

Welcome to *the NSMC Birthplace at Salem Hospital*

When you're having a baby, you want everything to be just right.
And nobody understands that better than we do.

Your Team

NSMC offers a team of board-certified obstetricians, anesthesiologists, experienced nurses, certified nurse midwives, neonatologists, pediatricians and family medicine physicians to assist with your entire labor and recovery. We deliver nearly 2,000 babies a year at NSMC, and are affiliated with Brigham and Women's Hospital and Massachusetts General Hospital. Our family-focused program begins even before the birth of your baby, with prenatal care, educational programs and other services to ensure that families are well prepared for the new baby. To sign up for a class, please call 978-739-6908. For a pediatrician or family medicine physician to care for your new baby, call 877-676-2637 to reach our physician referral line.

During pregnancy and following the birth of your baby, you may experience a variety of feelings from joy to anxiety and depression. If you need additional support, your obstetrical care provider and the Women's Behavioral Health program based at the NSMC Women's Center in Danvers can help (978-744-4033).

The Birthplace is affiliated with maternal-fetal medicine specialists (perinatologists) from Brigham and Women's Hospital who care for women with high-risk pregnancies. You can see these specialists close to home at the NSMC Women's Center in Danvers. Through this program most of our patients with higher-risk pregnancies are able to deliver their babies safely at the NSMC Birthplace. However, your care can be transitioned seamlessly to Brigham and Women's Hospital if that is more appropriate.

Your Birth Suite

The Birthplace has birth suites that cater to your comfort and safety. You will be able to stay in one room for your labor, delivery and initial recovery and then will be moved to a post-partum room for the rest of your stay. Our newly renovated unit offers all private rooms (15 post-partum and five labor and delivery) that are beautifully designed and comfortable. All rooms have a private bathroom with shower, television, telephone, reclining chair for your partner, individual temperature controls, and wireless Internet access. Our labor and delivery rooms are equipped with the most advanced medical equipment, which is tucked away but immediately available if the need arises, and have beds that can accommodate any birthing position. Four birthing rooms offer whirlpool baths for laboring moms who may experience relaxation and pain relief in the warm, bubbling water.

With our "Catered to You" program, your catering associate will meet with you to customize your meal, which can be tailored to your dietary needs from vegetarian to gluten-free. Dads and birthing partners can bring in food and we have an array of takeout menus available from local restaurants.

Baby and You: Together from the Start

The first few days of your baby's life are an important time for you to bond and learn about each other. We believe that mom and baby should be together as much as possible, so your baby will stay in your room. However our nursery is available if you need it. Our doctors and nurses will come to your room to perform any exams or vaccinations, allowing you to be part of the process. In addition, our nurses and breastfeeding experts will be there to coach you on bathing, diaper changes, umbilical cord care, feeding and caring for your newborn.

Rest Safe and Sound

Immediately after birth, you, your birthing partner and new baby will get matching identification bands that are checked any time you and your baby are separated or reunited. These bar-coded bands are also scanned any time medication is given to you or your child to verify that the medication and dosage are correct. For your safety and security, the Birthplace has restricted access and all visitors must be buzzed in by our staff. Your baby will also wear a HUGS security band, which activates an alarm and locks all access to outside doors if a baby is brought too close to exit.

If Your Baby Needs a Little Extra Help

NSMC has a Level II Special Care Nursery equipped with advanced technology for premature infants and babies who experience problems at birth. It is staffed at all times with neonatologists (newborn specialists) and neonatal nurses who are trained to manage the most complex and high-risk situations for new babies. Babies requiring the highest level of care are transferred to Massachusetts General Hospital's Neonatal Intensive Care.

Thank You for Choosing North Shore Medical Center

We hope this guide will answer your questions and help you prepare for your special day. We'll be here for you as your baby grows too—with specialized pediatric care and NSMC North Shore Children's Hospital, which provides inpatient care, the North Shore's only 24-hour pediatric emergency room and outpatient clinics affiliated with MassGeneral Hospital for Children. For more information on the NSMC Birthplace or to schedule a tour, please call us at 978-354-3330.

