

*St. Rose*  
HOSPITAL

The Family Birthing Center  
27200 Calaroga Avenue  
Hayward, CA 94545  
(510) 264-4031  
[www.srhca.org](http://www.srhca.org)



The Family Birthing Center  
at St. Rose Hospital



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The background of the entire page is a soft, painterly mural of a forest. A large, thick tree trunk is the central focus, with its roots spreading across the ground. To the right, a deer stands looking towards the viewer. In the foreground, a small mouse sits near the base of the tree, and a fawn lies down in the grass to the right. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and natural.

You're going to have a baby! How wonderful!

The Family Birthing Center at St. Rose Hospital is the perfect place to help you make the birth of your child a special and memorable event. Our new mothers and their babies receive a level of personal attention and quality of care that is unparalleled in today's healthcare environment.

We care about you!

*on*

The staff at the Family Birthing Center were wonderful! My doctor and nurses were there making sure I had everything I needed.

My entire experience from beginning to end was great... the newly remodeled rooms were cute and comfortable.

-Gina Garcia  
New Mom

*St. Rose*  
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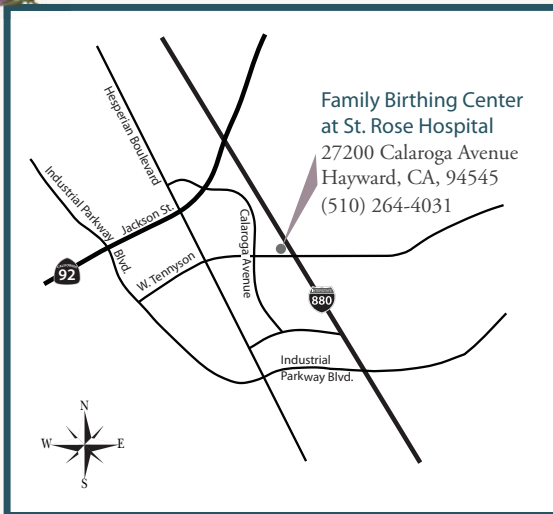
# Prepare for your Delivery

## Pre-Register

When your time to deliver comes, we can quickly admit you when you are pre-registered. We suggest pre-registration as well as a hospital tour ahead of time. Pre-registration is done in your third trimester, leaving mom-to-be and her support person to focus on the birth of the baby.

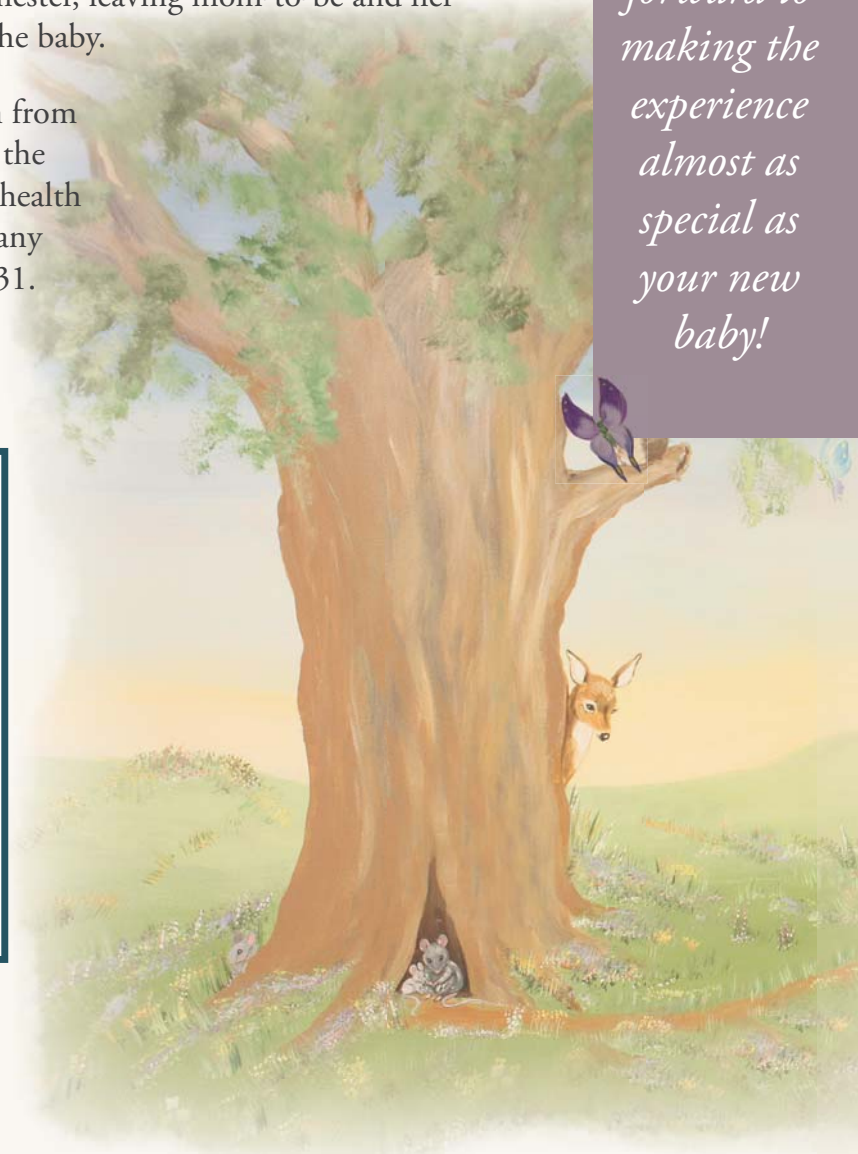
You can print out a pre-registration form from our website. Simply fill out and bring to the Family Birthing Center along with your health insurance information card. If you have any questions, please call us at (510) 264-4031.

