



Welcome to the Childbirth Center

The Team at the Childbirth Center would like to extend a warm welcome to you and your birth support partners. This guide is intended to help you feel informed and empowered if your care is transferred to our facility. **You are invited to pre-register. Please call 360-788-7724 two months before your due date.** This will help facilitate a smoother transition in case your care is transferred.

Transferring Care

At the Childbirth Center, we recognize your plan and desire to deliver outside of the hospital setting. Sometimes there are needs or risk factors that develop during pregnancy, labor, birth, or after delivery that may require that you or your baby transfer to the hospital. If this occurs, your midwife and our hospital providers work together for a smooth transfer of care.

We know that childbirth is a special time in life and that many emotions come with having to change plans. We make every effort to honor the birth plans of all our patients, and we work with families when there are needs that fall outside of those plans.

Birth is often unpredictable, and care as part of a hospital stay can feel stressful. In the event of serious concerns for you or your baby, decisions may need to be made quickly. Whenever possible, we make time to discuss your care and answer your questions. We are committed to providing safe and compassionate care to all who come through our doors.

PeaceHealth St. Joseph Medical Center
Childbirth Center

2901 Squalicum Parkway, Bellingham, Wash. 98225
360-738-6361 | peacehealth.org/st-joseph/childbirth-center



Labor Support Tools and Pain Management

- Yoga/birthing balls and peanut balls
- Birthing stools
- Labor beds specially designed for positioning
- Bathtubs & showers
- Icepacks, heat packs, and heating pads
- IV access and fluids
- IV narcotic pain medicine
- Nitrous oxide (“laughing gas”)
- Epidural anesthesia
- Pitocin

Fetal Monitoring

When care is transferred to the hospital, it often means there is a need for increased monitoring. Monitoring types may include:

External electronic monitoring

- Two monitors, placed on the abdomen with straps or a band, to track uterine contractions and baby’s heart rate.
- Mobile units with a cord-free patch are available to make it easier to move freely.

Internal monitoring

- Fetal Scalp Electrode (FSE) - a small coil placed superficially in the baby’s scalp to monitor the heart rate more closely.
- Internal Uterine Pressure Catheter (IUPC) - a thin, straw-like tube, inserted into the uterus to measure the strength of contractions. It rests next to the baby’s head.

Length of Stay

For uncomplicated situations, most families can discharge home 24 hours after a vaginal delivery and 48 hours after a c-section delivery.



Newborn Care

- Most babies remain in their parent’s room the entire stay. We offer routine newborn care and screenings (heart screen, hearing screen, metabolic screen, jaundice screen).
- If your baby requires transfer to our Special Care Nursery (Level II NICU), you can be at your baby’s side any time of day or night. Our Special Care Nursery has skilled nurses and specialized equipment to ensure expert care for babies requiring a higher level of care.

Our Care Team

At St. Joseph’s Medical Center we have Obstetric and Pediatric Hospitalist physicians on site at all times. We have an excellent group of knowledgeable and caring nurses, OB techs, lactation consultants, and support team members to welcome and care for you and your baby.

OB Providers

Anna Dowling, MD
Kelly Fellows, MD
Sarah Rowland, MD
Carla Russo, MD
Amanda Savery, MD
Jennifer Scanlon, MD

Pediatric Providers

Robert Benowicz, MD
Beth Earthman, NP
Laurie Emert, MD
Amy Harley, MD
Paul Homer, MD
Brooke Jardine, MD
Mara Kelley, MD

Virtual Tour: Please visit our website!