



The Birthing Center

PHONE NUMBERS

The Birthing Center 448-7412
(24 hours a day)

Women's Care Center 448-3996
Appointments with a Doctor or Midwife

Childbirth Education Registration 448-7413
and Massage Appointments

The Warm Line for Nursing Mothers 448-7411
(24 hours a day)

Robert A. Mesropian 448-3122
Center for Community Care
Primary Care and Pediatrics

DIRECTIONS

FROM THE NORTH on Interstate 89 South, take Exit 19. Turn right onto Mechanic Street. Turn left at Country Woolens, go under the railroad bridge and bear right onto Mascoma Street. The hospital entrance is located 1/4 mile on the left.

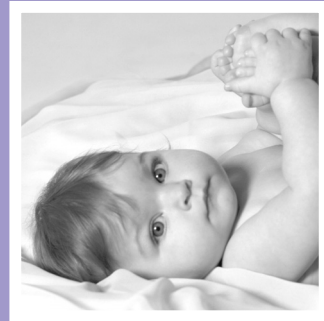
FROM THE SOUTH on Interstate 89 North, take Exit 19. Turn left onto Mechanic Street. Turn left at Country Woolens, go under the railroad bridge and bear right onto Mascoma Street. The hospital entrance is located 1/4 mile on the left.



125 Mascoma Street, Lebanon, NH 03766 603-448-3121



The Birthing Center



A VERY *special* PLACE to Have a Baby



The Birthing Center at Alice Peck Day Memorial Hospital offers every woman and her family personalized care to meet her individual wishes and medical needs. Our goal is to offer the physical and emotional support that is essential for a positive birthing experience.

Laboring mothers receive care from a team of board certified obstetricians, midwives and obstetrical nurses. The low patient-to-nurse ratio ensures that patients receive the highest level of care. The medical team works closely to maintain continuity in care throughout the patient's stay. Anesthesia and surgical services are available 24 hours a day.

Our patients tell us how valued and welcome we make them feel during their stay. The Birthing Center at APD is one of the top birthing centers in the nation for patient satisfaction, according to independent surveyor Press Ganey Associates.



“The nurses and staff who work here are unbelievable.

Through one of the hardest, but most rewarding, experiences of my life,

I always felt someone was completely with us – mind and heart.”

~ Lucinda H., North Pomfret, Vermont

ALICE PECK DAY
MEMORIAL HOSPITAL



THE COMFORTS OF HOME

The Birthing Center's LDRP (labor, delivery, recovery, postpartum) rooms are designed for comfort, privacy and family togetherness. Each room is equipped with a birthing bed designed to facilitate labor, a private bathroom, a bassinette, a rocking chair and accommodations for visitors and an overnight guest. The Birthing Center's jacuzzi tub is available for laboring mothers, who may also choose a water birth. Visitors can use the Gloria Green Family Room to gather when moms need privacy. Beginning immediately after birth, babies "room in" to bond with their new family. A VIP dinner and a complimentary postpartum massage are just a part of what makes The Birthing Center a very special place to have a baby.

"My birthing room was very comfortable. You didn't realize you were in a hospital... comfortable chairs, pretty wallpaper, plenty of room to walk around."

~ Maureen D., New London, New Hampshire



CENTERING PREGNANCY AND CHILDBIRTH EDUCATION

APD's Women's Care Center works with The Birthing Center to offer Centering Pregnancy as an option in prenatal care. Centering Pregnancy is an innovative approach that welcomes you to a community of expectant mothers, all going through changes and challenges similar to yours. You'll have more time with your provider and learn more about your pregnancy. Centering Pregnancy prepares you for labor and delivery without the need for additional birthing classes.

If you do not choose Centering Pregnancy, we also offer traditional childbirth classes teaching various relaxation techniques, as well as options for your birth experience and pain management. Whether this is your first time giving birth, or if you want a "refresher" and update, these sessions will increase your knowledge and confidence, enhancing your birth experience.

To learn more about Centering Pregnancy, contact APD's Women's Care Center at (603) 448-3996, or speak with any of the Women's Care Center providers. To learn more about childbirth education classes, call (603) 448-7413. You should register early (between your 20th and 25th week) for childbirth education classes to ensure class placement.



MASSAGE THERAPY AND INFANT MASSAGE

Massage is a healing art, and one of the most natural ways to attain and maintain good health. Benefits of massage include increased relaxation, oxygen supply and blood flow, and decreased irritability, stress, fatigue and pain. Our licensed massage therapist is available by appointment to provide pregnancy and postpartum massage, as well as general massage therapy.

Infant massage enhances bonding and communication between infants and their caregivers. We offer infant massage classes to help you improve your baby's sleep and circulation, aid digestion, stimulate brain cells to promote healthy development, and strengthen the immune system. Infant massage is a gift of love, and babies and parents receive a lifetime of benefits!

To schedule an appointment for massage or sign up for infant massage classes, call (603) 448-7413.

BREASTFEEDING: A HEALTHY START

Alice Peck Day Memorial Hospital is proud to be a "Baby Friendly Hospital," a designation given by UNICEF and the World Health Organization to hospitals that follow best practices to support and promote breastfeeding.

Our award-winning lactation program provides comprehensive, professional services for nursing mothers and their families. Breastfeeding is an important way for mother and child to bond, and studies have found breastfeeding has direct health benefits for mothers and babies.

Our Certified Lactation Consultant visits nursing mothers in the Birthing Center and provides private consultations by appointment. She will listen to your concerns and make appropriate recommendations to help you and your baby have a positive and treasured experience. Ongoing support for nursing moms is also available 24 hours a day by calling the Warm Line at (603) 448-7411.

We also rent and sell a full inventory of products for all breastfeeding situations, including manual and hospital-grade electric breast pumps, breast shells, and milk storage bags.

"The experience I had at the Birthing Center changed my whole perspective on my journey through motherhood. It was a beautiful experience."

~ Nancy K., White River Junction, Vermont