*We're looking forward to making the experience almost as special as your new baby!*



The Family Birthing Center is part of St. Rose Hospital, an independent, non-profit community hospital.

[www.srhca.org](http://www.srhca.org)



# Our **F**ocus is on family *amily*

*Right now  
you've  
probably  
got a lot on  
your mind,  
especially if  
you are a  
first-time  
mom.*

*One thing for sure is that you and your baby  
are in expert, caring hands at St. Rose...*

At St. Rose, we combine the conveniences and comfort of home with the expert care of top-notch medical professionals. Our cozy birthing suites give new parents privacy and quiet time to bond with their baby. And our family-centered approach means you can choose to include siblings or other family members in the birth experience.

When your baby is born at the St. Rose Hospital, he or she becomes a permanent part of our extended family. After you and your baby go home, you can call us at any time with questions, concerns or support.

*When you choose St. Rose Hospital for the  
birth of your baby, you choose a hospital that  
is truly dedicated to offering you the safest and  
most comfortable delivery possible.*



# About the Family Birthing Center

## Birthing Center

Our beautiful, newly renovated Family Birthing Center  
is so much more than you're expecting!

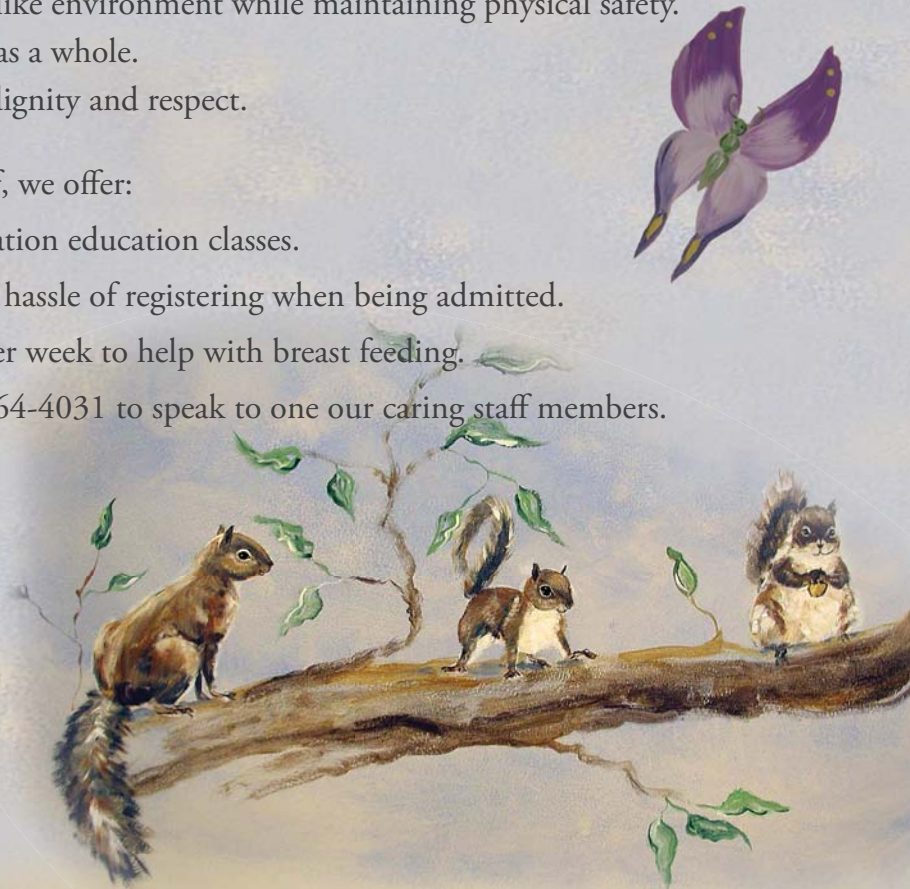
Our philosophy is to provide options to meet needs of the new mother, the family and the newborn and to:

- Foster family unity in a home-like environment while maintaining physical safety.
- Care for the mother and baby as a whole.
- Treat family and visitors with dignity and respect.

Along with our specially trained staff, we offer:

- Prenatal and childbirth preparation education classes.
- Pre-registration to alleviate the hassle of registering when being admitted.
- Lactation Consultant 3 days per week to help with breast feeding.
- For a private tour call; (510) 264-4031 to speak to one our caring staff members.

We prescribe...  
the best in care,  
right from the start!



Amazing, Angelic, Beautiful, Breathtaking, Cherished, Darling,



# Before Your Baby Arrives *Arrives*

## Getting Prepared

Prenatal and childbirth classes are an essential part of the health and wellness of you and your baby-to-be. It's important for you to understand the changes your body is undergoing during pregnancy, as well as the key role that good nutrition plays in your pregnancy. Whether this is your first child or fourth, there is always something new to be learned from having a baby.

To help reduce any unforeseen anxiety, the Family Birthing Center provides for all the educational needs of new and growing families.

It's important to take advantage of childbirth relaxation techniques, such as Lamaze, to help you relax and focus on the birth of your baby. At St. Rose Hospital, Lamaze classes are free to anyone that delivers at St. Rose. Our classes are led by experienced health and childbirth educators and professional staff.

We offer you a variety of other low-cost or free prenatal and childbirth education classes, including sibling preparation, early pregnancy/options, prenatal/ postpartum exercise, new mothers support programs, and many others. Learn more about the different classes we offer and view a calendar of upcoming classes on our website, [www.srhca.org](http://www.srhca.org).



Dream, Gorgeous, Happy, Loved, Miraculous, Perfect, Precious