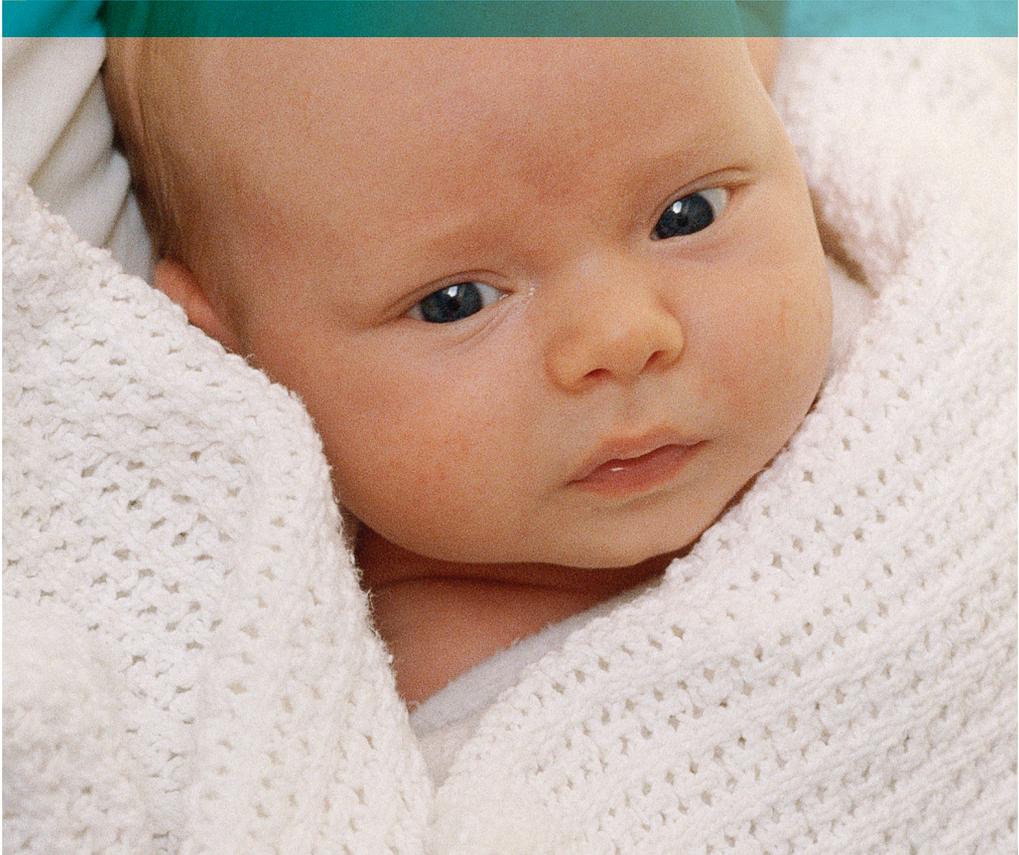




**BOVEN BIRTH
CENTER**

WONDER

Life Begins at Boven Birth Center





Bringing a new life into the world is a powerful, miraculous experience. Each baby is a blessing and perhaps life's greatest joy. The journey to becoming a parent is filled with many decisions—including a choice about where you'll give birth to your baby.

EXPECT *the best*

At Holland Hospital Boven Birth Center, we celebrate babies and their families.

As you plan to deliver your baby, discover for yourself just why each year nearly 2,000 families choose Boven Birth Center, the Lakeshore leader in obstetrics.

Named in honor of Rena Boven, superintendent of Holland Hospital from 1930-1941, Boven Birth Center blends advanced technology, skilled nursing and comprehensive medical care with the comforts of home. Our experienced team of physicians, nurses, lactation consultants and parent advocates provide an unparalleled combination of personal care and clinical expertise. Caring for moms and babies is all they do.



To learn more about the Boven Birth Center experience, we invite you to watch our video online at hollandhospital.org. We look forward to sharing in your birth experience.

NUTURE

your dreams

From the moment you arrive at Boven Birth Center until the day you take your baby home, we are completely focused on your family's needs and desires.

We are proud to provide the latest equipment and technology, balanced with the highly personalized attention that each new mother deserves. In addition, our eight-bed Special Care Nursery (SCN) provides an advanced level of care for pre-term and term babies requiring extra monitoring and support before going home. Our SCN is staffed by dedicated pediatric hospitalist physicians and neonatal nurse practitioners round-the-clock. And our partnership with Helen DeVos Children's Hospital provides our team with access to more than 100 pediatric specialists if needed.



YOUR *birth experience*

No experience is more personal than giving birth. While you and your doctor set the course for your birth experience, we see that your needs and wishes are respectfully met.

We encourage you to discuss plans for your labor with your physician during your prenatal visits so that you can decide what's right for you and your baby. Just know that we will be there, moment by moment, to encourage you and respond to your needs.

Following your delivery, you can also expect a visit from a Parent Advocate to introduce you to a variety of resources available at Holland Hospital and in the community. A parent advocate also provides all new moms with a postpartum depression risk assessment.

Experts agree, breastfeeding is best. For mothers who choose to breastfeed, our international board-certified lactation consultants will discuss the practical aspects of breastfeeding. We want to ensure you and your newborn make a healthy, happy transition from hospital to home.



Take comfort in knowing that following your birth experience, we will surround you and your baby with the best care possible. Above all, Boven Birth Center puts you and your baby's safety first. Our security measures are family-centered, involving education for family members, enhanced staff training and the latest technology using the electronic HUGS® Infant Protection System. While you and your baby are under our care, rest assured that your health, safety and security are our top priority.

