



Lucile Packard  
Children's Hospital  
**Stanford**

Johnson Center  
for Pregnancy and  
Newborn Services

# Labor, Delivery and Maternity

Johnson Center for Pregnancy and Newborn Services



# Deciding where to deliver your baby is one of the most important decisions a mother makes.

You want the very best medical care available for both you and your baby, expertly delivered in a warm and supportive environment.

At the Johnson Center for Pregnancy and Newborn Services, we're exclusively focused on delivering the strongest possible start for pregnant women and their babies. We are one of the few children's hospitals in the country to offer world-class obstetric, neonatal, and developmental medicine services all in one place and are proud to provide the highest level of care for every mother and baby.

This unique combination of maternal and newborn services in one location is the hallmark of the Johnson Center, where clinical services for mother, fetus and newborn are united and complemented by partnerships among faculty and staff dedicated to the health and well-being of childbearing families from pre-conception through infancy.

Our experts collaborate and adapt to any situation, from your personal delivery plan to any unplanned aspect of your baby's birth. Whether yours is a non-complex pregnancy and delivery or a high-risk pregnancy and premature delivery, we offer you peace of mind that you and your baby will benefit from the very latest in medical advances and compassionate care.

## Simply the Best for You and Your Baby

Packard Children's delivers more than 4,300 babies each year. Mothers feel secure knowing that Packard Children's is nationally ranked in newborn care by U.S. News World Report and is also ranked in all ten specialties. In fact, other hospitals routinely send their most complex cases to us. Our care teams not only deliver the widest range of treatments, they developed many of them. Our highly specialized obstetric and pediatric services mean that we're prepared for any situation.

Our maternal-fetal medicine and neonatology subspecialists are available 24/7 to provide consultation or assistance should you and/or your baby require specialty care before, during or after delivery. A multidisciplinary team of Packard Children's pediatric subspecialists and Stanford Health Care adult subspecialists only need to travel down a hallway to help you and your baby.

**Every pregnancy is unique. Your care should be, too.**



# Deliver Your Baby in a Hospital Dedicated Exclusively to Expectant Women and Children

Our entire facility and staff provide you and your baby with family-centered care to create the best possible environment for your baby's arrival. While in Labor and Delivery, you will find:

## Family-centered Care

At Packard Children's, mothers and birth partners are essential members of the care team. We work closely with parents to support their unique birth plan, as well as their ideal care plan for their newborn.

## Personalized Nursing Care

Our 100 percent registered nursing (RN) staff is highly experienced in labor and delivery. Your nurse will provide you with individualized care and attention.

## Pain Management Available 24 Hours per Day

Birth happens around the clock, so our world-renowned obstetric anesthesia specialists are here around the clock, too. They specialize in caring for women and their babies. A wide range of pain management techniques for low- and high-risk pregnancies, tailored to your birth plan, are available whenever you need them to make your labor, delivery and postpartum experience as comfortable as possible.



## Private Labor and Delivery Rooms

Packard Children's is home to 12 private labor and delivery rooms. Every expectant mother can feel comfortable and secure knowing that her birthing experience will be the safest and most rewarding possible. Our rooms are updated with comfortable sleeping sofas, delightful décor, flat panel televisions with movies and games, wireless Internet access and a dedicated concierge, to make you comfortable and meet your needs throughout your hospital stay.

# After Your Baby Is Born

After delivery, you and your baby will enjoy the same specialized, family-centered care. No matter what level of medical support you or your baby may need, you will never be more than steps away from each other. We encourage families to spend as much time together as soon as possible after delivery, and to be involved in the care of their baby to the extent that feels right to them. Fostering a warm, cooperative, family-centered environment is an essential part of Packard Children's leading obstetric and neonatal care. Our care for newborns and mothers includes:

## Skin-to-Skin Time

We encourage mothers to establish a strong bond with baby during the first hour after delivery and as much as possible in the early postpartum days. If you or your baby have special medical needs or if your baby is born prematurely, spending skin-to-skin time is still beneficial when it becomes medically possible. Together with your doctor, our labor and delivery and maternity nurse specialists can provide information and guidance about the benefits of this early bonding time.

## Breastfeeding Education and Support

While breastfeeding is natural, it is not always easy. Our nurses are specially trained to support mothers who choose to breastfeed and to help your newborn get the best start possible. Before you deliver your baby, you can participate in our prenatal breastfeeding seminar, available through the Johnson Center's Becoming Parents class series. This class provides

orientation to successful breastfeeding, tips on dealing with the challenges of the early weeks and information about prenatal preparation for breastfeeding. After your baby is born, we offer a daily breastfeeding class for you and your infant just down the hall from your hospital room. We also have expert lactation consultants on hand should you need additional assistance.

## Sub-specialty Care

Packard Children's is a leader in diagnosing and treating problems during pregnancy. However, even the healthiest pregnancy may present with unanticipated complications. Whether you and your baby are healthy or high-risk, mothers and babies benefit from access to the world-class care provided by Packard Children's. A multi-disciplinary team of experts is always ready to work closely with your obstetrician and labor and delivery team to provide sub-specialty care.

