

# A New Life: Childbirth Preparation Classes

Valley Medical Center offers classes for pregnancy and early months of parenting in partnership with the Great Starts™ program of Parent Trust for Washington Children. For a full list of birth preparation classes, tours or the VMC car seat checkpoint, please visit us online at [valleymed.org/birth](http://valleymed.org/birth) or call **206.575.2229 (BABY)**.

Free Birth Center tours are offered the first Tuesday of the month, the third Thursday of the month and every second and fourth Sunday of the month. Registration is required at [valleymed.org/birthclass](http://valleymed.org/birthclass).

Birth preparation classes cover essential information about labor, delivery and parenting, with comprehensive, multi-week or abbreviated mini-series formats to fit your schedule. We recommend you choose classes that end two to five weeks before your due date—early enough that you'll be able to complete the class before baby comes, but late enough that you'll still remember all the information! Visit [valleymed.org/birthclass](http://valleymed.org/birthclass) for classes and registration.

We are proud to offer additional classes to assist you and your family:

- Breastfeeding
- Newborn Care
- Circle of Security: Relationship Building for Parent and Baby
- Conscious Fathering
- Support groups for parents of children ages 0 to 24 months

## Prenatal exercise & water aerobics

Exercising during pregnancy promotes good health and the well-being of both you and your baby. Try the popular prenatal water aerobics class at **The Fitness Center**. For more information, call **425.656.4006**.

## With You Every Step

Valley Medical Center understands the exciting and uncertain times parents face as they embark on the journey through parenthood. It is our mission to be there with you every step of the way by providing the expertise of our staff and an invaluable array of services spanning from tummy to toddler. It's called Pitter Patter and it's a FREE, exclusive club offered to new and expecting parents by Valley Medical Center. Pitter Patter benefits include:

- A special collection of keepsakes & educational resources: Pre- and post-delivery delivery goodie bags, *Caring for Baby* book, *The Parent Review* e-newsletter and Text4Baby text message service
- Free seminars and interactive events focused on raising awareness about nurturing happy, healthy families and family fun



Sign up for your free Pitter Patter membership at [valleymed.org/pitterpatter](http://valleymed.org/pitterpatter).

For more information about The Birth Center at Valley Medical Center, visit [valleymed.org/birth](http://valleymed.org/birth) or call **206.575.2229 (BABY)**.

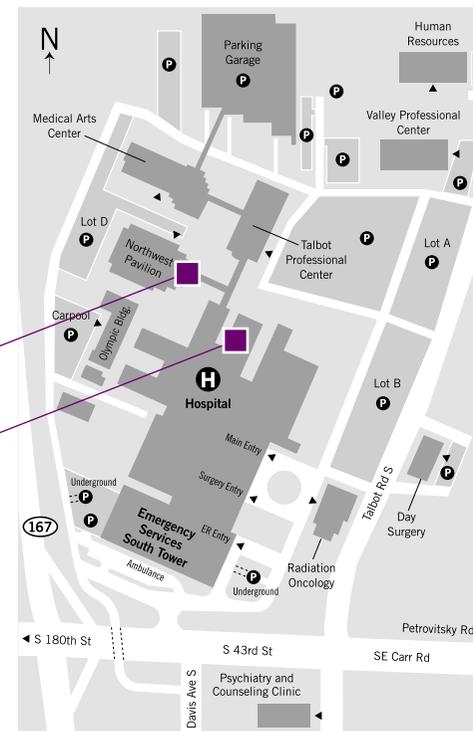
## Birth Center Neonatal ICU Pediatrics

### UW Medicine

VALLEY  
MEDICAL CENTER

Remarkable things happen here.™

- Garden Wing, Pediatrics / Mother-Baby
- Main Hospital, Second Floor
- 400 South 43rd Street  
Renton, WA 98055  
**206.575.2229 (BABY)**  
[valleymed.org/birth](http://valleymed.org/birth)



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# The Birth Center



## UW Medicine

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## A Remarkable Birth Experience

Valley Medical Center mothers-to-be enjoy a private, suite-like room for labor, birth and recovery. Each room has a whirlpool bath, free on-demand movies, DVD/CD player, wireless Internet access, room service meal delivery, and a daybed so family members can also stay in comfort. This home-like setting allows you and your family to relax and direct your attention to getting to know your new baby.

The atmosphere at The Birth Center is matched only by the expert level of care you receive. Our specially trained nursing staff, midwives and OB/GYN doctors deliver compassionate, family-centered care in a safe, nurturing environment. Your comfort is important to us. Hydrotherapy in our whirlpool baths, epidural anesthesia and a variety of other pain management options are available.

The Birth Center has an obstetric specialist, called a hospitalist, on duty 24-hours a day, 365 days a year for the safety of our patients and new arrivals. This innovative program ensures that a physician is available in the event of an obstetric emergency, including Caesarean births.

In the unlikely event your baby requires intensive care—you're at the right place. Valley Medical Center houses the only Level III Neonatal Intensive Care Unit between Seattle and Tacoma, with neonatology specialists (doctors, registered nurses and nurse practitioners trained to care for premature and sick babies) in house 24-hours a day.

To help with successful breastfeeding, you'll receive personal assistance from our breastfeeding consultants and nursing staff who are here to coach new moms, answer questions and address any concerns you may have. Breastfeeding consultants are available in our outpatient clinic to answer questions and offer guidance even after you take home your new bundle of joy.

## Preparation and Registration

Preregistering at The Birth Center will save time and effort when you are in labor. You should plan to register by your fifth month of pregnancy.

You can pre-register two ways: Online at [valleymed.org/birth](http://valleymed.org/birth) or call the Admitting Department at **425.228.3440** ext 3492.

Remember to pack a bag for you and your baby about one month before your due date. Please bring insurance and prescription cards, and a baby car seat.

For the safety of you and your new baby, we sponsor a car seat fitting station on the second Wednesday of each month from 5 – 6:30 PM. Registration is required by calling **206.987.SAFE (7233)**.

## The Journey Continues

Your newborn's birth is just the beginning and Valley Medical Center offers support every step of the way. As your baby grows, select a family physician from one of our many neighborhood primary care clinics, and for specialized care, try one of our acclaimed specialty centers, including pediatric neurology and sleep disorders. If your child is under 16 years old and requires hospitalization, we have a pediatric unit staffed by board-certified pediatric hospitalists.

Valley Medical Center also has one of the area's most comprehensive children's therapy departments, which supports premature infants and children, helping them reach their full potential in mobility, daily living, social skills and communication.

## IMPORTANT PHONE NUMBERS

My doctor's office: \_\_\_\_\_

Prenatal classes and tours of The Birth Center: **206.575.2229 (BABY)**

Birth Center: **425.251.5182**

Valley Women's Healthcare Clinic: **253.939.9654**

Midwives Clinic: **425.656.5321**

Maternal Fetal Medicine & Genetic Counseling: **425.656.5520**

Lactation consultant: **425.228.3440 ext 2526**

Admitting: **425.228.3440 ext 3492**

Financial counseling: **425.228.3440 ext 5599**

Physician referral: **425.277.DOCS (3627)**

