



MATERNITY AND NEWBORN CARE CENTER

Prenatal, Birthing & Newborn Care

MAGNET
RECOGNIZED



AMERICAN NURSES
CREDENTIALING CENTER



Hunterdon Healthcare

Your full circle of care.

YOUR SPECIAL DELIVERY DESERVES EXCEPTIONAL CARE

Having a baby is a life-changing experience. When you're ready to welcome your newest family member to the world, we're here to deliver. Hunterdon Healthcare's outstanding maternity services offer state-of-the-art technology, specialized and experienced staff, and a level of comfort and personalized care that's second to none in our area.

We assist about 1,000 mothers a year with delivering their babies, but know that every mom and newborn is unique, and no two deliveries are the same. We respect your individual birth vision and needs, and want your baby to have the healthiest possible start. From prenatal care and education to labor and delivery, and even after you bring your baby home, our Magnet[®]-recognized nurses and experienced board-certified physicians are here to help you every step of the way. We're prepared to handle high-risk pregnancies and deliveries with compassion and expertise.

Whether you're delivering your first child or adding another baby to your family, you will be in caring, specialized hands with our staff, and surrounded by comfortable home-like facilities.



LABOR AND DELIVERY

Private Birthing Suites

Our Maternity and Newborn Care Center features 20 private suites, so you can stay in home-like comfort throughout your labor and delivery and postpartum in a private room. Each room blends safety and comfort with state-of-the-art medical equipment, a private bathroom, refrigerator and telephone with a personal extension.

Personal Support Team

Your emotional well-being is just as important as your physical comfort. In addition to your partner, one other person is welcome to be in the labor and delivery room with you.

Hunterdon Healthcare welcomes the services of doulas in assisting expectant mothers during labor and birth. Labor doulas are professionals who offer emotional support and information, but do not deliver the baby or play a clinical role in the birth. Please share your plans to use a doula with your doctor or midwife prior to delivery so that we can make the proper arrangements.

Comfort in Labor

We respect your birth vision and personal preferences, and offer a wide range of therapies and techniques to help with your comfort during labor and delivery. Board-certified anesthesiologists are available 24 hours a day, and will work with you and your doctor to provide the best comfort measures for your individual labor experience. In addition to medicinal options, we also offer other comfort measures including:

- whirlpool water therapy
- movement
- birthing balls
- aromatherapy
- touch
- massage (additional, out-of-pocket expense)
- music
- breathing and relaxation techniques
- Reiki

You can learn more about these methods, and others, in our birthing classes and by calling **908-788-MOMS**.





NURSERY

Well-Baby Nursery

As new parents, we encourage you to “room in” with your newborn, spending as much time bonding with your baby as possible. Keeping your baby in your room allows you to get to know your baby’s signals, likes and dislikes, and enables you to feed your baby ‘on cue’ when s/he is hungry. Studies show you will actually sleep better with your baby in your own room. Your nurse will assist you in getting the rest you need while keeping your baby with you. Our Newborn Nursery is available should any treatments or procedures be needed.

Level II Special Care Nursery

For newborns requiring specialized care, our six-bed Level II Special Care Nursery is equipped with the latest technology and staffed with neonatology and pediatric experts 24 hours a day, seven days a week. We can provide comprehensive care for infants born up to eight weeks premature, or with a medical complication such as an infection or respiratory condition. This highly advanced nursery allows for the most fragile newborn babies to stay in the same hospital with their mothers, while receiving extraordinary medical care.

Our Level II Special Care Nursery is under the experienced direction of **Sutharsanam Veerappan, MD**, Medical Director of Hunterdon Neonatal and Pediatric Medicine, board-certified in neonatology and pediatrics.

