



Mason General Hospital **Birth Center**

Welcome to the Birth Center!

Thank you for choosing to have your baby with us. We are excited to share this special memory with you and your family!

We understand this is a time of great anticipation and excitement. We hope that your tour today helped to answer any questions you may have had. Our staff are here 24/7 and always available to answer any questions you may have at **360-427-9558**.

During your tour, you will receive a copy of [A New Beginning](#) book on how to care for yourself and your baby after you deliver. We highly encourage you to review the book before you come in to deliver. We also recommend viewing the following videos on YouTube: Global Health Media Breastfeeding in the First Hours After Birth, Global Health Attaching Your Baby at the Breast, and SMHC WIS Period of Purple Crying, (https://www.youtube.com/watch?v=1cL3_qVY-14), an 18-minute video that all parents must watch.

Breastfeeding Support:

Here at Mason Health, we want to help you breastfeed your baby. We have on-staff Lactation Consultants and our birth center nursing staff are trained to help you with your breastfeeding needs. We will help support you breastfeeding your baby by placing your baby skin-to-skin for the first hour or more after birth, assist you with breastfeeding within the first hour of birth and as needed throughout your stay, and rooming in 24/7.

We recommend not using pacifiers until breastfeeding is well established (at about 1 month of age) and will help you to exclusively breastfeed while here in the hospital to ensure good milk supply is established. You will receive a list of breastfeeding resources to help you with any breastfeeding needs during your stay.

Our Visiting Hours: (during labor)*

Our visiting hours are 8 a.m. to 1 p.m. and 3 p.m. to 8:30 p.m. Your immediate labor support people are welcome to be with you during your labor, however we ask that in-and-out traffic after visiting hours is kept to a minimum to respect the need for quiet and privacy of you and other patients.

Our Visiting Hours: (after you have the baby)*

After you have had the baby, visiting hours are 8 a.m. to 1 p.m. and 3 p.m. to 8:30 p.m. 1 to 3 p.m. is quiet time for parents to sleep, bond with baby or have education with their nurse. One support person can stay with you 24/7. We encourage you to take the opportunity to sleep when your baby sleeps, even during the day, during your stay and when you go home. You can expect to be in the hospital 1-2 days after a vaginal delivery and 2-3 days after a Cesarean.

What entrance to use:**

- Mon-Fri: 6 a.m. – 8:30 p.m., use main entrance
- Sat/Sun 8 a.m. – 8:30 p.m., use main entrance
- All other times use the Emergency Department entrance

Word to the wise:

Please consider waiting to call family or post on social media until after your delivery and you are ready for family and friends to come and join you for this precious and special occasion.

Again, we thank you for choosing us. We look forward to seeing you again soon!!

****Call the Birth Center during periods of viral outbreaks (such as COVID-19) to get up-to-date information on visitor guidelines. All visitors, such as family members and friends who come to the hospital, and especially to The Birth Center, should be free of fever, coughing, sneezing, vomiting, diarrhea or other contagious illnesses.***

*****An alternate entrance may be used during periods of viral outbreaks (such as COVID-19). Please call 360-427-9558 for instructions on an alternate entrance.***

What to Bring to the Hospital:

For Mom:

- Download a music playlist for labor
- Tennis ball for massage, any other “tools” to help you focus in labor. We have yoga balls.
- Personal care items: lip balm, toothbrush, toothpaste, comb/brush, personal grooming items (We have soap, shampoo, lotion, toothpaste and toothbrushes - but you may prefer your own.)
- Robe, socks, slippers
- Nursing bra or comfortable supportive bra
- Bra pads if breastfeeding (may need enough for a few days if formula feeding)
- Maternity clothes for going home
- Breastfeeding (Boppy or other brand) pillow

For Baby:

- **Car Seat - *install the base in your car per the manufacturer's and your car manual instructions. Practice inserting and removing the carrier part. Bring the carrier part to The Birth Center at MGH the day of discharge, and we will help with adjustments to the straps after the baby is placed in it the first time.***
Another excellent YouTube video is Baby Center Infant Car Seat Installation, <https://www.youtube.com/watch?v=FXZhHYcZpqq&feature=youtu.be> (We strongly recommend having the installation checked at one of the area's free car seat check locations. Local and the Olympia Auto Mall dealers sponsor checks, and some police and fire stations can do them.)
- "Going Home" outfit - undershirt, gown or outfit, booties and a hat
- 1 - 2 receiving blankets
- Bunting bag or heavy blanket - depending on weather
- If formula feeding - have formula, bottles, nipples ready at home
- Burp rag (cloth diaper works well)
- Baby book to have guests sign (so you have a list of visitors)