Having Your Baby

at the NSMC Birthplace at Salem Hospital

Preparing for Birth

North Shore Medical Center (NSMC) believes in providing family-focused, comprehensive care to all patients. This care begins by preparing families even before the birth of your baby, with prenatal care, educational programs for parents and siblings and other services to ensure that families are ready for the changes that a new baby brings. To sign up for a class, please call 978-739-6908. To schedule a tour of the Birthplace, please call 978-354-3330.

To make your admission to the hospital as smooth as possible, we ask that you complete a Parent Worksheet for the Birth Certificate and a Health Care Proxy form and mail them back in the enclosed envelope at least eight weeks before your due date. Both forms are in your Birthplace Information packet or can be downloaded from the NSMC website at <http://nsmc.partners.org/web/program/birthplace>.

Visitors, Smoking, Cell Phones and Cameras

We know that you want to celebrate the birth of your new child with family and friends, but your time in the Birthplace is brief and your focus should be on rest, recovery and learning about your new baby.

After the baby's birth, you will be moved from your birthing suite to a post-partum room where family and friends may visit from 2 - 8 p.m. Fathers or your support person may stay overnight, and your baby's grandparents and siblings may visit at any time. Non-sibling children under the age of 12 are not permitted to visit. For the health of your baby, please advise all visitors that they should be in good health and be properly immunized before visiting.

To maintain a restful environment, we request that no cell phones be used in your birthing suite. They may be used in the family waiting room. Cameras and video cameras are prohibited during the delivery process, but you may use them after the birth of your baby.

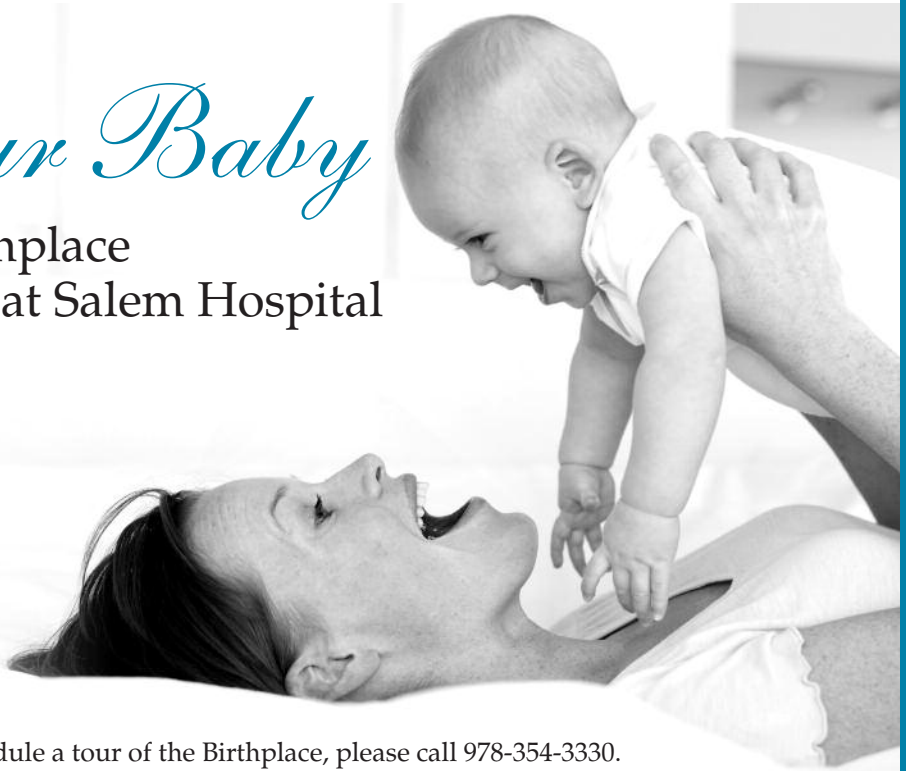
To protect your privacy, our staff cannot give out information to your waiting family or friends or those who call to check on your status. You will have a telephone in your labor room and after you are admitted you can provide that number to your family and friends. Be sure to let your nurse know if you do not want calls sent to your room.

