



## Birth Education Classes

Call St. John HealthLine toll free at 1-888-SJS-LINE (1-888-757-5463) for dates, times, locations and to register for these classes, or for a list of other available health education classes.

**Birth Center Tours:** *Tour and discussion to introduce parents to our services. Included as part of Birth Preparation Series, but can also be taken separately.*

**Best Beginnings:** *A one-session class discussing the changes of pregnancy; nutrition, discomforts, exercise, preparing for baby and more.*

**Birth Preparation:** *A four-session class covering breathing techniques, labor and delivery options, hospital procedures and tour.*

**One-Day Birth Preparation:** *A condensed, intensive one-day program covering breathing techniques for childbirth, labor and delivery options and hospital policies.*

**Birth Refresher:** *A two-session class including a review of breathing techniques and hospital procedures for parents who have already attended classes during a previous pregnancy.*

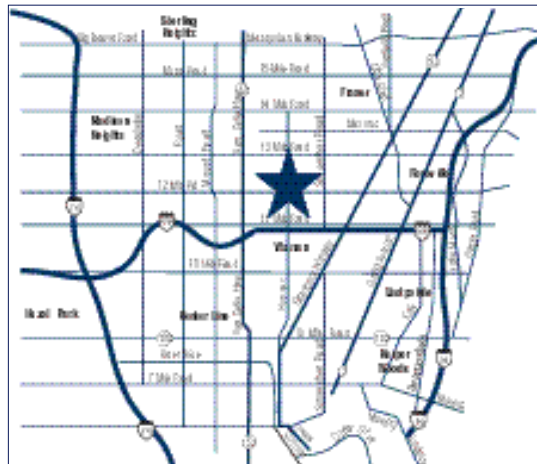
**Cesarean Birth:** *A one-session class covering what to expect, hospital policies and a tour for those who know they will have a Cesarean birth.*

**Baby Works:** *A one-session class to learn about the care of your baby. Includes baby care, baby safety, immunization, bathing, feeding methods, calming techniques and more.*

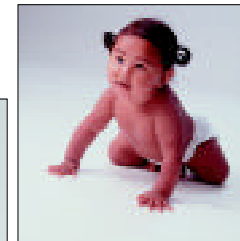
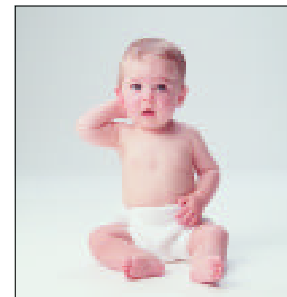
**“Someone New to Love:** *A one-session class for parents and siblings, to introduce kids to the role of “big” brother or sister.*

**Breastfeeding:** *A one-session class for mom and her support person, covering getting started, nutrition, pumping and storing breast milk. Breastfeeding is a skill, not an instinct, this class helps you learn skills to be successful and prevent problems.*

## Where are we located?



**St. John Macomb Hospital**  
11800 E. Twelve Mile Road  
Warren, MI  
48093



# St. John Macomb Hospital Family Birthplace

**ST JOHN.**  
Health Systems

**Macomb  
Hospital**

11800 E. Twelve Mile Road  
Warren, MI  
48093

*We're answering the call*

## Start Here

One of the most important decisions you can make is the hospital where your baby will be born. With a wide range of medical services provided in a beautiful setting, St. John Macomb Hospital's Family Birthplace is the right choice to get both you and your baby off to a healthy start.

Our Family Birthplace has to be seen to be truly appreciated. We provide spacious private Labor Delivery Recovery Postpartum (LDRP) suites. Each birthing suite is equipped with a whirlpool bath, microwave oven and refrigerator, and a rollaway bed that will be provided for fathers who wish to spend the night. Please call our St. John HealthLine toll free at 1-888-757-5463 to arrange a tour.



## Experienced care for Moms and Babies

Our nurses practice Mother/Baby Nursing and are trained to care for both newborns and their mothers. That means the same nurse provides personal care and attention for you and your baby. Our nursing staff is well trained to care and support all women, even those at high risk, throughout labor and birth.

If you opt for anesthesia, like an epidural, a St. John Macomb anesthesiologist is available 24 hours a day, seven days a week.

In support of our family centered care philosophy, babies born at St. John Macomb stay with mom as much as possible. However, because some babies need a little extra attention, St. John Macomb Hospital provides a Special Care Nursery staffed 24-hours by physician specialists trained to care for babies with health complications. The Special Care Nursery is located near the Family Birthplace, so that moms and babies can spend as much time together as possible.

## St. John Macomb Hospital at a glance

**Facilities:** private LDRP birthing suites

**Number of LDRP birthing suites:** eight, plus two LDR rooms and five private postpartum rooms for Cesarean Section patients.

**Average births per month:** 116

**Sleep over option for father/support person:** yes

**Visiting Hours:** Dads can visit anytime. 9 a.m. - 10 p.m. for grandparents and siblings, 11 a.m. - 8 p.m., general visiting hours.

**Number of Obstetricians and Family Physicians on staff:** 52

**Special Care Nursery:** yes

**Postpartum call back program:** yes

**Childbirth education:** yes

**Lactation consultant on staff:** yes

**Tours available:** yes. As part of prenatal education class or by calling 1-888-757-5463

**High-risk OB services:** Perinatologists perform weekly rounds; some patients may be transferred to St. John Hospital and Medical Center

**Newborn hearing screening:** all babies are screened for hearing loss

**24-hour in-house anesthesia:** yes

## Breastfeeding education and support

Breastfeeding can be challenging for a new mom. We encourage you to learn as much as you can before your child is born. Read about it, ask your physician about it as well as your family and friends. You may also want to take St. John Macomb's Preparing to Breastfeed class. While you are in the hospital, our lactation consultant and nursing staff will provide education and support as you learn this new skill. Once you go home, continued support is just a phone call away with our 24-hour, toll-free lactation support line. This line is staffed by certified lactation consultants and is offered exclusively to patients who deliver at one of the four St. John Health System birthing centers.



**For directions to St. John Macomb  
Hospital or for a physician referral**

**call St. John HealthLine at**

**1-888-757-5463**

**or visit us on the web at**

**www.stjohnorg**