

Welcome to the Cherese Mari Laulhere BirthCare Center at MemorialCare Miller Children's & Women's Hospital Long Beach

Now
Offering
All Private
Rooms

Miller Children's & Women's ensures the highest quality care for maternity and neonatal patients throughout the region – so everyone can get the specialized care they need under one roof.

More than 5,500 families trust the BirthCare Center to safely deliver their babies each year. Miller Children's & Women's houses a variety of programs to provide quality care for the entire family, including prenatal education classes to a level IV Neonatal Intensive Care Unit (NICU).

We're thrilled to have you join us for our Maternity Orientation and we look forward to welcoming your new bundle(s) of joy to your family.



Scan the QR code with your phone to visit our Maternity Resources Hub.

Admitting Procedure

Complete a pre-admission form and send it to the Admitting Office as soon as possible. The form is provided at the Maternity Orientation or can be obtained from your doctor or the Admitting Office. Call (562) 933-1340 if you need this form mailed to your home. You can download the form on millerchildrens.org/maternity.

Helpful Phone Numbers

BirthCare Pre-Admitting (562) 933-1340
 Birth Certificate Office (562) 933-1150
 Breastfeeding Supplies & Pump Rentals ... (562) 933-2744
 Class Registration/Physician
 Referral Service 800-MEMORIAL
 Fetal Diagnostics Center (562) 933-2712
 Labor & Delivery (562) 933-2711
 Lactation Support Services (562) 933-2779

Hospital Phone Number (562) 933-2000
 Maternity Orientation
 Questions (562) 933-2744
 Registration/Information 800-MEMORIAL
 Postpartum Care Unit (562) 933-2761
 OB/GYN Clinic (562) 933-0590
 Ultrasound Department (562) 933-2337
 Welcome Baby Program (562) 933-2410
 WIC Center (562) 570-4242



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See tips inside!

Lactation Support Services

Our mission is to:

- Support birth parents in reaching their breastfeeding goals
- Empower birth parents with evidence-based quality education
- Improve and maintain the health status of birth parents and babies through nutrition management
- Provide education, support and reassurance to birth parents throughout their breastfeeding experience

What lactation consultants do:

- Support the birth parent's choice to breastfeed
- Teach techniques for a successful nursing experience
- Provide follow-up support contacts
- Promote confidence in the birth parent's nursing ability
- Establish trust and respect with birth parents and families
- Answer questions completely with the most current information
- Ensure birth parents are clearly aware of options regarding their breastfeeding management

Lactation Support Services provides:

- In-hospital consultations
- Outpatient clinic consultations
- Breastfeeding aids including, nipple shields, feeding syringes and supplemental nursing systems
- Prenatal breastfeeding classes
- Birth parent and baby support group
- Breast pump sales and rentals, instruction and support
- Assistance with pumping and breastfeeding to birth parents of NICU babies and their families
- Assistance with breastfeeding multiples and other babies with special care needs

Breastfeeding Supplies & Pump Rental Service

For any breastfeeding-related needs, like nursing pads and slings, as well as pump rentals, call **(562) 933-2744**.



Baby-Friendly Birth Facility

We're designated as a Baby-Friendly birth facility by Baby-Friendly USA. Baby-Friendly USA, Inc is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative ("BFHI"), a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The initiative

encourages and recognizes hospitals and birthing centers that offer an optimal level of care to support each birth parent's feeding choice.

Postpartum Care

Birth parents and babies are made for each other. We recognize this fact and want to support you as you get to know your new baby. We're happy that you have chosen to have your baby here with us.

- We now offer all private rooms with big windows and a sleeper chair for one support person to stay the night.
- We recommend 24 hour rooming-in with the nurse taking care of you and your baby together.
- The more time you spend with your baby, the better you'll understand your baby's behaviors. You'll learn when your baby wants to interact with you, when your baby wants to be fed and when your baby wants to sleep. Take advantage of this time to learn your baby's signals.
- Breastfeeding supports bonding with your baby in many ways. One is a release of hormones when you breastfeed that can create a feeling of protectiveness around your newborn. These hormones help you feel better rested and able to cope with the demands on your time and energy that come with a new baby.
- Your baby will know you! Your baby will recognize your voice, your smell and your heartbeat. A crying baby is calmed quickly just by being placed close to its mother. Placing your baby skin-to-skin next to your heart is calming for both baby and you.
- Watch your baby, not the clock. Babies don't follow the clock, and the timing of their feedings and naps will vary. This is normal. In time, you'll find a routine that works for you and your baby, but schedules aren't helpful right now.
- It's okay to put the needs of you and your baby first. Your need for rest and your baby's need to eat are the most important activities. This is the time for you to learn how to care for yourself and your baby before you go home.
- Don't worry that you are holding or comforting your baby too much. Your baby is used to being held very close and wants to be with you. Responding quickly to your baby's cries in the early days assures your baby that his/her needs will be met and will actually decrease the amount of crying in the future.
- Our care team is here to care for you and your baby. Please don't hesitate to tell us what you need. We want to support your new family during this time of transition.



Encourage your friends and family to wait until you're home to visit.

Too many visitors can stress new birth parents, support persons and babies. This is the time for the new family to get to know each other. Your nurse will be happy to help you with visitor control.

Note: Under certain circumstances, the hospital may restrict or limit visitation privileges to ensure the health and safety of patients, staff and visitors.



What to Bring with You to the Hospital

Keep a small bag containing the personal articles you wish to bring to the hospital packed and ready to go. Leave any suitcases in the car, until after the baby is delivered. Bring in your labor bag only, which may include:

For You

1. Pajama tops or short nighties
2. Robe and slippers (washable)
3. Two nursing bras
4. Going home outfit
5. Toiletries

For Your Baby

1. Car seat (please leave in your car, ready for the day of discharge)
2. Going home outfit
3. One blanket
4. One t-shirt

Birth Certificate Copies

All official birth certificates are issued through the County of Los Angeles. Hospitals don't maintain copies. To obtain a copy:

If your child was born during the current year or last year, contact:

Department of Health & Human Services
ATTN: Vital Records
2525 Grand Ave.
Long Beach, CA 90815

To receive an application by mail, call (562) 570-4305 or mail a self-addressed stamped envelope to the address above.

You also can order on the internet by going to LACounty.gov.

Credit cards are accepted on the website.

Welcome Baby Program

Through the Welcome Baby Program, you'll be provided with a visit from a nurse once you're home from the hospital, and your own parent coach that will give you tips on how to have a healthy pregnancy, manage stress and other emotions, promote your baby's development, and more.

Anyone who lives in LA County and plans to deliver at Miller Children's & Women's can benefit from this program for free, since it's entirely funded by First 5 LA.



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800-MEMORIAL (636-6742)
millerchildrens.org/Maternity