

The New Life Center

When moms need extra courage, babies need extra care, dads need extra reassurance and families need extra understanding, Avista Adventist Hospital's New Life Center delivers. Right from the moment you become pregnant, we're here to help educate, care for, and baby expecting mothers.

The region's preferred birth center

At Avista Adventist Hospital, you and your baby can expect the friendly, compassionate care of a close-knit, community-based hospital while receiving a level of experienced, knowledgeable medical care that rivals top hospitals throughout the country.

Our board-certified doctors, certified nurse midwives, labor nurses and neonatal nurses are some of the most experienced in Colorado. Our New Life Center team specializes in obstetrical and neonatal care, and continually trains in new methods and technologies.

OB physicians are in the hospital 24/7 to provide the expert care you need, when you need it. Certified registered nurse anesthetists, in coordination with a team of specially-trained anesthesiologists provide 24/7, in-house obstetrical coverage for epidural and pain relief needs. Should you require it, two dedicated OB surgical suites are available within the unit, ensuring the safest and most comfortable delivery possible.

The region's most advanced Neonatal Intensive Care Unit

While you should always expect the best for your newborn, there are times when babies arrive early or have health needs that require specialized care. Our Neonatal Intensive Care Unit (NICU) is the largest and most advanced in the region. This capability means we deliver and provide advanced medical care for high-risk premature babies, and complicated or multiple birth babies. Our team of experienced specialists includes perinatologists (doctors specializing in fetal-maternal care), neonatologists (doctors specializing in the care of sick newborns), 24/7 in-house neonatal nurse practitioners, respiratory therapists and more.



Best of both worlds

Avista Adventist Hospital was the first in Boulder County to provide expectant mothers with a hospital-based midwifery delivery option. Our certified midwives give prospective mothers another care option, while Avista's New Life Center offers the best in technology and physician back up if complications arise.

We offer nitrous oxide as an alternate pain management option for women in labor. Under the close supervision of our anesthesia staff, nitrous is self-administered, is painless, has minimal side effects, and there are no known effects on the baby.

A private birthing suite for your entire stay

The New Life Center offers private suites, each with its own bathroom and furnished with the amenities of home. Each suite is also equipped with the latest technologies and monitoring devices to ensure staff can keep a watchful eye on mom and baby.

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TVs, DVD players, phones and free WiFi are available. Laboring moms also have the use of a large soaker tub in a private room with soft lighting for a relaxed laboring experience.

Partners are encouraged to stay with mom and baby throughout the hospitalization. Family and friends are welcome to visit anytime.

Room service is available and meals are cooked fresh to order. Guest's meals are available for purchase. The New Life Center has two dining areas on the floor for visiting families.

Bonding with your baby

Skin-to-skin contact during the first hour after birth is our standard. Research shows that placing a baby in skin-to-skin contact with its mother immediately after birth calms the baby, stabilizes the infant's heartbeat and leads to improved breastfeeding. We use this best practice in the New Life Center to help speed mom's recovery and make baby's introduction to the world tranquil and reassuring.

Babies may remain in your room throughout your stay, unless you request otherwise. For mothers who choose to exclusively breastfeed, the New Life Center will support your decision. We will make sure your baby stays with you as much as possible and provide assistance whenever you need help. The mother's preferences for feeding and rooming with baby will always be given priority.

Contact Us

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| New Life Center tours | 303-673-1029 |
| Labor, delivery and postpartum questions | 303-673-1100 |
| Newborn Intensive Care Unit | 303-673-1102 |
| Family Education classes | 303-673-1029 |
| Lactation support. | 303-673-1088 |
| Pre-delivery consult. | 303-269-2052 |
| Financial questions | 303-673-1125 |

Thank you for choosing the New Life Center at Avista Adventist Hospital.



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Childbirth and Family Education

Whether you are expecting your first baby or growing your family, the New Life Center offers a variety of classes to make sure you have the information you need before, during and after your baby arrives. Here is a list of classes for moms, birth partners and families offered at Avista Adventist Hospital.

For class schedules, fees, registration, and additional information, visit avistahospital.org/birth-classes.

Childbirth Preparation Series

Join us for a four-week series of classes to help prepare you for the experience of childbirth. The classes include an overview of labor, relaxation and breathing techniques, medication options, interventions, hospital procedures and the role of the labor support person. A tour of the New Life Center is included.

Childbirth Express

This one-day class is a condensed version of the Childbirth Preparation Series. The class provides parents with an overview of hospital procedures and helps you know what to expect during your delivery. A tour of the New Life Center is included.

Laboring with Confidence

This class provides parents with the opportunity to learn and practice a variety of tools to use during labor including relaxation, positioning and breathing. The class is recommended for expectant parents who have completed a Childbirth Preparation Course.

Breastfeeding

This class, taught by a board certified lactation consultant, will normalize breastfeeding, prepare parents for a healthy breastfeeding relationship, and empower parents to manage pitfalls that lead to early cessation of breastfeeding. We will discuss how to fit breastfeeding into your life and establish the relationship with your baby that you desire. Partners are encouraged to attend this class.



Baby Care

The course will prepare expectant parents for those first weeks at home. The two-night class will address infant care such as how to recognize an illness, take your baby's temperature and choose a doctor. It will also cover baby basics such as bathing, diapering, swaddling and preparing your home for baby's arrival.

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The Happiest Baby on the Block

Do you want to learn proven techniques for helping your baby sleep or how to soothe even the fussiest baby? Our class is based on the highly effective approach to babies pioneered by Dr. Harvey Karp, author of “The Happiest Baby on the Block”. The techniques are geared toward babies up to 12 weeks in age, so plan to attend while you are still pregnant or soon after the birth of your baby.

