



Oh Baby!

Your Birth is Our Mission



Trinity Health
Mid-Atlantic

St. Mary
Medical Center



Expert Care for You and Your Baby

Becoming a parent is one of life's most transforming events and evokes many different emotions from joy to anxiety. At St. Mary Medical Center, you can count on highly skilled and experienced obstetricians and specialists and midwives here 24/7, to provide the personalized medical care you need throughout your pregnancy.

Our family-focused maternity program is designed to enhance the precious bonds between you and your baby, making your childbirth experience at St. Mary one of the most meaningful and memorable times of your life.

Expect the Best: Meeting Special Needs

The months leading up to the birth of a child are filled with anticipation and excitement, and also lots of questions. Will my baby be healthy? Will she or he look like me? Should we find out the baby's gender or let it be a surprise?

While some questions can't be answered fully until your baby arrives, we can say with certainty that you and your baby are in the very best hands possible. We offer the region's most comprehensive and compassionate maternity program, so you and your baby can expect the highest quality of care before, during and after delivery.

St. Mary Perinatal Testing Center

Your obstetrician may refer you to St. Mary Perinatal Testing Center. Here, we use some of the latest advances in medical technology to assess your baby's well-being and provide testing for potential problems.

Perinatologists, perinatal sonographers, and perinatal registered nurses collaborate with your obstetrician or midwife to provide the best possible start for your baby.



Neonatal Intensive Care Unit

Our state-of-the-art Level II NICU is staffed by board-certified Children's Hospital of Philadelphia (CHOP) neonatologists and neonatal nurses ready to care for any high-risk newborn.

Our NICU is fully equipped to assist babies born prematurely or with conditions requiring close monitoring or advanced treatment. The intimate setting of our NICU offers a private lactation room and a family lounge available to allow parents to all them to remain close to their newborn.

Within the NICU, we offer Angel Eye camera system, allowing parents, family, and friends of newborns to login to a password protected video feed of the newborn. Those with access can see the specialized care of their infant in real time while they are separated from their baby.

The NICU was designed with safety and comfort for infants and their families in mind.



When the Big Day Arrives: What You Need to Know

Parking and Entering the Hospital

St. Mary is pleased to offer free and secure parking at multiple Visitor lots around the hospital, including valet services during the daytime. The Maternity floor is on the 2nd floor of the main hospital. In case of emergency, follow signs to our Emergency Room, where you can park temporarily, be assessed, and be assisted up to Maternity.

Labor and Delivery Unit

Your comfort and peace of mind is our priority. We have eight birthing suites. Highly skilled and dedicated labor and delivery nurses provide support and encouragement. Our unit is also specially equipped with two surgical suites for Cesarean sections, readily available if needed. Board-certified Obstetric Laborists and Certified Nurse Midwives are present on the unit 24/7 assist in caring for laboring patients and to respond to obstetrical emergencies.

You can expect to stay with us approximately 1 – 2 days if you deliver vaginally, and 2 – 3 days if you have a C-section.

After Baby is Born

Mother-Baby Unit

We believe families should have the space and privacy to enjoy special moments with their newborns. After delivery, you will be able to rest comfortably in a private room on our Mother-Baby Unit. We promote mother-infant bonding with 24-hour rooming in. This is a special time to learn your infant's cues and how best to care for your newborn. Your mother-infant nurse will be at your side providing education and support along the way.



Skin-to-Skin Contact

Holding your baby skin-to-skin as much as possible during your hospital stay maximizes your bonding experience and is critical to your child's growth and development. This is especially important immediately after delivery, when you, your significant other, and your baby are together as a family for the first time.

Delayed Newborn Bathing

Research shows that waiting to bathe babies until they are 12 or more hours old keeps their temperature warmer and allows their blood sugars to stabilize. Delayed bathing also helps babies develop a stronger immune system because they are colonized with bacteria from birth, which plays a part in the development of their immune system. Babies are born with a coating of vernix, a white fatty substance that absorbs quickly and moisturizes the skin. Allowing the vernix to absorb into the skin, rather than washing it off, decreases the incidence of eczema. Delayed bathing also gives us an opportunity to educate you about proper bathing techniques, and answer any questions you may have.

Feeding Your Baby

What you choose to feed your baby is one of the first important decisions you will make as a parent. Exclusive breastfeeding, the practice of avoiding the addition of formula to your baby's diet and only feeding her or him breast milk, is encouraged during your hospital stay and beyond. Breast milk gives your baby antibodies and immunity to help fight off infection, and supplies essential nutrients not found in formula. It is also better for your baby's stomach—she or he will have fewer problems with spitting up and constipation. There are also benefits to you. In addition to enjoying a special closeness to your baby, women who breastfeed have less bleeding, reduced risk of infections after birth, reduced risk of developing ovarian and breast cancer, and a decreased risk of developing chronic diseases later in life. Our nurses will teach you proper positioning, latching techniques, and feeding cues. Should you choose formula for feeding your baby, our nurses will ensure that you know how to prepare the formula, how much to feed your newborn and how often.

Lactation Support

Licensed and board-certified lactation consultants at St. Mary are available for bedside and outpatient consultations, education and support.

Home Care

We know the best kind of healing happens at home. When you have a new baby, home is where you want to be. With the St. Mary Home Care Tiny Blessings program, you can receive post-natal care at home alongside newborn care for your baby.



Quick Facts About What You Can Expect at St. Mary Maternity Care Center

- A full range of prenatal healthcare services, including pre-conception counseling, to discuss what pregnancy may entail post-genetic testing and consultation, outpatient laboratory testing, and perinatal testing
- High-risk pregnancy management (monitoring your pregnancy)
- 24/7 on-site Obstetric Laborists and Certified Nurse Midwives to assist in the care for women in labor and are immediately available to respond and assist with unexpected obstetric emergencies
- St. Mary Medical Center Neonatal Intensive Care Nursery has board-certified neonatologists from CHOP available 24/7.
- Private labor, delivery, recovery, and mother-baby suites
- Highly experienced and board-certified obstetricians and midwives along with specially trained registered OB nurses with advanced fetal monitoring certification supporting your delivery process
- Personalized breastfeeding education and support from board certified Lactation consultants as well nurses with specialized lactation education
- Anesthesia services including epidurals are available 24/7 for obstetric patients