



Why EMH Regional Medical Center is the place to be for expectant parents and their newborns

They're cute, cuddly and scary all at the same time. Yes, babies are a parent's greatest gift, yet for first-timers, having a baby can be a frightening experience. From what to expect during pregnancy (for women and their partners) to choosing a birth plan to breastfeeding, there is a lot to learn. That's why EMH Regional Medical Center offers not only a beautiful place to deliver your baby, but also educational programs that help you become an even better parent.

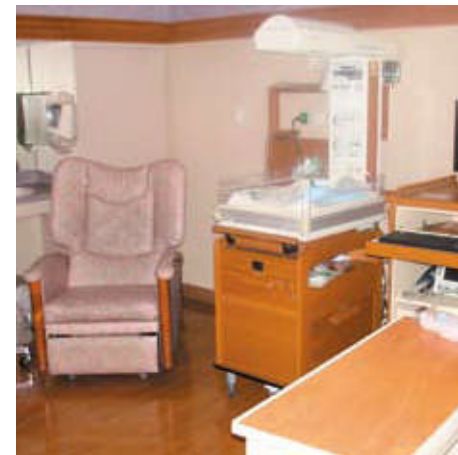
The EMH Family Birth Center



Opened in 2002 on none other than Labor Day, the Family Birth Center at EMH Regional Medical Center consists of 18 spacious, homelike rooms and two operating rooms. During the past seven years, the Family Birth Center has delivered more than 8,000 babies. Mothers-to-be and their families are treated to large, private, beautifully appointed rooms — some with over-size bathtubs for hydrotherapy. The suites are designed so that women stay in the same room throughout their birth experience, including labor, delivery, recovery and postpartum. Accommodations for a family member or support person of their choice are available in each room, and new mothers are encouraged to keep their babies with them in their rooms whenever possible. The EMH Family Birth Center has an open visitation policy, which mothers and their doctors will discuss to determine what is right for them.



The spacious, private rooms in the EMH Family Birth Center accommodate women through labor, delivery, recovery and postpartum.



For those who cannot visit in person, EMH now offers Wi-Fi service for patients and guests so they can keep families and friends updated throughout their stay.

The EMH Family Birth Center has board-certified obstetricians available 24 hours per day, seven days per week, and a nurse anesthetist is on-site around the clock. In addition to our obstetricians, patients may also choose to use the services of one of our certified nurse midwives.

The EMH Family Birth Center features a Level II Special Care Nursery with a neonatologist on call at all times. "You don't necessarily have to go to Cuyahoga County -risk or difficult pregnancies," says Dr. Anthony Bacevice, medical director of the EMH Family Birth

Center. "Here at EMH, we are able to provide a high level of obstetric and neonatal care, including women with gestational diabetes, hypertension or those who are at risk for pre-term labor."

EMH Natural Beginnings



Giving birth is a personal, life-changing experience. Women may have special wishes about their childbirth experience and



Dr. Anthony Bacevice with pre-term baby Megan in our Level II Special Care Nursery.



New mom and EMH nurse Jennifer Cochran delivered her daughter in the EMH Family Birth Center.

want to be an active participant in determining their birth plan. EMH Natural Beginnings — a holistic birth experience — is a new program that empowers women with low-risk pregnancies to choose their providers, pain options and interventions while in the comfort and safety of the EMH Family Birth Center.

EMH Natural Beginnings is based on the philosophy that pregnancy is a state of health and birthing is a natural process. Women often choose water therapy, music therapy, hypnosis or other treatments to help them relax during the birth experience. While in the EMH Natural Beginnings program, mothers-to-be enjoy the comforts of one of our private home-like birth suites for as little as six hours after delivery to as long as 24 hours, based on their wishes and the recommendations of their healthcare provider. One of the many benefits of the program is that if at any time the patient's birth plan changes, or they experience complications during delivery, the appropriate medical interventions are immediately available as part of the EMH Family Birth Center.