For everyone's health, NSMC prohibits smoking in all buildings, grounds and parking lots. If you are a smoker please talk to your nurse or obstetrical care provider about options during your hospital stay.

When Labor Begins

Your obstetric care provider will instruct you on when you should come to the NSMC Birthplace. Two support people may join you during labor and delivery. Other family members and friends are invited to wait in our family waiting room.

Once you arrive at the Birthplace, a secretary at the main desk will greet you. A nurse will escort you to your birthing suite and help you to get settled. The nurse will then review your medical and obstetrical histories, your allergies and medication uses and check your vital signs and the baby's heart rate.



Your Labor and Delivery Options

Each woman's needs and expectations of labor and delivery are unique. Because we personalize our care to your needs, we offer several options for pain relief during labor, including some that do not require medication. You can use these in combination or at different points during your labor.

- Unmedicated labor – Using techniques such as massage, warm showers or a whirlpool tub, breathing and relaxation techniques, and music can help you manage labor pain. You may bring in a CD player or MP3 device and speakers to play any music or relaxation program. The hospital's television system has a relaxation program you may want to use. Birthing balls are available to help relieve backache and promote pelvic rocking and relaxation. Our labor and delivery beds can be positioned to assist with any desired pushing position.
- Pain management medication – Anesthesiologists are available around the clock to provide a variety of pain management options. Most typical is an epidural block, which is administered through a tiny tube inserted in your lower back. Epidural blocks are used to relieve pain from the waist down and enable mothers to rest during the most strenuous part of labor while their cervix is dilating, saving their strength for pushing in the later stages of labor. Pain medication may also be administered through the IV or by injection. Local anesthesia may be used to numb the pain of an episiotomy incision or vaginal tearing.

If Your Labor is Induced

For some women, labor must be induced for a variety of reasons. Unfortunately, we are not able to determine early in your pregnancy whether you will need an induction, so we encourage all expectant parents to be prepared for the possibility.

Induction is the starting of uterine contractions and labor by the use of vaginal and/or intravenous medications. Your obstetric care provider will discuss with you the reasons for and method to be used to induce your labor. Some of the reasons why women may need to be induced include:

- Pregnancy-induced hypertension (high blood pressure)
- One to two weeks overdue from expected delivery date
- Rupture of membranes/amniotic sac (broken water) before labor begins
- Suspected infection in the amniotic sac
- Abnormal amount of fluid in the sac (high or low)
- Mother's medical condition, such as diabetes, chronic high blood pressure or heart disease
- Concerns about the baby's growth
- Logistic factors (history of rapid labor, distance from hospital)

For Scheduled Inductions

Please ask your obstetric care provider for details about what you may or may not eat prior to coming to the hospital for your induction. Please do not bring jewelry because we cannot be responsible for your valuables. If you wear contact lenses, please bring a case and your glasses and label them with your name.

Before you leave home, please call 781-581-4955 or 978-354-3330 and ask to speak to the Nurse-in-Charge regarding your induction time. Since we cannot predict how many patients will be in labor on the day of your induction, there is a possibility that your induction may be delayed or rescheduled for another day.

Plan to arrive at the Birthplace approximately 15 to 30 minutes before your planned induction time so you can check in with the Birthplace Admitting Office. Once you arrive at the Birthplace, a secretary at the main desk will greet you. A nurse will escort you to your birthing suite and help you to get settled. The nurse will then review your medical and obstetrical histories, your allergies and medication uses. The nurse will also check your vital signs and the baby's heart rate. Two support people may join you during your labor. Other family members and friends are invited to wait in our family waiting room.

If You Have a Scheduled Cesarean Birth

One support person may accompany you during your cesarean birth. This support person is the only one who will be allowed in the labor and delivery area and operating room. Other family members and friends are invited to wait in our family waiting room.

The night before surgery, do not eat or drink anything (including water or hard candy) after midnight. Do not wear nail polish, cosmetics or jewelry. The hospital cannot be responsible for any of your valuables. Hard contact lenses should not be worn. If you wear glasses or soft contacts, ask your anesthesiologist if you can wear them during birth. If you wear contacts, please bring a case and your glasses. You will receive a phone call the evening before your surgery from a Birthplace nurse to review the procedure. Please call the Nurse-in-Charge at 781-589-4454 or 978-354-3330 if you have any questions.

