A New Life: Childbirth Preparation Classes

Valley Medical Center offers classes for pregnancy and early months of parenting. For a full list of birth preparation classes, tours or the VMC car seat checkpoint, please visit us online at valleymed.org/birth or call 206.575.2229 (BABY) or 425.228.3440 ext 3799.

Birth Center tours are conducted on the second and fourth Sunday of the month at 1 PM. No registration is required. Please gather outside The Birth Center on the second floor of the hospital.

First Baby childbirth education classes are offered in 6-week, 4-week, 2-day and 1-day formats. They cover labor and delivery—what to expect, pain management techniques and comfort measures. The 6-week class also includes Baby Basics education—how to care for your baby, understand your baby's behavior and learn techniques for calming your baby.

Birth classes are also offered en Español: call **425.228.3440** ext 3577.

We are proud to offer additional classes to assist you and your family:

- Relaxation & comfort for pregnancy and labor
- Breastfeeding & the working mom
- Siblings to come
- Conscious fathering
- Expecting a grandbaby
- Home & car safety
- Infant/child CPR
- Support groups for parents of children ages 0 to 24 months

Prenatal exercise & water aerobics

Exercising during pregnancy promotes good health and the well-being of both you and your baby. Try the popular prenatal water aerobics class at **The Fitness Center**. For more information, call **425.656.4006**.

About Valley Medical Center

At Valley Medical Center, we witness the remarkable power of life in everything we do. It's humbling, it's inspiring and serves as a constant reminder of why we are here—to care for people.

From the comprehensive wellness check to extraordinary critical care, it is our goal to keep you and your family healthy, living pain free and leading a better life. We are proud to offer convenient, neighborhood clinics and walk-in urgent care 7 days per week. We're also there for the unexpected, with 24-hour trauma and emergency services, experienced surgeons, medical specialists and state-of-the-art imaging, robotic and diagnostic technologies.

For more information about The Birth Center at Valley Medical Center, visit valleymed.org/birth or call 206.575.2229 (BABY).

The Birth Center & Neonatal ICU Wedical Arts Center VALLEY MEDICAL CENTER Remarkable things happen here.™ Main Hospital, Second Floor 400 South 43rd Street Renton, WA 98055 425.575.2229 (BABY) valleymed.org/birth South Tokes Radiation Oncology Petrovitsky Rd SE Carr Rd SE Carr Rd

The Birth Center



VALLEY MEDICAL CENTER

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A Remarkable Birth Experience

Valley Medical Center mothers-to-be enjoy a private, suite-like room for labor, birth and recovery. Each room has a whirlpool bath, free on-demand movies, DVD/CD player, wireless Internet access, room service meal delivery, and a daybed so family members can also stay in comfort. This home-like setting allows you and your family to relax and direct your attention to getting to know your new baby.

The atmosphere at The Birth Center is matched only by the expert level of care you receive. Our specially trained nursing staff, midwives and OB/GYN doctors deliver compassionate, family-centered care in a safe, nurturing environment. Your comfort is important to us. Hydrotherapy in our whirlpool baths, epidural anesthesia and a variety of other pain management options are available.

The Birth Center has an obstetric specialist, called a hospitalist, on duty 24-hours a day, 365 days a year for the safety of our patients and new arrivals. This innovative program ensures that a physician is available in the event of an obstetric emergency, including Caesarean deliveries.

In the unlikely event your baby requires intensive care—you're at the right place. Valley Medical Center houses the only Level III Neonatal Intensive Care Unit between Seattle and Tacoma, with neonatology specialists (doctors, registered nurses and nurse practitioners trained to care for premature and sick babies) available 24-hours a day.

To help with successful breastfeeding, you'll receive personal assistance from our breastfeeding specialists and nursing staff who are here to coach new moms, answer questions and address any concerns you may have. Breastfeeding specialists are available to answer questions and offer guidance even after you take home your new bundle of joy.

Preparation and Registration

Preregistering at The Birth Center will save time and effort when you are in labor. You should plan to register by your fifth month of pregnancy.

You can pre-register two ways: Online at **valleymed.org/birth** or call the Admitting Department at **425.228.3440** ext 3492.

Remember to pack a bag for you and your baby about one month before your due date. Please bring insurance and prescription cards, and a baby car seat.

For the safety of you and your new baby, we sponsor a car seat fitting station on the second Wednesday of each month from 5 – 6:30 PM. For more information, call **206.575.2229 (BABY)** or **425.228.3440** ext 3799.

The Journey Continues

Your newborn's birth is just the beginning and Valley Medical Center offers support every step of the way. As your baby grows, select a family physician from one of our many neighborhood primary care clinics, and for specialized care, try one of our acclaimed specialty centers, including pediatric neurology and sleep disorders. If your child is under 16 years old and requires hospitalization, we have a pediatric unit staffed by board-certified pediatric hospitalists.

Valley Medical Center also has one of the area's most comprehensive children's therapy departments, which supports premature infants and children, helping them reach their full potential in mobility, daily living, social skills and communication.

IMPORTANT PHONE NUMBERS

My doctor's office:

Prenatal classes and tours of The Birth Center: 206.575.2229 (BABY) or the Childbirth Education Coordinator at 425.228.3440 ext 3799

Birth Center: 425.251.5182

Valley Women's Healthcare 253.939.9654

Midwives: 425.656.5321

Lactation Consultant: 425.228.3440 ext 2526

Admitting: 425.228.3440 ext 3492

Financial counseling: 425.228.3440 ext 5599

Physician referral: 425.277.DOCS (3627)

