



# Maternal and Child Health

*This is the most important introduction we can ever make.*

## We partner with the following organizations to assure newborn health and safety:

We advance care by eliminating the element of the unknown and offer a variety of resources in preparing for parenthood.

The **National Center on Shaken Baby Syndrome** and Trinitas Regional Medical Center strongly believes that educating and informing parents about shaken baby syndrome helps to prevent it and keep your baby safer at home.

**The Baby Box Company** provides safe sleep spaces for babies along with education and health related information. Baby boxes are available to new families delivering at Trinitas Regional Medical Center.

## American Heart Association

- Infant CPR Kits are distributed to use at home with family and friends to learn life saving actions.
- Little Hats, Big Hearts program raises awareness of family heart health and congenital heart defects, the most common type of birth defect in the country.



## Additional resources and services

### Trinitas Regional Medical Center OB/GYN Physicians Practice

240 Williamson Street, Suite 304  
Elizabeth, NJ 07202  
908-282-2000

### Women's Health Center

65 Jefferson Avenue, 2nd Floor  
Elizabeth, NJ 07201  
908-994-5500

### Pediatric Health Center

65 Jefferson Avenue, 2nd Floor  
Elizabeth, NJ 07201  
908-994-5750

### Breastfeeding Warm Line

908-994-5154



225 Williamson Street  
Elizabeth, NJ 07201  
908-994-5000  
[www.TrinitasRMC.org](http://www.TrinitasRMC.org)



## Welcome to Maternal and Child Health at Trinitas Regional Medical Center

Helping to introduce brand new family members to each other is a responsibility we take very seriously. Nothing is as special as the birth of your baby and our goal is to assist you with your hospital admission and stay as you get ready for the big moment! Trinitas Regional Medical Center offers a maternity unit with all private rooms, state-of-the-art labor/delivery/recovery rooms, and a special expertise for high risk infants. Our Maternity staff provides a safe, secure and fulfilling birthing experience tailored to your own preference and the care plan recommended by your physician/midwife.

Our Obstetrical Services consist of Labor & Delivery, a Level II Intermediate Care Nursery, and a Mother-Baby Unit. Our Level II Nursery offers sophisticated technology and treatment for ill and high-risk babies who require concentrated care and attention.

Our staff is focused on teaching you how to care for your baby so you and your partner will feel comfortable with your baby's care when you leave the hospital.



## Your experience will include:

### Labor and Delivery

- 24 hour in-house obstetricians, anesthesiologists, and certified nurse midwife
- Seasoned and experienced nursing staff
- Vaginal birth after cesarean (VBAC)
- Trial of labor after cesarean (TOLAC)

### Postpartum Care

- Private rooms with home-like atmosphere
- Less restricted visitation to promote a family centered experience
- Meals provided for partners
- Rooming-In
- On-site breast feeding support

### A Well Baby Nursery

- 24 hour RN staff to care for your baby

### An Intermediate Care Nursery

- 24 hour in-house neonatologist
- Breast feeding rooms to accommodate nursing mothers



## Common Questions

### Where do I go to be admitted?

Between 7:00 AM and 8:00 PM, you will go to the Admitting Office on the first floor to be registered and will then be escorted to Labor and Delivery. After 8:00 PM, you will be admitted through the Emergency Department. If your physician wants you to be evaluated in the hospital prior to your admission, you will be examined in our Labor Exam Triage Room located in the Labor & Delivery Unit. You will first need to register in the Emergency Department and then you will be sent to the Labor Exam Room.

### Who should come with me?

We welcome up to two persons to assist you during your labor.

### What should I bring?

A small bag with socks, reading material, hard candy or lollipops, a toothbrush and toothpaste and a robe and slippers. Your support person may also want to bring a few "comfort items" for his/her use. If you have a suitcase, your family can bring it to your room on the Maternity Unit after you deliver. In your suitcase you should include a good supportive bra (nursing bra if you will be breastfeeding), undergarments and baby clothes for going home. Please leave jewelry, valuables and large amounts of money at home. You should also bring an approved car seat for your baby.

### Can I visit the unit before I am hospitalized?

Yes, we welcome you to take a tour of the Maternity Unit. Please call 908-994-5193 to schedule an appointment.