

THE FAMILY CENTER at EXETER HOSPITAL

Life offers few experiences more moving than the birth of a child. Having a baby — those three simple words cannot do justice to the excitement, nervousness and reward that surrounds giving birth at Exeter Hospital's Family Center.

It is our mission to make your experience as safe and rich as possible. We understand how deeply emotional the experience can be. The center's team consisting of hospital affiliated physicians and midwives, working with the hospital's nurses and staff, are committed to providing the best care and support for mother and baby before, during and after the birth.

As we have a relationship with some of the leading institutions in obstetrical and pediatric care, including Dartmouth Hitchcock Medical Center, Brigham and Women's Hospital and Boston Children's Hospital, you can feel comforted knowing you, your baby and loved ones are in good hands.

Our commitment extends to the design of the facility with the goal of making each family as comfortable as possible.

OUR HOSPITAL AFFILIATED PRACTICES

OBSTETRICS/GYNECOLOGY

Partners for Women's Health
3 Alumni Drive, Suite 401, Exeter, NH 03833
603-778-0557
womenshealthexeter.com

FAMILY PRACTICE

Lamprey Health Care
Raymond 603-895-3351
Newmarket 603-659-3106
lampreyhealth.org

PEDIATRICS

Core Pediatrics
Epping 603-693-2100
Exeter 603-772-8900
Plaistow 603-257-4000
corephysicians.org

MATERNAL FETAL MEDICINE and REPRODUCTIVE CARE

(affiliated with Brigham and Women's Hospital)

118 Portsmouth Avenue, Stratham, NH 03885
Reproductive Care: 603-773-6973
Maternal Fetal Medicine: 603-777-5002
exeterhospital.com

THE FAMILY CENTER at EXETER HOSPITAL
5 ALUMNI DRIVE, EXETER, NH 03833
603-580-6668 | EXETERHOSPITAL.COM

For your convenience, Exeter Hospital
offers free valet service.

 **EXETER HOSPITAL**
an exeter health resource | The Art of Wellness



The FAMILY CENTER at EXETER HOSPITAL

*Care, education, wellness and support
for childbirth and beyond*

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AMENITIES AT THE FAMILY CENTER

- All private rooms
- Large jacuzzi tub for hydrotherapy during labor
- Flat screen television
- Couch bed for coach
- Personal refrigerator
- Room service meal ordering
- Fetal monitoring telemetry
- Wireless internet
- 24/7 security

CONTINUED CARE AND SUPPORT

- Home visit services
- Free outpatient lactation appointments
- Childbirth education classes
- Parent-baby groups
- Parent-toddler groups
- Parent-twins and more groups
- Breast-feeding support groups
- Infant massage classes

The Family Center at Exeter Hospital offers a wide variety of classes to help prepare for the birth of your baby.

PREPARED CHILDBIRTH PROGRAMS

For first time patients — *Your Pregnant Body*: This is the first class expectant couples are recommended to take. A physical therapist will discuss the changes that occur to your body during pregnancy, ways to alleviate minor discomforts, how to prevent injury and strategies to condition your body for the challenges of childbirth.

Prepared Childbirth Series — Taught by registered nurses who are also certified childbirth educators, the classes cover labor, birth, strategies for managing discomfort in labor (e.g. breathing and relaxation techniques) and various technologies that may be used. A tour of the Family Center and birth video clips are included.

Saturday Express Prepared Childbirth Program — This comprehensive class is designed for those unable to attend the weekday evening series. The class is held on a Saturday and covers what the four evening sessions do but with less practice of breathing and relaxation skills.

Epidural and Cesarean Birth Session — During this one hour class, a physician from the anesthesia department will inform you about the various types of analgesia and anesthesia available to you as options for comfort during labor and delivery and also help prepare you for a Cesarean birth if that becomes necessary.

The Amazing Newborn — A pediatric nurse will acquaint you with the various appearances and behaviors of a normal newborn and what you can expect in the first few weeks of your newborn's life.

Breastfeeding Session — Taught by a certified lactation consultant, the benefits of breastfeeding, the process of learning how to breastfeed and helpful techniques are just some of the topics covered in this two hour session.

Basic Training for Dads — This unique workshop is taught by men for men. Experienced male instructors and dads who bring along their young infants will teach expectant dads about baby care, fatherhood and the needs of new moms.



Refresh Class — This three hour class offers a concise review of what is presented in the four part series, differences with having another child and recent changes in practices and technology. Birth video clips and tour of the Family Center are included.

Sibling Class — This lively one hour class is for children 2-10 years old and includes a tour, short video and interactive instruction to learn what being a big brother or sister is all about.

FOR THOSE TAKING PRIVATE HYPNOBIRTHING® CLASSES

Supplemental HypnoBirthing® Class — For those taking private HypnoBirthing® classes, this two and a half hour class, taught by a registered nurse, will provide you with important Family Center information about routines, policies, infant security and other available hospital resources appropriate for you and your baby.