Sibling Preparation

This is an opportunity for your child to learn about being a big brother or sister. This class will help 3-7 year olds prepare for a new baby and help them feel comfortable in the hospital setting. We teach safe ways for siblings to interact with the baby and how to cope with common feelings related to the arrival of a new baby. Parent(s) remain with their children during the class.

Dog and New Baby Class

This class helps ease families into the transition from pet parents to baby parents with pets. Learn how to acclimate your dog to your baby weeks before the baby arrives. In addition to providing a step-by-step plan for introducing your dog to your baby on the day baby comes home, you'll also learn the warning signs of developing problems between your dog and baby.

Infant/Child CPR First Aid

Professional EMS instructors lead this two-night class that provides certification for CPR/Pediatric First Aid. The course covers lifesaving rescue and resuscitation techniques and how to respond to the common childhood emergencies such as head/neck/back injuries, seizures, poisonings, fractures, burns, respiratory problems and more.

New Life Center Tour – Free

Touring the New Life Center makes parents feel more relaxed and comfortable when delivery day comes. You'll learn about birth options, hospital procedures, services and amenities you can expect during your stay. Registration is required.

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Breastfeeding Support

Avista's International Board Certified Lactation Consultants are well recognized as some of the area's best and are highly sought out even by moms who delivered at a different hospital. As a breastfeeding mother, you have access to our lactation consultants for support and education before your delivery, while in the hospital and after you go home.

Before you deliver

Avista Adventist Hospital offers expecting parents a breastfeeding class taught by an Internationally Board Certified Lactation Consultant.

During your stay

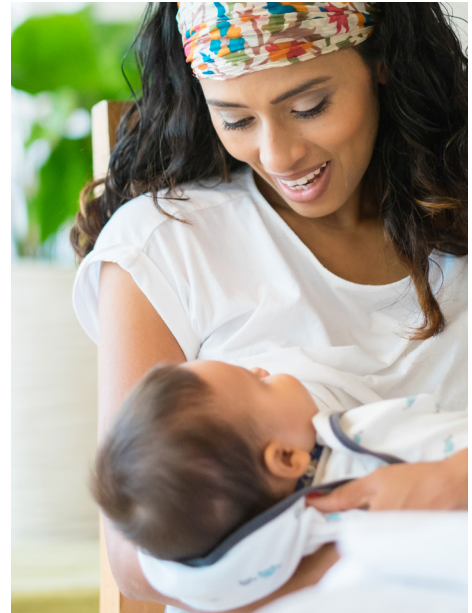
The New Life Center offers MILK @ MOM'S Breastfeeding Class to mothers during their stay. A lactation consultant will review the most common concerns you may experience during the first two weeks. MILK @ MOM'S is offered every afternoon from 3 p.m. – 4 p.m.

Lactation support is available 24 hours a day during your stay. All of our nurses are trained to assist with breastfeeding. A board certified lactation consultant is available for a consultation if needed.

After you go home

- **Individual consults:** New moms can make appointments for individual consults with our lactation consultants after they return home. There is no charge for these appointments. This is part of Avista Adventist Hospital's commitment to mothers and their newborns.
- **Breast pump rentals:** We rent hospital grade pumps to mothers needing a little extra support for their newborn or returning to work.

If you have questions, want to schedule a breastfeeding consultation or need to rent a breast pump, please call 303-673-1088.



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Pre-Delivery Consultation

Shape your birth experience by telling us your hopes for delivery day

Our New Life Beginnings Pre-Delivery Consultation gives you the opportunity to talk with an experienced New Life Center nurse, share your birth preferences and ask questions. They can also help with special requests, such as planning for cultural or religious traditions you want to honor in the birthing of your child. You'll also complete many admission and discharge activities ahead of time so you will be able to give your full attention to your new baby during your stay.

During the appointment, your nurse consultant may be able to arrange a meeting with an Avista financial counselor who can answer questions about the cost of your hospital stay, insurance, self-payment plans and financial assistance.

When: Between your 30th and 35th week pregnancy.

How: Call 303-269-2052 or request an appointment online at avistahospital.org/birthcenter and click on Pre-Delivery Consult.

Where: The New Life Beginnings pre-delivery office is located on the first floor between the Information Desk and Emergency Room.



Prior to Your Consultation

Please pre-register for your hospital stay by completing one of the following:

- Turn in a completed OB pre-registration sheet along with a copy of your photo ID and insurance card to the Information Desk at Avista Adventist Hospital.
- Pre-register by calling 303-269-2048 or online at avistahospital.org/birthcenter.
- Fax completed pre-registration sheet to 303-673-1034.

Email any questions or concerns to AvistaDeliveryConsul@Centura.org.

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New Mom Support

New Moms' Support Group

We host a weekly support group for new moms at our Church Ranch Neighborhood Health Center called the Avista Moms and Babies group. Each week, a guest speaker presents a topic of relevance and interest to parents of infants. A Board Certified Lactation Consultant facilitates the group and will weigh your baby and address casual breastfeeding concerns. This is a drop-in group and does not require registration. The group is friendly, open, nonjudgmental and consists of mothers and their pre-walking infants.

New Moms' Luncheon

The New Moms' Luncheon is a relaxed, informative gathering that offers you the opportunity to learn more about your new baby and to share your discoveries with other new moms. You will receive an invitation, for you and your baby, in the mail two months after your delivery. Lactation consultants, New Life Center educators and our relationship-based care specialist will all be available to answer questions and help you adjust to life with your little ones.



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