## Intensive Care

Newborns needing special medical attention at birth are often admitted to our Neonatal Intensive Care Unit (NICU). Packard Children's 40-bed, Level IV Neonatal Intensive Care Unit (NICU) is nationally ranked by U.S. News & World Report. Neonatologists along with other sub-specialists and specially trained nurses provide intensive care for infants who are premature or have a wide range of illnesses. In addition, our specialized Neuro-NICU is equipped to care for babies at risk for brain injury.

## Being Prepared for the Unexpected

Packard Children's is simply the safest place for newborns. Yet, parents diagnosed with a healthy pregnancy often choose a "next best" hospital, thinking that their baby won't need the services of a world-class NICU or ICN. In fact, many healthy, full-term pregnancies may have unexpected complications. Under such circumstances, newborns are often transferred to Packard Children's for the care they require. If the case is urgent and time-sensitive, having this care just steps away could make all the difference for you and your baby.



# Becoming Parents Perinatal Education Program

The Becoming Parents Perinatal Education Program offered by Packard Children's offers a broad spectrum of classes taught by our skilled and certified instructors. Classes are available to assist the expectant mother and her family before the birth of the baby and to prepare for the baby's first weeks of life.

## Classes Include:

- Becoming a Family: The Gottman Bringing Baby Home Workshop
- Birth Center Orientation & Expectant Parents Information Night
- Car Seat 101
- Cesarean Birth Class
- Childbirth Prep
- Comfort Techniques for Labor
- CPR: Infant & Child
- Grandparents Seminar
- Infant Safety Class
- New Family Program
- Newborn Care 101
- Postnatal Breastfeeding Support Group
- Prenatal Breastfeeding Seminar
- Prenatal Yoga
- Preparing for Multiples

For more information about our classes and for online registration, please visit [classes.stanfordchildrens.org](https://classes.stanfordchildrens.org) or call our Becoming Parents coordinator at **(650) 724-4601**.

## Pre-admission Information for Labor and Delivery

We ask that you provide your pre-admission information before you come to Packard Children's to deliver your baby. Doing so will allow you to go straight to Labor and Delivery when you arrive at the hospital. Labor and Delivery will have all of the information you provided.

For your convenience, pre-registration can be completed online at [pregnancy.stanfordchildrens.org](https://pregnancy.stanfordchildrens.org). You can also call our Patient Admitting department at

(650) 497-8229 to ask for a maternity pre-admission packet. This packet should be completed and mailed to the hospital before your arrival. You will be asked to sign and/or provide:

- Patient registration form
- Terms and conditions of service
- Acknowledgement of receipt of privacy practice
- Insurance information and a photocopy of your insurance card(s)
- A copy of your advance directive or living will, if you have one

## Improving Outcomes Through Research

Through its association with the Stanford University School of Medicine, Packard Children's offers patients the benefit of the latest advances in obstetric, neonatal and pediatric care. Our medical and surgical sub-specialists are research leaders in their fields. Through their innovative investigations, maternal and infant outcomes continue to improve.

The Division of Maternal-Fetal Medicine and Obstetrics Stanford is focused on discovering ways to refine medication and treatment of preterm labor, treat depression in pregnancy, manage placentation abnormalities, and other studies to identify at-risk conditions or problems in fetal development.

# A Special Place for Healing and Hope

Lucile Packard Children's Hospital Stanford is the heart of Stanford Children's Health, and is one of the nation's top hospitals for the care of babies, children and expectant mothers. For over a decade, we have received the highest specialty rankings of any Northern California children's hospital, according to U.S. News & World Report's Best Children's Hospitals survey. Stanford Children's Health offers patients locally, regionally and nationally a full range of health care services from preventive and routine care to the diagnosis and treatment of serious illness and injury. For more information, visit [stanfordchildrens.org](http://stanfordchildrens.org).



## Contact Us

For pre-admission packet requests, please call the Patient Admitting department at (650) 497-8229.

## Labor and Delivery

725 Welch Road, 2nd floor  
Palo Alto, CA 94304  
(650) 723-5403

[labordelivery.stanfordchildrens.org](http://labordelivery.stanfordchildrens.org)

## Lucile Packard Children's Hospital Stanford Obstetrics Clinic

770 Welch Road, Suite 201  
Palo Alto, CA 94304  
(650) 498-4069

[obclinic.stanfordchildrens.org](http://obclinic.stanfordchildrens.org)

## Becoming Parents Perinatal Education Program

[classes.stanfordchildrens.org](http://classes.stanfordchildrens.org)

(650) 723-4600

For more information about our specialized care, visit [pregnancy.stanfordchildrens.org](http://pregnancy.stanfordchildrens.org) and [maternity.stanfordchildrens.org](http://maternity.stanfordchildrens.org).