Morning of Surgery:

Plan to arrive at the Birthplace two hours prior to your scheduled cesarean birth. Once you arrive at the Birthplace, a secretary at the main desk will greet you. A nurse will ask you questions about your medical and surgical histories, obstetric history, allergies and medications. The nurse will also check your vital signs and monitor your baby's heart rate.

Anesthesia and Surgery:

You will meet your anesthesiologist to discuss the various types of anesthesia and the advantages and disadvantages of each. An intravenous (IV) line will be started that will administer fluids and medication during and after your cesarean birth. In the operating room you will receive oxygen from a mask placed over your nose and mouth (the plastic may have a strange odor). The majority of scheduled cesarean births are performed under spinal anesthesia.

You will be in the operating room for about one hour. A Foley catheter, which is used to drain urine from your bladder, will be inserted after you have anesthesia. After your baby is born and has received preliminary care, he/she can stay with you in the operating room.

Recovery:

After your cesarean birth, you will be taken to the recovery room and monitored closely for at least one hour. If you had a spinal or epidural anesthetic, you will stay in the recovery room until you can move your legs (about one to two hours). Your vital signs, lochia (vaginal bleeding), fundus (uterus) and abdominal dressing will be checked. For your safety, only your baby and support person will be allowed with you in the recovery room until you are transferred to your post-partum room. No other visitors are allowed in the recovery area.

You will be encouraged to get out of bed as soon as you are able. The Foley catheter will be removed the next morning, and the IV is usually removed 24 to 48 hours after giving birth. Your physician will prescribe pain medication in one of two ways: on a "when needed" basis, (i.e. when you ask the nurses for it) or a "patient controlled analgesia" (PCA) pump that administers medicine through your IV when you need it. On your first day, we recommend you take pain medication at regular intervals to control the pain. The discomfort from your incision should lessen with each day.

After the Birth...

Newborn Screenings and Vaccinations

Massachusetts law requires that all newborns be screened to identify certain disorders that may not be apparent at birth. A few drops of blood from a small prick in your baby's heel will be sent to a state laboratory. Your baby will be discharged before the results are available. If the results are normal, you will not be notified. Any abnormal values will be reported to your baby's doctor within five days. If you would like more information, ask your baby's doctor or call the Newborn Screening Program at 617-983-6300.

In addition, Massachusetts requires that all newborns have a hearing test before they leave the hospital. The hearing test only takes 10 minutes and is best done when your baby is asleep. A newborn who does not pass the screening will be referred to our audiology department. Not passing does not mean your baby can't hear, but it does mean your baby needs to be retested. An appointment with an audiology specialist will be scheduled before you leave the hospital. Follow up with your baby's doctor and the audiologist is very important.

Vaccines protect a person against disease and are very safe. The American Academy of Pediatrics recommends that all newborns receive the first of three hepatitis B vaccinations soon after birth. Hepatitis B is a liver disease that can lead to serious illness, cancer and possibly death. Once you have signed permission for the vaccination to be given, a nurse will give your baby a shot in his/her thigh. If your baby is born prematurely, he/she may be eligible for an injection called Synagis, which is protective against a common but severe cold virus, respiratory syncytial virus (RSV). Ask your baby's doctor for more information about these vaccines.

In addition, erythromycin, an eye ointment, will be given to your baby to prevent infection and Vitamin K will be given to help your baby's blood to clot. If you have any questions about these exams or treatments, please talk to your nurse or baby's doctor.

Caring for Your Baby

Our nurses and breastfeeding experts will be there to coach you on bathing, diaper changes, umbilical cord care, breast or bottle feeding and caring for your newborn. Make sure you tune into the hospital's newborn education channel (channel 23 for English, Channel 33 for Spanish) for more tips on caring for your baby. If you have any questions or concerns, please do not hesitate to ask. There are additional books and resources listed on the inside back cover of this book.