Lactation Consultation



After delivering, new mothers may have questions about breastfeeding. The EMH Family Birth Center has two internationally board-certified

lactation consultants on staff, along with two certified peer counselors available seven days per week to answer questions and offer support to nursing mothers. About 70 percent of women who deliver at EMH initiate breastfeeding during their stay, and those who seek additional support after they are discharged are welcome to attend the twice-weekly breastfeeding support group offered here, or call the EMH Breastfeeding "Warmline." All calls to this helpline are returned within 24 hours.

Offered on Mondays from 11 a.m. to noon and Wednesdays from 6 to 7 p.m., the EMH Breastfeeding Support Group is open to mothers, fathers, partners, siblings and grandparents — anyone who would like to take part in this natural experience. While most mothers who attend have delivered their babies at EMH, the support group welcomes mothers who have delivered elsewhere.

Childbirth Education

For first-time parents, the anticipation

and excitement of learning you are pregnant can also lead to feelings of stress and anxiety. Women may ask: How will my body react? What can I expect during labor and delivery? Their partners will often have questions as well, such as: Will she have cravings in the middle of the night? How do I change a diaper? EMH Regional Medical Center offers a comprehensive childbirth education program — for women and men — consisting of classes such as:

- Childbirth (all educators are certified by Lamaze International)
- Early pregnancy (what to expect in the first trimester)
- Happiest Baby on the Block
- Prenatal breastfeeding
- Sibling class
- Infant/Child CPR (cardio-pulmonary resuscitation)
- Boot Camp for Dads

Attending any or all of these classes will help mothers and their partners gain confidence in their ability to deliver and care for their child. One of the most recent classes added by the EMH Family Birth Center is Boot Camp for Dads. The two-and-a-half- to three-hour male-only class brings "veteran" fathers together with "rookies" in an informal, nonthreatening way to discuss their experiences. At EMH, the

Boot Camp is led by Dan Fondale from Cornerstone Among Women, a pregnancy resource center in Elyria. "What makes boot camp unique is that it's guys talking to guys," says Fondale. "They'll ask questions in this class that they wouldn't if their partners were there." Topics of discussion include: caring for new moms, the importance of teamwork, crying babies and overall baby care. During the class, fathers-to-be can learn basics such as how to hold and diaper a baby under the watchful eye of a veteran dad who brings his child to the class.

With all these resources available to parents-to-be, we hope you'll consider the EMH Family Birth Center when it's time to deliver your child. For more information on any of the programs or services mentioned, please call us today at the telephone numbers below, or log on to www.emh-healthcare.org.

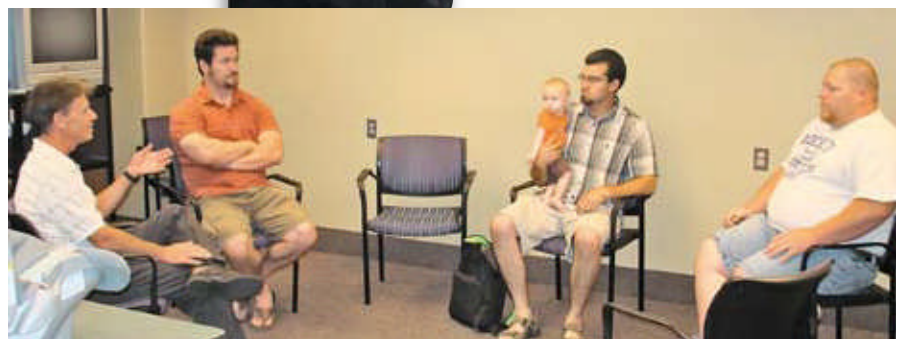
- EMH Family Birth Center.....(440) 329-7516
- EMH Natural Beginnings.....(440) 329-7516
- EMH Breastfeeding
- Warmline..... (440) 329-7466
- EMH Childbirth Education
- Classes..... (440) 329-7466
- EMH Family Birth Center
- Tours..... (440) 329-7466



Boot Camp leader Dan Fondale shows the certificate given to fathers-to-be at the end of class.



A veteran dad shows a rookie how to hold a baby during a recent Boot Camp class.



Boot Camp participants discuss a variety of topics during the male-only classes.