JOYOUS *moments*

At Boven Birth Center, it is our honor and privilege to participate in your birth experience.

Leading the way in quality, Holland Hospital was the first in West Michigan to be designated a Magnet hospital. Moving beyond that . . . we now join only a few select hospital's in Michigan that meet stringent International Organization for Standardization (ISO) guidelines, a proven management system outlining business practices for achieving and improving quality. Our quality programs and awards demonstrate the highest degree of patient care excellence and the assurance that patient care at Holland Hospital is the very best—among the top three percent of clinical programs in the nation.



Learn more about our birth center and the Boven experience. Watch our video online at hollandhospital.org.

CRADLED

in comfort

Your Boven Birth Center suite offers the comforts of home along with the latest in technology where we provide you and your partner personalized care throughout your birth experience.

We've gone to great lengths to bring you and your partner a peaceful, comfortable birth experience. Each private room includes a shower, a recliner and everything needed to experience your entire birthing process in one room.

After you deliver, we're devoted to making those first few days with your baby meaningful and memorable. If you are breastfeeding your newborn, our board-certified lactation consultants will provide you close personal attention and the support you need for successful breastfeeding.



To help celebrate baby's arrival, you and your partner or guest will also enjoy a special dinner prepared by the hospital chef. These are just a few of the ways we make you feel at home at Boven Birth Center.

RELISH

our resources

Take advantage of our wide range of resources designed to help during your pregnancy and beyond. Holland Hospital's Center for Good Health childbirth classes are taught by nationally certified childbirth educators. Call (616) 394-3344 to enroll or sign up online at hollandhospital.org.

Boven Birth Center Orientation & Tour

Sign up for a one-hour introduction to see all that Boven Birth Center has to offer the expectant couple. This tour is for those who are not taking a childbirth class. We will show you where to go when you arrive for delivery, and a brief overview of what will happen during your stay. Registration is required.

Childbirth Education – Evening Class

This course offers information on the stages of labor and delivery, relaxation techniques, the delivery experience and more. A tour of Boven Birth Center is included.

Childbirth Education – Saturday Class

A convenient one-day class to discuss labor, relaxation techniques and the birthing process. Includes lunch and a tour of Boven Birth Center.

Childbirth Education Refresher

Personalized education session perfect for repeat parents! Small group format provides the unique opportunity to work with an experienced nurse to focus on your specific topics of interest.

Prenatal Yoga

A course that leads you in gentle techniques to enhance alignment and conditioning to enhance pregnancy, birth and recovery.



Breastfeeding Basics

Taught by international board-certified lactation consultants, this session offers practical information on positioning, latch, duration and returning to work or school. Partners are encouraged to attend.

First Class Delivery – Childbirth Education for Teens

A one-day class designed for pregnant teens and support persons to learn about labor and delivery and how to care for a new baby. This Saturday class includes lunch and a tour of Boven Birth Center. Bring your own snacks and beverages.

Big Brother/Big Sister

Help your children, ages 2 and over adjust to the arrival of a new brother or sister. Siblings receive a t-shirt and a tour.

Family and Friends CPR

This important class teaches steps to help an adult, infant or child who is choking or experiencing respiratory or cardiac arrest. This class does not offer “CPR certification.”

EMBRACE

your new life

Support, encouragement and clinical services are available during your hospital stay and even when you return home.

Parent Support – (616) 394-3703

Having a baby is one of life's most exciting and emotional events. During your hospital stay, a parent advocate will visit with you to discuss postpartum challenges. Baby blues is a common occurrence, and we understand the emotional and hormonal changes that happen during pregnancy and birthing. Our team is here to help answer questions and offer support whenever needed.

Parent advocates also provide free access to education and developmental tools to help guide you through your child's first 18 months.

Breastfeeding Support – (616) 394-3269

Need information and encouragement while breastfeeding? Our team of international board-certified lactation consultants is available seven days a week to help you succeed at breastfeeding.

We also offer high quality Medela® breast pump products priced below retail. Your purchase includes instruction and access to our team of lactation consultants.

Home Health Services – (616) 394-3346 or (800) 966-3346

Take comfort in knowing that medical assistance is here for you and your baby—now and after you leave Holland Hospital. Working under your physician's plan of care, Holland Hospital Home Health Services provides high-risk and special needs care at home. Services range from health assessments of mothers and newborns to care for gestational diabetes to newborn feeding, nutrition and phototherapy.



Rehabilitation Services – (616) 355-3987

Directed by your physician, we provide care for symptoms like back pain and incontinence, as well as tips on good body mechanics.

Behavioral Health Services – (616) 355-3926

Whether you are experiencing prenatal or postpartum depression, relationship concerns or other wellness issues, Holland Hospital provides various therapeutic services to help you and your family adjust to pregnancy and life with your new baby.

Bereavement Services – (616) 394-3324

Holland Hospital's Bereavement Services is designed to support parents who are grieving due to infant loss. The program is available through Holland Hospital and Hospice of Holland.

THE BOVEN

experience

See birthing suites and amenities and get helpful tips that help you prepare for your hospital stay and baby's arrival. Share the information and experience with family and friends too. Find the video online at hollandhospital.org.





ENTER MAIN HOSPITAL CAMPUS FROM:

- 27th St. using main entry drive
- 26th St. from Washington Ave.
- 24th St.

PATIENT, VISITOR AND EMERGENCY PARKING:

- ▲ Red Lot
- Yellow Lot
- Green Lot
- Orange Lot (Cardiac Rehab only)



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