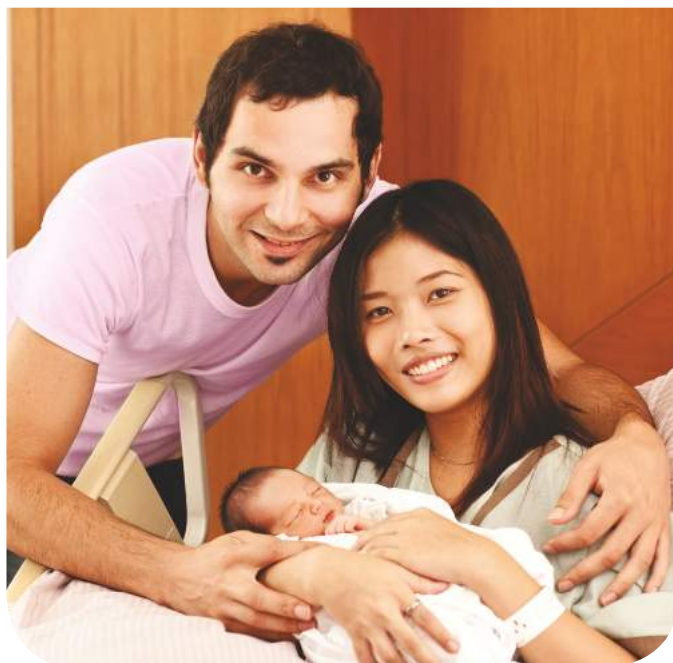
EDUCATION & SUPPORT GROUPS

One of the largest life events you'll experience takes a lot of preparation, even for experienced mothers. Hunterdon Medical Center is family focused, so we share your excitement, your concern and your need for information. Our staff of highly experienced and dedicated nurses includes certified childbirth educators and certified lactation consultants – all here to help you get ready for motherhood.

Whether this is your first baby or your third, we have classes tailored to your needs. From childbirth education and Lamaze classes, to breastfeeding support and advice on helping a sibling welcome the new baby, we'll answer all your questions, make the unknown familiar and support you throughout this exciting time.

- Maternity tours
- Lamaze (weeknight, weekend, private, and refresher courses)
- HypnoBirthing®
- Bedrest basket (for moms on bedrest and unable to come to class)
- Hi, New Baby! Infant care classes
- Breastfeeding classes
- Happiest Baby on the Block™
- Mother's Helper home services
- Car seat installation and testing
- Support groups, telephone support and consults after your baby arrives

For a comprehensive list of our classes and support groups, call 908-788-MOMS.





BREASTFEEDING

While we respect every mother's personal choice, we strongly encourage breastfeeding due to the numerous benefits for both mother and baby. We know that it can be challenging for some, and we're here to help and support you. Our nurses are specially trained to assist mothers in getting started with breastfeeding. In addition, a lactation consultant is available most days of the week.

Breastfeeding is easiest when it gets off to a good start! Taking a breastfeeding class before your baby arrives will give you some great information.

Call 908-788-MOMS for more information.

Reasons to Breastfeed Your Infant

- **Breast Milk is Nutrient Rich:** Colostrum is produced by the mother's breasts during pregnancy and the first few days after birth. This nutrient-rich milk is very easy for the baby to digest. Colostrum is also low in fat, high in carbohydrates and protein, and contains disease-fighting cells called antibodies.
- **Protection:** After the production of colostrum, breast milk becomes thinner, but is still just as nutrient rich. These nutrients help protect the baby from illness and Sudden Infant Death Syndrome (SIDS).
- **Bonding:** Breastfeeding facilitates closeness between mother and baby. Physical contact helps infants feel more content and secure. Mothers who breastfeed may have increased self-confidence.

- **Highly Recommended:** The American Academy of Pediatrics (AAP) recommends mothers to breastfeed exclusively for the first year and beyond.
- **Convenience:** No bottles and nipples to sterilize. No formula to purchase and prepare. Breast milk is available immediately and can satisfy a hungry baby.
- **Economical:** Infant formula is costly: On average, formula costs \$300 per month, or \$3,600 per year. Breast milk doesn't cost a cent.
- **Time:** It takes longer to clean, mix, fill and warm bottles.
- **Healthy babies:** Research shows that formula fed infants have more cases of diabetes, greater incidence of some childhood cancers, more childhood obesity, and more illness and hospitalizations in the first year. This includes asthma, ear infections, respiratory and gastrointestinal infections.

- **A unique gift:** Every mother's breast milk is unique, and gives her baby exactly what s/he needs each day. It cannot be duplicated, and is a special gift only she can give to her baby.
- **And for mom:** Formula feeding mothers have more osteoporosis, more ovarian and breast cancers, and a slower return to their pre-pregnancy weight.

These benefits are best realized when a mom is exclusively breastfeeding, that is, offering her baby nothing but breast milk (whether it comes directly from her or from a bottle). Some of the benefits don't occur unless she nurses her baby over a longer time. Because of this, the AAP recommends just breast milk for the first year and beyond. Although the first weeks and months might be time consuming, the investment is well worth it. Exclusive breastfeeding is recommended in order for mom and baby to get the full benefits, but any amount or length of breastfeeding will benefit your baby.

Although the first weeks and months might be time consuming, breastfeeding actually takes less time and effort than formula feeding does. The investment is well worth it. Exclusive breastfeeding is recommended in order for mom and baby to get the full benefits.



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Visit us at [HunterdonHealthcare.org/maternity](https://www.hunterdonhealthcare.org/maternity)