

The Family Birthing Center

Celebrating one new life at a time.





**Welcome to the
Family Birthing
Center at
Dignity Health,
Yavapai Regional
Medical Center East**

The arrival of a new baby is like no other life experience. Joy . . . wonder . . . overwhelming love and sometimes a little concern about your role as a parent.

YRMC's Family Birthing Center team understands all of these feelings. Why? Because we've shared in the miracle of birth for generations. Our goal is to give you and your baby the best start possible with support, information and exceptional healthcare.

The doctors, nurses and other members of the YRMC Family Birthing Center team are grateful to share this special time of life with you and your family.

The Family Birthing Center Experience

Located at Dignity Health, Yavapai Regional Medical Center (YRMC) East in Prescott Valley, our state-of-the-art Family Birthing Center features services, programs and experts to help you before, during and following delivery.

Here's a look at how you benefit from the Family Birthing Center's blend of top technology and compassionate care.

- Prenatal education programs for new and experienced parents.
- Family support before, during and following delivery.
- 16 private, spacious rooms, each with a garden view.
- Exceptional obstetrical nurses and dedicated providers.
- Couplet care so you and your baby can stay together in the same room during those first cherished hours (The Respite Nursery is available for babies when moms need to rest).
- The latest technology and equipment, including dedicated cesarean-section operating suites.
- A Level II Continuing Care Nursery licensed by the Arizona Department of Health Services (ADHS) – and certified by the Arizona Perinatal Trust – to care for high-risk newborns and their moms.
- Private triage rooms and outpatient testing areas.



YRMC's Total Healing Environment

YRMC's Family Birthing Center incorporates soothing colors and elements inspired by nature as well as natural lighting and healing gardens. These combine to support YRMC's Vision for a Total Healing Environment in our Family Birthing Center.

We promise to provide compassionate, tender care designed and delivered to become part of your family's history.

Our family-centered approach, beautiful birthing rooms and exceptional, caring team all combine to make memories that we hope you and your family will cherish forever.

“It was really magical to spend the first few days in the same room where my baby was born.”

*A Father's View
of Couplet Care*



Making Memories at the Family Birthing Center

We understand and appreciate that the birthing experience is rich with memories that will last a lifetime. That's why we've taken special care to ensure the Family Birthing Center enhances those precious memories by featuring:

- Private labor, delivery, recovery and postpartum (LDRP) rooms that include large private bathrooms.
- Patient rooms set up for “couplet care” so baby and mom can stay together.
- Patient rooms that maximize privacy (delivery beds are not visible from the hallway).
- A comfortable sleeper/sofa for dad or coach in each room.
- Special areas for family and friends to visit in the Family Birthing Center.

Other amenities you'll find in each Family Birthing Center patient room:

- Wireless Internet service.
- A TV/DVD unit.
- A small refrigerator.
- Room service so you can dine together.

And because your baby's health is our priority, the Family Birthing Center also features:

- Two dedicated, state-of-the-art cesarean-section operating suites.
- Six private triage rooms.
- Two nursery areas.

Serving Mom and Baby

Protecting the health of moms and babies has always been the top priority of Dignity Health, YRMC's Family Birthing Center – a priority that begins before your baby's birth and continues after. We do this with fun, informative and free – or moderately priced – classes taught by professionals from YRMC's Family Birthing Center.

Family Birth Classes

Who should join: First-time moms and their partners.

What you'll learn: Learn about the process of labor and birth, pain coping strategies, what to expect at the hospital as well as basic infant care.

When classes take place: Two-hour sessions held weekly for four weeks. Or, one eight-hour session held on a Saturday (you should begin Family Birth Classes no later than the 27th week of pregnancy).

Breastfeeding Works!

Who should join: Mothers and partners who have made the decision to breastfeed their newborn.

What you'll learn: A YRMC lactation consultant offers information and instruction on breastfeeding.

When classes take place: We teach a three-hour class (9:00 a.m.–12:00 p.m.) on the third Saturday of the month.



Visit YRMCHealthConnect.org

Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.



Looking for a pediatrician for your baby?

YRMC's Physician Listing Service can help. Call (928) 771-5106 or visit DignityHealth.org/YRMC for our Medical Staff Directory.

Check out YRMC's HealthConnect Calendar of Events online at YRMCHealthConnect.org for the latest information on learning opportunities available through the Family Birthing Center.

Family Resource Center

Families that deliver at the Family Birthing Center can receive both excellent information and important support from our Family Resource Center. Our team offers guidance and assistance from your child's birth to five-years-old through programs like First Steps and Healthy Families. Services include:

- Timely educational materials.
- Developmental calendar.
- Direct contact – home visits or calls – from a Family Resource Center representative.
- Family support group activities.
- Parenting education.

Join Us

To register for Family Birthing Center classes, please call (928) 442-8800. To learn more about programs available through the Family Resource Center, please call (928) 771-5651.

You can learn more about programs and services at YRMC by visiting DignityHealth.org/YRMC. To stay connected with important information about YRMC, please visit YRMCHealthConnect.org.

Hello humankindness®



Providing a Higher-Level of Care

Babies born too early or considered medically high risk receive specialized care through the Family Birthing Center's Level II Continuing Care Nursery. Licensed by the Arizona Department of Health Services (ADHS), our Continuing Care Nursery also has earned certification from the Arizona Perinatal Trust. This means Family Birthing Center nurses who care for newborns in our Continuing Care Nursery are prepared for all aspects of neonatal care.

Arizona Perinatal Trust Mission: The Arizona Perinatal Trust is created to be an independent source of energy and resource to focus efforts on the continuing improvement of the health of Arizona's mothers and babies.

Arizona Perinatal Trust Vision: Thus, the critical impact of birth outcome, which persists for the duration of each life, calls for special commitment to the principle of equal access to high-quality care for all mothers and their babies.

"... my nurses were there for me. Overall, on a scale of 1 to 10 with 10 being the absolute best, I'd give YRMC at least a 9 or 10."

A New Mom



Hospital Cafeteria

Located adjacent to the main lobby.

Breakfast

7 a.m. to 10 a.m.

Lunch

11 a.m. to 1:30 p.m.

Dinner

5 p.m. to 6:30 p.m.

Soup and salad bar is available

11 a.m. to 7 p.m.

Visitation Guidelines

Visiting hours are from 10:00 a.m. to 9:00 p.m.

Hours are unrestricted during the labor process.

The designated significant other or coach may visit 24-hours-a-day.

Guests are limited to four. Additional guests may wait in the designated reception areas. All guests must sign-in and out at the Family Birthing Center control desk. Children must be 12 years of age or older, unless they are siblings of the newborn.

To protect our patients and staff, guests with symptoms of a cold, respiratory infection or any illness should not visit the Family Birthing Center.

Pastoral Care

Would you like to speak to a chaplain? Ask a member of our nursing staff to contact one of our chaplains for you.

The Family Birthing Center at

Dignity Health, YRMC East

7700 East Florentine Road

Prescott Valley, AZ 86314

(928) 442-8800

DignityHealth.org/YRMC



Dignity Health

Yavapai Regional Medical Center