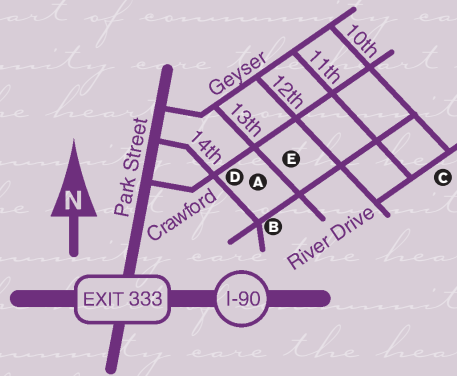


Getting Ready: What to Pack

Before labor sets in, you may want to set aside items to bring to the hospital. Here are some ideas that may be useful to you:

- Hard candies and/or juices
- CD player and CDs
- Camera/video camera (please ask about filming discretion)
- Magazines, books or a deck of cards to help you relax
- Your own nightgown (If you are nursing, wear one that opens easily)
- Socks or slippers to keep your feet warm
- Toiletries/cosmetics (be prepared for photo opportunities)
- Snacks
- Baby name book, if you are the last-minute type
- Undies and nursing bras/pads (if you are breastfeeding)
- Long distance calling card/cell phone
- An extra duffel bag to bring home gifts from visitors
- Clothing for mother and baby to wear home
- Car seat for baby



Preparing for Baby

What to Expect

Livingston HealthCare includes:

- **A** Livingston Memorial Hospital
- **A** Home Oxygen
- **B** Orthopedic and Rehabilitation Institute
- **C** Park Clinic (River Drive)
- **D** Park Clinic (West Crawford)
- **E** Home Care & Hospice Care
- Sleep Center, 1429 W. Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



LivingstonHealthCare

504 South 13th Street • Livingston, Montana 59047

Phone: (406) 222-3541 • Fax: (406) 823-6499

www.livingstonhealthcare.org



LivingstonHealthCare

the heart of community care

For your health, our campus is tobacco free.

As you like it...

Your Baby, Your Delivery

Every mother is unique—and so is every delivery. While our job is to ensure you have a healthy delivery, we want to do it your way. We'll give you choices and let you create the birth experience you want, like who you want to be there, how you want to manage your pain, or whether your baby stays with you or in the nursery. We'll support you with one-on-one nursing care and a very skilled and experienced staff. We want you to be comfortable and confident—in the quality of care and in the quality of your experience—for this very special event in your life.

Our Role

We see labor and delivery as a natural, healthy process. Our jobs are to make it as safe and comfortable as possible for your family.

“A new baby is like the beginning of all things – wonder, hope, a dream of possibilities...” Edna J. LeShan



Birth Services

Relaxation and Pain Management

Relaxation is strongly encouraged during all stages of labor. We may recommend warm showers, whirlpool, positioning, and/or the use of a birthing ball. Pain management is also available upon your request. Ask your physician for more information.

Family Suite

A family suite is available for your family following delivery. Designed to make you feel at home, you can relax here after your delivery with your baby and your partner, as you choose.

Tender, Loving Nursery Care

After delivery, your newborn can stay with you as long as you like. When you need some rest, our nursery offers a secure environment, staffed by newborn nursing specialists.

Breastfeeding Help

We support your desire for breastfeeding. Our staff will be available to help you, as needed.

Newborn Hearing Screenings

Early identification of hearing loss can have a significant impact on a child's cognitive development. The non-invasive test will be performed before you take your baby home.

Family and Visitors Are Welcome

We support your desire for family involvement in the birth experience, as you wish (including cesarean sections). Because babies enter the world at all hours, your immediate family is welcome to visit any time.

Patient Billing

Early in your pregnancy, our business office will verify your insurance coverage for you. Payment plans can be arranged, if needed.

contact us

For More Information

Please talk to your physician or call
406-823-6433 to speak with an
obstetrics nurse.