Celebrating the Birth

To share your joy, NSMC offers three special programs. New parents can press a "lullaby button" in the Birthplace to play a lullaby on the overhead speakers throughout the hospital. We also offer a professional photographer who will take pictures of your newborn. The photos, which you can share with family and friends, are uploaded to the Web Nursery on nsmc.partners.org and password protected for your safety. You may also purchase photo print packages. Friends and family can send you email greetings through NSMC's Care Mail program by logging on to http://nsmc.partners.org/web/caremail/send_caremail. Care Mail messages are hand delivered by our staff Monday through Friday.

Going Home

Every birth experience is different and requires different lengths of stay. Typically, mothers who have vaginal deliveries go home in about 48 hours. Cesarean deliveries typically require a 72- to 96-hour stay. We ask that you prepare for discharge by 11 a.m. Your infant car seat should be installed and you should know how to operate it prior to arriving at the hospital.

Congratulations on the Birth of Your Baby!

We are delighted you chose to give birth at the NSMC Birthplace at Salem Hospital, and we hope this booklet answers some of the common questions about caring for yourself and your newborn. We encourage you to communicate with your obstetrical care provider and your baby's doctor, as they are excellent sources of information and can provide you with lots of helpful hints and support in the first few days after your delivery. In addition, here are some general guidelines you should follow:

Discharge Instructions for Mom:

- Continue your vitamins.
- Start your post-partum exercises as instructed.
- If breastfeeding, stimulate your breasts every two to three hours to encourage your milk to let down.
- If bottle feeding, wear a tight fitting bra for seven to 10 days. Remove only to shower.
- Soak your episiotomy three to four times a day in a warm water bath or sitz bath.
- Nothing in vagina until after follow-up with doctor.

Call Your Doctor if:

- Temperature of 101 degrees or higher.
- Excessive vaginal bleeding (saturating a pad an hour).
- Large clots (size of a golf ball) or numerous small clots.
- Breast pain with redness, flu-like symptoms, or fever and chills.
- Continued sore nipples, cracking, and/or bleeding, unrelieved breast engorgement.
- Burning or urgency with urination.
- Sharp abdominal pain or shortness of breath.
- Pain in your legs or warm, red or tender area in leg, especially in the calf.
- If your incision has red streaks, hot to touch, foul odor to drainage, or opens.
- Foul odor to your vaginal discharge or increased pain in vaginal area.
- Depression or a feeling that you may harm yourself or your baby.

Discharge Instructions for Baby:

- Feed every two to four hours.
- Keep the umbilical cord stump clean and dry until the stump falls off.
- Continue using petroleum jelly on the circumcision for 4-7 days.
- Allow baby frequent limited exposure to sunlight.
- Your baby should have five to six wet diapers each day and at least one stool.

Call the Baby's Doctor if:

- Large amounts of vomiting or forceful vomiting.
- Temperature of 100.5 degrees or higher.
- Difficulty breathing or baby is working harder to breathe.
- Refusal of two feedings in a row or poor appetite.
- Dramatic changes in skin color: very yellow, blue, or pale.
- Less than six to eight wet diapers in 24 hours, after three days of age.
- Bowel movements that are very watery, unusually foul smelling or contain blood.
- Redness, foul odor, or discharge around the belly button or circumcision.
- Drastic behavior changes such as increased irritability, excessive crying without cause, extreme sleepiness, floppy arms and legs.



NSMC Resources for Mom and Baby

Breastfeeding/Lactation Support:

888-217-MILK (6455)

For questions about nursing positions, engorgement, using or renting a breast pump, milk storage, nursing twins or a premature baby, or if your baby is having difficulty latching on.

Post-partum Depression: Call your obstetrical care provider, NSMC's Women's Behavioral Health Program at 978-744-4033, or Depression After Delivery (800-944-4773, www.depressionafterdelivery.com) for help.

