

Family Birth Place

Our heart is set on delivering



West Jefferson 
Medical Center
LCMC Health



At **West Jefferson Medical Center's Family Birth Place**, we know every mom has preferences about infant feeding and nursery practices, and we respect that. At the same time, we make sure you have all the information you need, like recommendations from the World Health Organization, Guided Infant Feeding Techniques, and Centers for Disease Control.

Family Birth Place

West Jefferson Medical Center
1101 Medical Center Blvd.
Marrero, LA 70072
wjmc.com/familybirth

Prenatal education

Birth and maternity classes

There aren't many experiences as life-changing as having a baby—including the bodily changes that come with pregnancy, labor, delivery, and the postpartum period. Of course you have questions and concerns. So we've created this brochure to help you understand what you're experiencing, helping you feel in control and hopefully putting your mind at ease. You can also find books and DVDs on many childbirth topics at the library, in bookstores, and online. And your doctor is happy to address any questions and concerns.

At the Family Birth Place, we offer a variety of classes to help you ready yourself and your family for your new baby—classes like:

- Labor/Birth
- Lamaze/Prepared Childbirth
- Caring for Your Newborn
- ABCs of Breastfeeding
- Sibling TLC

For more information and class schedules, contact our Perinatal Educator/ Outreach Liaison, Pamela Helmstetter, RN, FACCE at **504.349.1301** or visit **wjmc.org/familybirth**.

Midwifery

At West Jefferson Women's Health, we strive to provide everything you need for the best possible care for you and your baby. Our midwife team members, committed as they are to our core values of excellence, community, and family, deliver skilled childbirth care coupled with compassionate support, assuring the best health outcomes, and a positive birth and delivery for you.

West Jefferson Women's Health

1111 Medical Center Blvd.
Suite S-250
Marrero, LA 70072
504.349.6945

Women's Medical Center

515 Westbank Expy.
Gretna, LA 70053
504.366.7233

Maria Cortez, MD

1111 Medical Center Blvd.
Suite N-501
Marrero, LA 70072
504.349.6945



Delivery and golden hour+

Your baby derives immeasurable comfort from unclothed, skin-to-skin contact with you. We'll place the baby on your chest right after birth, as soon as you're both ready. We promote Golden Hour time for mom and her significant other to bond skin-to-skin with the newborn.

Skin-to-skin contact is known to:

- Normalize baby's breathing and heart rates
- Stabilize baby's body temperature
- Comfort baby more, resulting in less crying
- Stimulate milk production, encouraging baby to be ready to feed
- Promote maternal feelings of closeness and protectiveness
- Cause your uterus to contract, resulting in less bleeding and a quicker recovery for you
- Even several hours after birth, plenty of skin-to-skin contact is beneficial for both mom and baby!

NICU

At West Jefferson, we're equipped to care for each newborn's needs. Our level III Newborn Intensive Care Unit (NICU) is a 10-bed specialty unit, with a team skilled in caring for the smallest premature babies. Our expert neonatology doctors and neonatal nurse practitioners are on staff 24/7 to provide the specialized care these tiny babies require.



Mother and newborn care

We've learned a thing or two about helping moms and babies adjust and thrive, like:

- There's not a single thing better for your baby than being with you, especially in those early hours of life. That's the primary reason we encourage our new moms to have their babies room-in.
- Rooming-in has so many advantages, including promoting a strong bond between mother and child, where moms learn about their babies' behaviors and gain confidence in caring for them in a supportive setting.

Since room-in babies breastfeed more frequently, rooming-in helps to stimulate babies' weight gain and decreases the incidence of jaundice.

Feeding sessions naturally become more productive, as moms begin to recognize their babies' hunger cues and feed them on demand, affording them more opportunities for the skin-to-skin contact that's so beneficial.

Room-in babies cry less, and sleep more deeply and longer, which helps develop good sleeping rhythms—and not surprisingly, new moms sleep more restfully with their babies nearby.

Finally, rooming-in gives new moms opportunities to learn all they can about caring for their babies in our supportive environment, making discharge less disruptive to both baby and mom, and boosting moms' confidence for the future care of their babies.

Quiet time

In the Family Birth Place postpartum unit, we observe "quiet time" daily from 2 to 4 pm. Your chosen support person can be with you anytime. Other visitors will be asked to respect mom and baby's needs for rest. Our waiting room is available for their use.

Signs on your door will also remind staff and any visitors to the unit that it's quiet time, so you and your baby won't be disturbed unnecessarily.

Our patients derive so many benefits from quiet time, including:

- Allowing plenty of rest for the new mom—delivering a baby is hard work!
- Creating time for family members to bond in a peaceful, calm environment
- Teaching mom to rest when baby rests—an invaluable lesson for new families
- Setting a good example for families to follow at home of resting when needed and creating a routine that helps everyone adjust to the new baby.



Lactation support

Our lactation team members are experienced consultants and counselors, and caring experts who help make your childbirth journey at West Jefferson genuine and meaningful. They know a variety of techniques for feeding a fussy baby, and they'll be here for you from your first prenatal prep class through your postpartum time.

All moms will receive a manual breast pump and bag at discharge; it's our gift to you. And don't worry if you feel you need more advice from our team—outpatient “SOS” visits are free of charge!



Guided Infant Feeding Techniques/World Health Organization

At West Jefferson, we encourage you to figure out what works best for you and your baby. But we don't leave you to figure everything out yourself; the World Health Organization has created a list of feeding techniques that increase your success in caring for your new baby, and we follow their guidelines in our facilities:

- Have a written breastfeeding policy that is routinely communicated to all healthcare staff
- Train all healthcare staff in skills necessary to implement this policy
- Inform all pregnant women about the benefits and management of breastfeeding
- Help mothers initiate breastfeeding within one hour of birth
- Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants
- Give infants no food or drink other than breast milk, unless medically indicated
- Practice rooming-in; allow mothers and infants to remain together 24 hours a day
- Encourage breastfeeding on demand
- Give no artificial pacifiers to breastfeeding infants
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital

Community support

Pediatric emergency care

West Jefferson Medical Center is home to the Westbank's only Pediatric Exclusive Emergency Room, which we operate together with our LCMC Health partner, Children's Hospital New Orleans.

You can reach them any time at **504.349.1555** or [chnola.org/emergency](https://www.chnola.org/emergency).



The Family Birth Place also offers extended classes geared to all family members:

- Grandparents Gathering Breakfast
- Mother and Daughter Rap
- CPR
- Safety/First Aid

Car seat installation

The best practices for child car restraints change from year to year, so we provide free car seat installations complying with the latest recommendations—just call to schedule your appointment!

Andrea Washington, RN, CPST
504.349.2173



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