big day, and one of their most important decisions is choosing the right hospital. At the Women's Hospital, we deliver over 5,000 babies a year. Yet to us, each delivery is as special and unique as the mother and her new baby. We honor your wishes for a personalized birth experience and are happy to facilitate family involvement. We are here as your partner to help you make these important decisions and provide you with expert care in a beautiful, nurturing environment. You can count on us to do everything possible to make sure your baby receives a warm welcome to the world.

**About El Camino Hospital**

*As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our administrative leadership helps foster a dynamic, collaborative environment. Our world-class physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, neuroscience, genomic medicine, urology, ophthalmology, orthopedic and spine surgery, weight loss surgery, and women's health.*

*For a more detailed look at our capabilities, please visit our Web site at [www.elcaminohospital.org](http://www.elcaminohospital.org).*

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**A Warm Welcome  
for Your Baby at  
El Camino Hospital**



**MATERNAL CHILD HEALTH SERVICES**

## PREPARING FOR YOUR BABY

If you're about to have a baby for the first time, you have probably been learning all you can about pregnancy and delivery. You can find a lot of useful information in books, Web sites, and DVDs, but there's nothing like having an expert answer your questions in person. That's why the Women's Hospital offers so many practical prenatal classes taught by experienced instructors. Class topics include:

- Childbirth preparation
- Breastfeeding preparation
- Baby care
- Infant-child CPR
- Home and car seat safety for infants
- Infant massage

We also offer sibling preparation classes for your other children. Our "Journey to Family" maternity orientation tour is essential for any woman planning to deliver here. It includes an overview of



the admission process, plus information about labor and delivery at El Camino Hospital Los Gatos. We offer a weekly, free e-mail program to help guide you through pregnancy, delivery, and the first three years of your baby's life. To sign up, please visit [www.elcaminohospital.org/parents](http://www.elcaminohospital.org/parents). To sign up for classes, please call Maternal Child Education, 408-866-3905.

## A WELCOMING SETTING

We have been repeatedly recognized as the "best place to have a baby" by *Bay Area Parent* magazine, and we're working to make our space even better. Our spacious birthing suites are furnished with a built-in TV, full shower, and bidet, as well as a sleep chair for your partner. All the medical equipment for delivery is in your room, out of sight but immediately accessible. Our expert nurses will work with you to support any specific birth plan you may have that reflects your personal or cultural preferences. You will stay in the birthing suites until after you give birth, and you and your partner will have plenty of time to bond with your newborn.

## AWARD-WINNING NURSES

Maternal Child Health Services is staffed with compassionate, dedicated nurses. Besides providing expert care, they are here to address your concerns, answer your questions, and provide support and encouragement. Our nurses have always won the hearts of patients.

## EXPERT CARE

Although most deliveries go smoothly, complications will occasionally arise. The Women's Hospital's expert staff is trained and equipped to expect the unexpected. An anesthesiologist and two operating rooms are always available to accommodate emergency Cesareans. Premature and critically ill newborns can be cared for right down the hall from the birthing suites in our Level II neonatal intensive care unit.

## GETTING TO KNOW YOUR BABY

Once you've welcomed your baby, you'll be given a room in the maternity unit — a quiet, peaceful setting for you, your family, and your new little arrival to get to know each other. Our maternity unit consists of six private labor and delivery rooms and eight private postpartum rooms. Our light, roomy postpartum rooms have large picture windows overlooking a garden courtyard.

We support keeping mom and baby together for bonding. When you feel like you need rest, the nurses in our fully staffed well-baby nursery take care of your baby's every need.

## BREASTFEEDING SUPPORT

Do you have concerns about breastfeeding? Our lactation services program can provide you with the information and support you need. While you're still in the hospital, you will be seen six days a week (no coverage on Sundays) by an internationally board-certified lactation consultant. We also offer all the breastfeeding supplies you need to start nursing your baby. For assistance, call 408-866-3905.

## COMING HOME

Once you're back home with your little one, a Maternal Child Health Services nurse will call you to see how the two of you are settling in. Feel free to ask her for advice and support. If you have concerns related to breastfeeding, you can also call our Breastfeeding Advice Line, 408-871-7479.

Having a new baby is a big adjustment. Many women feel a little blue or weepy after delivery. If the feelings linger or interfere with your ability to care for your baby, help is available through our Maternal Outreach Mood Services program. Ask about our maternal mood disorder program for postpartum depression. For more information, call 650-988-7841.

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