NSMC Physician Finder: 877-676-2637 for English; 866-287-2637 for Spanish

NSMC North Shore Children's Hospital: 978-745-2100

NSMC North Shore Children's Hospital is a family-centered teaching hospital providing inpatient care, a 24-hour pediatric emergency room and a network of specialists affiliated with MassGeneral Hospital for Children. Specialty pediatric and adolescent services include cardiology, neurology, pulmonology, birth defects/genetic counseling, eating disorders, behavioral medicine, developmental delays, nutritional counseling, occupational and physical therapy, speech/language pathology, audiology, high-risk infant follow up and mental health care.

SUGGESTED BOOKS

Child Care:

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer by Harvey Karp
What to Expect the First Year by Arlene Eisenberg
Caring for Your Baby and Young Child: Birth to Age 5 by the American Academy of Pediatrics
Dr Spock's Baby and Child Care by Benjamin Spock, M.D.
The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two by William Sears
Secrets of the Baby Whisperer: How to Calm, Connect and Communicate with Your Baby by Tracy Hogg
Baby Basics: A Guide for New Parents by Anne Blocker
Planet Parenthood: Adapting to Your New Life Form by Julie Tilsner
The Pink & Blue Baby Pages: Practical Tips and Advice for New Parents by Laurie Waldstein and Leslie Zinberg
The New Father: A Dad's Guide to the First Year by Armin A. Brott
The Joy of Fatherhood: The First Twelve Months by Marcus Goldman
From One Child to Two: What to Expect, How to Cope and How to Enjoy Your Growing Family by Judy Dunn
First Meals by Annabel Karmel
Baby Bargains: Secrets to Saving on Baby Furniture, Clothes, Etc. by Denise Fields
Infant Massage, A Handbook for Loving Parents by Jay Gordon and Brenda Adderly
You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities by Stanley Klein

PARENTING WEB SITES
www.parenting.com
www.parentsoup.com
www.child.com

Breastfeeding:

The Womanly Art of Breastfeeding by Gwen Gotsch
The Breastfeeding Book: Everything You Need to Know about Nursing Your Child by Martha and William Sears
The Breastfeeding Answer Book by Nancy Morhbacher
So That's What They're For! Breastfeeding Basics by Janet Tamaro
Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work by Gale Pryor
The Nursing Mother's Companion by Kathleen Huggins
Mothering Multiples: Breastfeeding and Caring for Twins or More by K. Gromada

COMMUNITY RESOURCES

La Leche League, www.lalecheleague.org. Telephone counseling on breastfeeding, new mothers' groups and information on breast pump rentals and sales.

Nursing Mothers' Council, www.bace-nmc.org, 617-244-5102. Breastfeeding counseling and rental of breast pumps and other aids.

Depression After Delivery, www.depressionafterdelivery.com. Information for new parents and referrals to local providers and support groups.

Parental Stress Line, 800-632-8188. Confidential counseling, support and information for parents.

Child Care Resources and Referral Network, www.masschildcare.org, 800-345-0131. Information on child care, how to choose a provider, lists of licensed providers, programs to help pay for child care.

Massachusetts Immunization Program, www.mass.gov/eohhs, 888-658-2850. Information about immunizations and where to get them.

Massachusetts Substance Abuse Information and Education Helpline, 800-327-5050. Referrals to substance abuse treatment services.

Smokers Quitline, 800-TRY-TO-STOP, 800-8-DEJALO (Spanish). Counseling and referrals to local smoking cessation programs.

Poison Control Center, www.maripoisoncenter.com, 800-222-1222. Emergency advice about poisoning.

Auto Safety Hotline, 800-424-9393. Information about car safety seats, air bags and passenger safety.

Massachusetts Car Safety Hotline, 800-CAR-SAFE. Locations of car seat loan programs, information about passenger safety, child car seat installation and recalls.

First Call for Help, www.uwmb.org/firstcall.htm, United Way of Massachusetts Bay, 800-231-4377. Help with housing, food, utilities, legal support, substance abuse, parenting, and other basic needs.

Fuel Assistance Program, 800-632-8175. Financial aid for home heating needs.

Salvation Army Good Neighbor Energy Fund, www.massresources.org, 800-262-1320. Fuel assistance available to eligible families.

Hunger and Food Stamps Hotline, 800-645-8333. Coupons for groceries and referrals to local food banks.

