

Welcome to the CPH Family Birthing Center

We are so honored and happy to be here for you and your family. Our goal is to help expecting parents create a safe, gentle and empowering birth experience. Our birthing center is staffed with competent, compassionate caregivers to assist you and address any medical needs that may arise, with our caring hearts and hands in a welcoming state-of-the-art medical facility.

CHECKING IN

When you come to the hospital, please enter through the Emergency Room entrance. You will check in with registration at the admissions desk. You will then proceed to the birthing center. If you are in active labor a nurse will be present to escort you. Upon arriving in the department, a nurse will perform an assessment and report to your midwife or physician.

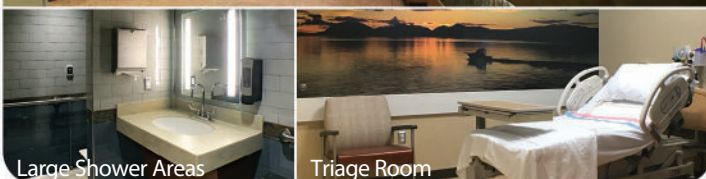
ACCOMMODATIONS

We have five spacious labor rooms. Three of these rooms are family rooms, equipped with queen beds and soaking tubs. All of our LDRP (Labor-Delivery-Recovery-Postpartum) rooms have recliners and sleeping cots are available, to help your support person rest and relax, while providing you support. At this time, all meals will be provided for you and your support person.

We encourage and support "rooming in", which means you and your baby stay together in your room. Most procedures and follow up care for your baby can be done at the bedside. If you prefer to have the baby in the nursery while you rest, just let the nurse know.



Labor Reception Area/Nurses Station



Large Shower Areas

Triage Room

VISITORS

There is a family waiting room just outside of the birthing center for friends and family to comfortably wait for the birth of your baby. We know the birth of your baby is an exciting time and we hope to make it a pleasant experience for you and your family.

BABY SAFETY AT OUR HOSPITAL

The comfort and safety of your baby is a priority at CPH. We have established newborn security procedures and request your assistance in maintaining a safe environment. During your stay, you will become familiar with the birth center staff. You may notice that we have pink badges and matching scrubs. Identification bracelets with matching ID numbers will be placed on you, your baby, and your support person shortly after birth. CPH also has an infant security system that uses an electronic monitor on the baby's ankle.

LACTATION

Whether you plan to breast or bottle feed, our *Certified Lactation Consultant*, Laura will be happy to support you with your infant's feeding and nutritional needs. She is also available during most cesarean births to help facilitate a skin-to-skin bonding experience in the operating room. Laura is a committed and passionate team member accessible to you by phone or in person, and is available before, during and after your delivery. *Please call 714-4461 or 714-4470 for questions or to schedule an appointment.*

HOW TO OBTAIN YOUR INFANT'S BIRTH CERTIFICATE

You will need to fill out "Alaska Vital Records Parent Worksheet" before leaving the hospital. This generates your baby's birth certificate and SSN. In order to receive a copy of the birth certificate you will need to complete the "Alaska Birth Certificate Request Form" and mail in with the appropriate required fees. It can also be done at www.vitalrecords.alaska.gov.

If you are eligible for Medicaid, a "Certification of Birth" form will be sent by the hospital to the Department of Public Assistance within five business days after your discharge. A copy of this form will also be mailed to you. You must contact your caseworker to establish eligibility for your baby. Your baby will be issued a separate Medicaid ID number, it is **NOT** eligible under your ID number. After you receive your baby's Medicaid coupon send one to our Business Office so we may bill for services. The baby's bill is your responsibility until the coupon is received.

CHILD BIRTH EDUCATION

We are happy to offer in person childbirth education classes hosted by some of our OB nurses. This is a free 3 part class offered monthly with an optional class offered Saturdays each month to review breastfeeding, car seat safety, and infant CPR. Please visit the www.cpg.org/services/familybirthcenter/ to register OR scan this QR Code.



INFANT CAR SEAT REQUIREMENTS

Please bring the infant car seat that you have selected to the hospital with you. Best practice for selecting a seat is to know the height and weight range, be aware of the history of the car seat, that the seat has never been involved in an accident and that the seat is not expired. If you have questions about choosing a seat you can reach out to the CPH Family Birthing Center at 714-4470 or Safe Kids at 714-4539. The hospital encourages parents to follow all laws and recommendations regarding car seats, and to read the owner's manual for your infant's seat as well as the car seat portion of the manual for your vehicle. The Family Birth Center is proud to be staffed with **Certified Car Seat Technicians** that are part of the Safe Kids Program here on the peninsula. We are happy to assist you with any infant car seat questions along with any needs or concerns; including help with your vehicle manual. During your stay with us, we will inspect your infant seat and check that it does fit your baby properly. If you have questions or concerns about fitting the car seat into your vehicle, an OB Tech can assist with car seat installation during your hospital stay or you can schedule an appointment with Safe Kids at 714-4539.

For any questions or concerns or to contact the OB department call (907) 714-4470.

PREPARED FOR YOUR BIRTH EXPERIENCE

BIRTH CENTER ESSENTIALS:

During your labor we provide many options to personalize your birth. We are happy to offer birthing balls, peanut balls, essential oils with diffuser, birth/squat bar, shower, soaking tub, etc.

You can also expect that we will have these supplies on hand for you:

- sanitary napkins of different sizes
- small plastic squirt bottle for cleansing
- disposable underwear
- non-slip socks
- robes
- chap stick
- breast pads
- tucks wipes
- peri-wipes
- personal items such as tooth brush, tooth paste, comb, lotion, deodorant, Epson salt, etc.

For your baby and feedings:

- hats
- blankets
- clothing
- diapers
- wipes
- shampoo
- lanolin
- soothies
- brush and comb.

Note: lotions, oil and powders are NOT advised for newborns.

SUGGESTED ITEMS YOU CAN BRING:

For You -

- ☐ comfortable clothes to labor in
- ☐ comfortable clothes to wear home
- ☐ slippers or flip flops
- ☐ hair ties and hair brush
- ☐ gum or hard candies
- ☐ massage rollers and oils
- ☐ breastfeeding pillow
- ☐ chargers for your electronics
- ☐ camera
- ☐ books, magazines, games, items that soothe you

For baby -

- ☐ an outfit
- ☐ blankets
- ☐ car seat to take your baby home in

We look forward to being a part of your birthing experience.