



# Maternity Care

Everything you need to know.

**SBH**  
Health System  
BRONX





# Congratulations and Welcome to SBH!

Thank you for choosing SBH Health System to deliver your baby! We know this is an exciting time and we're focused on providing the best possible experience for you and your newborn. This guide is intended to help you know what to expect during your stay at SBH. We are here for you every step of the way!

## Experience Matters When Delivering Your Baby

We provide family-centered care for you and your baby. That means you're a true partner in your care. Your SBH care team includes physicians, midwives and nurses. They have years of experience and are highly regarded nationally. We deliver approximately 700 babies annually.

# Baby-Friendly Designated Hospital

When you choose SBH to deliver your baby, you are selecting a Baby-Friendly designated hospital, as recognized by Baby-Friendly USA. All our staff has extensive training to ensure that you get the information you need to be confident and skilled in breastfeeding your baby. We also promote early infant bonding and skin-to-skin care.







## Your Personalized Maternal Care includes:

- Full prenatal care
- Centering Pregnancy option
- Midwifery services
- High-risk pregnancy care
- Doula services
- Postpartum care



# What to Expect During Admission

The labor and delivery suite is located on the hospital's first floor. When you arrive, you can come right in. Attending physicians, certified nurses, and midwives are ready for your arrival 24/7. We will greet you with all the support you need to deliver your baby.

## Labor & Delivery:

When you're ready to deliver, your labor and delivery team will help you every step of the way. We offer:

- High-tech wireless fetal monitoring
- Birthing ball to help prepare the body for labor
- Jacuzzi for pain management and relaxation during labor
- On-unit operating room and full of range anesthesia options

Our newly renovated birthing suites are comfortable, private labor and delivery rooms and include:

- Bedside bassinet for your baby
- Your own shower
- Sofa/ sleeper for your overnight guest
- Comfortable recliners & chairs
- Variety of snacks for the guest
- Warm and quiet environment





## Maternal Care with Osteopathic Manipulative Treatment

We offer Osteopathic Manipulative Treatment (OMT) by osteopathic physicians who are specially trained to perform very gentle manipulations to the body to reduce strain and improve the body's functioning. OMT for newborns seems to have a positive effect on babies' health in the first 6 months of life. OMT can help with:

- Lower back pain
- Morning sickness
- Swelling
- Carpal tunnel syndrome
- Reflux
- Easier labor and delivery
- After delivery recovery
- Breastfeeding

# Prepared for the Unexpected:

Should a problem arise, we have a Level III Neonatal Intensive Care Unit (NICU) that is staffed 24/7 by highly skilled neonatologists and nurses. This team will provide the specialized care needed for babies born early or with unique needs.

If you need any assistance please call our direct line at (718) 960-BABY (2229).

## Additional Resources:

- Our Babyscripts MyJourney app provides ongoing support throughout your pregnancy
- Images of ultrasounds are sent directly to your phone for sharing with loved ones.
- MyChart electronic health portal
- Pregnancy Care Companion: Prenatal appointment outlining all of your visits and upcoming appointments
- SBH and WIC breastfeeding classes
- Centering Pregnancy: Prenatal group care hosted by our Midwives
- Doula services are available
- Prenatal cooking and fitness programs

# Other Services Supporting Women's Health Care:

- Annual OB-GYN care
- OB & GYN telehealth visits available
- Pre-conception counseling
- Contraceptive services
- Family planning
- Basic infertility care (and referral to affiliated experts when necessary)
- Major and minimally invasive gynecologic surgery
- Female incontinence treatment
- Pelvic floor surgery and rehabilitation
- Emergency gynecologic care
- Adolescent care
- Menopausal care and hormone therapy
- Cancer prevention and treatment
- Gynecologic oncology care
- Breast health and reconstructive surgery
- Childbirth classes
- Behavioral health services throughout pregnancy and postpartum
- Nutritional evaluation for food security
- Social work services
- Transportation services





## **Our Locations**

### **Labor, Delivery & Postpartum**

St. Barnabas Hospital

4422 Third Avenue, Main Floor

Bronx, NY 10457

### **SBH Health & Wellness Center**

4507 Third Avenue

1st Floor

Bronx, NY 10457

### **Arthur Avenue Women's Health**

2385 Arthur Avenue

Suite 204

Bronx, NY 10458

### **Bronx Park Women's Health**

2016 Bronxdale Avenue

Suite 201

Bronx, NY 10462

**Call us: (718) 960 - BABY (2229)**

**Learn more: [SBHNY.ORG](http://SBHNY.ORG)**