

Welcome

Safe, Personalized Birth

Since 1961, we have provided a safe, personalized labor and delivery experience for families throughout the East Bay.

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

Our services include:

- 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 cesarean (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 stanfordhealthcare.org/tri-valley/maternity.

Your Checklist

Having a baby can feel overwhelming.

To help you be sure you are taking care of everything, here is a handy checklist:

- Sign up for a childbirth preparation, breastfeeding/chestfeeding, CPR, or newborn care class at stanfordhealthcare.org/tri-valley/maternity.
- Create your birth plan and discuss it with your doctor.
- Plan care for your other children and pets for the time when you are at the hospital.
- Create a postpartum plan, which might lay out your maternity leave, child care, 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 Tri-Valley by visiting stanfordhealthcare.org/tri-valley/pediatrics.
- Install your rear-facing infant car seat. If you need help, call your local police department, fire department, California Highway Patrol (CHP), or **1-866-SEAT-CHECK (1-866-732-8243)**, or visit seatcheck.org.
- To expedite the process when you arrive for delivery, please register in advance at: stanfordhealthcare.org/tri-valley/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 and Prevention, California Maternal Quality Care Collaborative, and the 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 support person can accompany you during your labor and delivery. This might be your partner. A certified doula is also welcome in addition to your support person during your labor.

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 Tri-Valley, 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 labor and delivery suites.

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/chestfeeding, your baby rooms with you. We designate 2:00 – 4:00 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. Peanut balls are an evidence-based support for normal physiologic birth.
- **Birthing ball:** A round ball can relieve discomfort and help with gentle movement and position change.
- **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 cesarean 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 are specially trained to support your labor and birth. Your nursing team will care for you and your baby throughout your stay, making sure you have everything you need. A certified doula is welcome to join your care team to provide additional support.

Our physician specialists, including obstetricians and anesthesiologists, are available at the hospital 24/7 to support high-risk care and emergencies.

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 one to two hours
- **Epidural:** Injection of anesthesia (pain medication) into your lower back, often continuously, so you feel pressure but not pain
- **Spinal:** Before a cesarean 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 cesarean (VBAC)

Questions

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

Childbirth Preparation Classes



Whether you are a first-time parent or already have kids, our classes prepare you to navigate all kinds of situations. You are welcome to join our classes if you plan to deliver at Stanford Health Care Tri-Valley 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 cesarean section)

Best to take during your third trimester.

Virtual Fee: \$150

In-Person Fee: \$180

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.

In-Person Lamaze Class Fee: \$200/you and your partner for a five-session series

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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

Prenatal Breastfeeding/Chestfeeding

Whether you're planning to breastfeed or chestfeed 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

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

Stanford Health Care Tri-Valley Facility Tour

*Our 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 stanfordhealthcare.org/tri-valley/events.html#maternity.

To register for one of our classes, please visit stanfordhealthcare.org/tri-valley/events.html#maternity or call **925-416-3598**.

Lactation Services



If you'd like to breastfeed/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 and Baby Scale Rentals

If you need an electric breast pump, you can rent anytime you need it.

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 have returned home, you can still access the support of our skilled lactation consultants.

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 remain in the hospital
- Protecting your milk supply after returning to work
- Assisting with breast pumping session to ensure proper flange fit
- Support with complications such as mastitis
- Management of oversupply and other feeding challenges

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Personalized Breastfeeding/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/Chestfeeding Class

Taught by a certified lactation consultant, this class will provide you with information and tips to start a good foundation for your breastfeeding or chestfeeding journey.

To register for one of our classes, please visit stanfordhealthcare.org/tri-valley/events.html#maternity or call **925-416-3598**.

Newborn Care



At Stanford Health Care Tri-Valley, 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/chestfeeding.

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 Tri-Valley and learn more about pediatrics at **stanfordhealthcare.org/tri-valley/pediatrics**.



Your Stay

At Stanford Health Care Tri-Valley, 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 **1-866-SEAT-CHECK (1-866-732-8243)** or visit seatcheck.org.

To expedite the process when you arrive for delivery, please register in advance at stanfordhealthcare.org/tri-valley/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 for the first few hours after birth 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.
- **Complete care:** After delivery you and your baby will move to a private postpartum suite where the nursing team will care 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.
- **Infant feeding support:** Our board-certified lactation consultants are happy to answer your questions. 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 breastfeeding and 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 people 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

ANESTHESIA OPTIONS (choose one)

- I do not want anesthesia offered to me during labor unless I specifically request it.
- I would like pain management with medication. 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 people 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 (your healthy infant will be placed skin to skin immediately after birth unless you specifically request otherwise)
- To begin breastfeeding/chestfeeding 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 Tri-Valley 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

INFANT FEEDING PLAN

I plan to:

- Breastfeed/chestfeed exclusively Formula feed
- Combine breastfeeding/chestfeeding and formula feeding

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.

NOTES