






CHOOSE
everything
*for a beautiful beginning
to your baby's birth story*



GET IN TOUCH: 715-717-4156 • sacredhearteauclaire.org   
900 West Clairemont Avenue • Eau Claire, WI 54701



preparing
for your new family

Women and Infants Center



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welcome

The Women and Infants Center at HSHS Sacred Heart Hospital invites you to experience a family-centered environment created just for you.

Whether it's your first pregnancy or your third, having a baby is a very special time in your life. At HSHS Sacred Heart Hospital, our focus is the health and well-being of you and your baby. With family-centered care, your birth experience can be tailored to include preferences and traditions important to you and your family.

ABOUT THE WOMEN AND INFANTS CENTER

Every birth experience is special and unique. Our team of nurses and care providers are here to partner with you to provide a comfortable birth experience backed by the latest medical technology.

• **We're ready.** Our highly-trained staff and innovative technologies ensure the best care for you and your baby. Trust our Level II special care nursery to provide for infants with extraordinary needs.

• **We're listening.** Because we understand that every birth is unique, we are dedicated to working with you to create the best experience possible.

• **We're welcoming.** Enjoy our spacious birthing suites and patient-centered care for you and your whole family.

PREPARING FOR YOUR BABY Classes

We offer classes free of charge to help you and your family learn all you can before the birth of your baby. Classes

are taught by registered nurses and cover topics of pregnancy, childbirth, breastfeeding, becoming a sibling and other areas of interest to expecting parents. **For more information on classes and to register, visit sacredhearteauclaire.org.**

Tours

We encourage you and your family to take a tour of our Women and Infants Center. The tour is your family's personal introduction to HSHS Sacred Heart Hospital and our nursing staff. Partners, other support people and older children are welcome. **To schedule a tour, call 715-717-4156.**

Preregister

By the end of your second trimester, it's recommended you preregister for your hospital stay so we can anticipate your arrival and quickly admit you when in labor. **To register online, visit sacredhearteauclaire.org and click on the preregister link.** You may also contact one of our pre-registration colleagues at 715-717-1461 or complete pre-admission forms available at your provider's office or at prenatal education classes.

Admission

When you are in labor and need to be admitted to the hospital, enter through the main entrance and go to the Registration Office. If you arrive after 5 p.m., on weekends or holidays, enter through our Emergency Department. A colleague will escort you to the Women and Infant Center located on the third floor.

Baby Experts

Our nurses are here to offer the best care and answer any questions you may have. Every nurse in the Women and Infants Center is cross-trained in the specialties of labor and delivery, mother-baby care, Level II special care nursing and cesarean section recovery. Lactation consultants are also available to help with any nursing questions you may have.



WHAT TO EXPECT

We're here to help you through labor — the way you want your birth experience to be. We put mothers, babies and their families first and emphasize keeping mothers and babies together as much as possible starting with the moment your baby is born.

Birthing options

When it comes to the type of birthing experience you want, we care deeply about supporting your wishes. We offer the following birthing options:

- **natural birth**
- **IV medication and epidural**
- **water birth**

For more information on these options, visit sacredhearteauclaire.org, and discuss with your doctor or midwife which choice is right for you.

Your birthing suite

In our new birthing suites, labor, delivery, recovery and postpartum care take place in one, spacious room. This means you - and baby - will stay in the same room for your entire stay.

Each room features:

- birthing beds that adjust for comfort
- blanket warmers for mom and baby
- patient controlled lights and temperature
- a surround sound speaker system
- large bathroom with a private shower and newborn bathing sink

Options for comfort during labor

While you are here, we will monitor you and your baby closely. Our advanced wireless technology allows you to be up and about during labor, so we encourage you to engage in any activity that calms, relaxes and comforts you. We offer the following options:

- hydrotherapy tubs in select rooms for pain relief and delivery
- aromatherapy to promote relaxation
- birthing hammock to enhance comfort, positioning and mobility during labor

AFTER LABOR

We provide mother-baby care. The same nurse who cares for you will care for your baby as well. We encourage you to keep your newborn with you at all times so that you can become familiar with your newborn's feeding cues.

All our assessments are conducted right in your room so you can maximize this special time together. If specialized care is needed, we may move your baby to our special care nursery.

Room service

We are here to help celebrate the birth of your baby with a celebration meal, which will be served in the privacy and comfort of your room. Room service is available from 6:30 a.m. to 6:30 p.m. During other times, enjoy a selection of snacks from our mothers lounge.

Spiritual care

As part of the health care team, members of HSHS Sacred Heart Hospital's Center for Spiritual Care will visit you during your hospital stay. Your own pastor is welcome as well.

Welcoming visitors

Visitors are welcome in your room as you desire. For safety and privacy we ask that visitors not linger in the hallways. To prevent the spread of infection, we ask that all visitors wash their hands when entering the room and refrain from visiting if they have a cough, fever, rash, sore throat or other communicable disease.

Becoming a family

Our philosophy is to recognize the individual needs of the baby and mother as they adapt to each other and the new routine as a family. Women and Infants Center staff will encourage rest for you as well as offer personalized guidance to learn to care for yourself and your baby.

Before you take your little one home, feel free to talk with a trained nurse about the care of yourself or your baby.



New Birthing Suites. New Choices.

We're so happy to announce the completion of our new birthing suites. With spa-like features and new birthing options—like in-room water birth tubs and birthing hammocks—you can choose everything you need to create the remarkable and personal experience you want your baby's birth to be.

See for yourself, with a tour in person or online at sacredhearteauclaire.org.