

Labor & Delivery Tour and Orientation

When you're expecting...expect the best

Welcome to Mills-Peninsula's Family Birth Center



It's your birth

It's your birth. We are here to guide you, making it a safe and memorable experience for you and your family.



Entrance & Parking

- Parking is located in the garage on the corner of Trousdale and El Camino Real in Burlingame.
- Family Birth Center is located on the 4th floor



New Mills-Peninsula Medical Center under construction, opening November 2010

Arriving at the Family Birth Center

- Use main hospital entrance on the east side of the building.
- Use the main lobby elevators during regular hours.
(5:30 a.m. to Midnight)
- Family Birth Center is located on the fourth floor.
- Exit the elevators and turn left

Emergency Department Entrance

- If you arrive between midnight and 5:30 a.m., enter through the Emergency Department on the west side of the building. Follow the signs to the Emergency Department.

Special Care Nursery

- When you get to the Birth Center, you will find the special care nursery just left of the elevators.
- Turn right to go to the reception desk.



LDRP Reception/Check-in

- Proceed past the special care nursery down the corridor to your right.
- Along the way to our reception desk, you'll see our family waiting area to the right.



Birth Center Team

- Our team is dedicated to providing the best experience for you and your baby.
- Our pediatricians and anesthesiologists are in-house and available 24 hours a day, 7 days a week.
- Lactation consultants visit all breastfeeding mothers daily starting the day after the birth.

Labor & Delivery Rooms

- 15 private labor, delivery and recovery rooms.
- Wired and wireless monitors are used to help staff monitor you and your baby.
- Couch beds are provided for spouses or partners.



Bathrooms

- Large showers and spacious bathrooms for your comfort
- Birthing balls, showers & pull-down benches are available for you during labor



Antepartum Testing

- Non-stress tests (NSTs) & limited ultrasounds (to check fluid around baby)
- Sweet Success is a program especially for women who either:
 - have diabetes and are pregnant or planning to become pregnant
 - develop gestational diabetes during pregnancy



Open Mon – Fri (8 am – 3:30 pm)
Call (650)696-5469 for more info

Hallway



Mom & Baby Rooms

- Sometime after the birth, moms and babies move to a private postpartum room
- Bed for mom and couch bed for spouse or partner
- Open crib at mom's bedside for baby



Family Centered/Mother-Baby Care

- The same nurse cares for you and your baby in the comfort of your room.
- Mom, baby and partner stay together promoting:
 - ❖ **Bonding**
 - ❖ **Sharing special moments**
 - ❖ **Learning feeding cues and normal newborn behaviors**
 - ❖ **Successful breastfeeding**
 - ❖ **More quiet time together while getting to know your baby**

Breastfeeding

Breastfeeding is a natural process, and mother and baby learn how to breastfeed together.

- Our international board-certified lactation consultants, doctors and nurses work as a team to help ensure every new mom is provided with breastfeeding education tailored to meet her needs.
- Lactation consultants visit all breastfeeding mothers daily, following the birth date.



C-section

- C-sections are performed within the Family Birth Center.
- Two operating rooms
- Two-bed recovery room
- Partner/support person can be with mom during c-section



Special Care Nursery

Our Level II nursery is well-equipped to care for premature babies and babies who need IV (intravenous) therapy or other specialized support.

Staffed with specially trained nurses and physicians



Tests

- Hearing screening (audiology testing): This test is performed on all babies to screen for possible hearing problems.
- Genetic screening: This is a blood test that is drawn (heel stick) on all babies. Genetic screening is done after your baby is feeding and close to when baby goes home.

CarePages

Consider creating a CarePage before the birth of your baby.

CarePages are free, private websites that help people stay connected and easily communicate with friends and family during pregnancy and birth.

To create a CarePage, visit www.CarePages.com/mills-peninsula

Things to Know

- Circumcisions: If requested, circumcisions are performed by your obstetrician in the nursery. Written parental consent is required.
- Ask staff before including them in your video and pictures. Video recording is not permitted in the operating room.

Things to Know

- Cord blood banking – please ask your provider about details if you plan to bank your cord blood.
- Birth certificate information is completed before you go home from the Birth Center. One of our staff will assist you with this and explain the process .

Taking Baby Home

- Please remember to bring your properly installed infant car seat to take your baby home.
- For help installing your car seat properly, please contact California Automobile Association (www.AAA.com) or the California Highway Patrol (www.CHP.ca.gov).

Cafeteria

- The Patio Café (cafeteria) is located on the ground level.
 - ❖ Open Daily 6:45 a.m. – 3 p.m.
- The Celebrity Café is located on the first floor.
 - ❖ Open Monday – Friday 7 a.m. – 9 p.m. and Saturday – Sunday 7 a.m. – 7 p.m.

Visiting Hours

- Spouses and partners are encouraged to stay with mom and baby.
- Visitors are always welcome at any time, however we ask that families be courteous to others and mindful that mom and baby need their rest.



Tours

To schedule a tour:

- [Register online today](#)
- Call 650-696-4190

* Registration is required for tours



Coming Soon!

- Our new hospital will open at 1501 Trousdale Drive in February 2011.
- The new Family Birth Center will offer 30 private rooms and a 12-bed neonatal intensive care nursery – both with family sleeping accommodations.



This is an artist's rendering of what a birth center room will look like in the new hospital.

Thank-you for taking our tour.
We look forward to meeting you and
being part of your growing family!