Project Bread Food Service Hotline, www.projectbread.org, 800-645-8333. Information on getting food, food resources and food stamps.

WIC—Supplemental Nutrition for Women, Infants and Children, www.mass.gov/eohhs, 800-942-1007. Food for eligible pregnant women and children under 5; information on nutrition, breastfeeding, child health and development and parenting.

Healthy Start and MassHealth, www.mass.gov/eohhs, 800-841-2900. Health insurance for eligible families.

Health Care for All Helpline, www.hcfama.org, 800-272-4232. Advocacy and help with getting health care.

Lynn Community Health Center, www.lchcnet.org, 781-581-3900. Primary, specialty and behavioral health care and dental care provided to citizens of Greater Lynn regardless of ability to pay.

North Shore Community Health Inc., www.nschl.org. Primary and specialty health care and dental care provided at Salem Family Health Center (978-744-8388) and Peabody Family Health Center (978-532-4903), regardless of ability to pay.

Ask-A Nurse, 800-544-2424. Health information and referrals.

Lead Paint Hotline, www.mass.gov/eohhs. Information about lead laws and consumer rights; referrals for lead screening, inspection and deleading.

Children's Trust Fund, www.mctf.org, 888-775-4kids. Referrals to local parent education groups, parent support groups, home visiting programs, free materials on preventing child abuse and neglect.

Early Intervention Partnerships Program, www.mass.gov/eohhs, 800-311-2229. Home visiting program for pregnant women and new mothers.

Massachusetts Committee for Children and Youth, 800-CHILDREN. Information about child abuse prevention.

Help for Abused Women and their Children (HAWC), www.helpabusedwomen.com, 800-547-1649. Counseling, support groups and 24-hour hotline for abused women. Services in 23 towns on the North Shore.

Massachusetts Family Network, 800-447-8844. Parent education, home visits, health and developmental screening, play groups, child care and transportation for families with children from birth to 3 years old.

Massachusetts Mothers of Twins Association, www.mmota.org, 781-646-TWIN. Referrals to support groups and programs for parents with multiple births.

NSMC PHONE NUMBERS AND RESOURCES

NORTH SHORE MEDICAL CENTER- SALEM HOSPITAL MAIN NUMBER 978-741-1200

BIRTHPLACE 978-354-3330

BREASTFEEDING/LACTATION SERVICES 888-217-MILK (6455)

SPECIAL CARE NURSERY 978-354-3314

NSMC NORTH SHORE CHILDREN'S HOSPITAL 978-745-2100

AUDIOLOGY 978-354-2650

EMERGENCY ROOM 978-354-2750

HIGH RISK INFANT FOLLOW-UP 978-354-2760

NEURODEVELOPMENT 978-354-2705

NEUROLOGY 978-354-2795

PHYSICAL AND OCCUPATIONAL THERAPY 978-354-2746

FEEDING AND SWALLOWING 978-354-2650

MASSGENERAL FOR CHILDREN CLINICS AT NSMC NORTH SHORE CHILDREN'S HOSPITAL 978-354-2760
(CARDIOLOGY, ENDOCRINOLOGY, GASTROENTEROLOGY AND NUTRITION, NEPHROLOGY, PULMONOLOGY, RHEUMATOLOGY)

FAMILY RESOURCE CENTER 978-354-2660

WOMEN'S BEHAVIORAL HEALTH AT NSMC WOMEN'S CENTER 978-744-4033

PHYSICIAN FINDER REFERRAL SERVICE 877-676-2637; 866-287-2637 FOR SPANISH

PATIENT EDUCATION CLASSES (CHILDBIRTH, TEEN CHILDBIRTH, BREASTFEEDING, CHILD CARE, SIBLINGS CLASS) 978-739-6908

WELLNESS AND INTEGRATIVE MEDICINE 866-676-2239

(PRENATAL AND POSTPARTUM YOGA, PRENATAL MASSAGE, ACUPUNCTURE, REIKI, HYPNOSIS, CHI GONG, TAI CHI, PILATES)

INFANT SAVER/CHILD CPR 978-354-3013

