When You’re Expecting, Expect the Best

The arrival of a new baby is a precious beginning. Kettering Health Network is ready to share this experience with you. From delivery until departure, our staff will make you feel like part of our family, providing you with expert care for baby and mommy.

It All Begins Here
A new baby means a new and exciting journey in life. Our teams of expertly trained nurses, midwives, and physicians will embrace you, your family, and your new baby with open arms. State-of-the-art technology and birthing suites, thoughtfully designed for your comfort, make Kettering Health Network the leading choice for welcoming your newest addition.

When You Arrive at Your Chosen Location
• You check in at Labor and Delivery
• Staff monitors labor progression
• Nurse prepares you for labor
• Depending on your pre-selected preference, a physician or midwife delivers your baby
• Mother and baby may move to a mother/baby unit where they are monitored until discharge

Expect the Best in Specialized Care
Even the tiniest babies and their moms can stay together inside Kettering Health Network. Three Level IIB Special Care Nurseries are available to care for premature babies delivered after 32 weeks. If your baby requires advanced Level IIIB care, you and your baby will be transported to the OB and NICU department at Kettering Medical Center.

Neonatal Intensive Care Unit (NICU) and Special Care Nurseries

Clinical Support
• Multiples (twins, triplets)
• Specialized and certified neonatal nurses
• Neonatal respiratory team available
• Low birth weight
• Pre-maturity
• Long term IV therapy
• Ventilator support
• Oxygen therapy
• Special feeding needs
• Pediatric subspecialty coverage
• 24 hour in-house Anesthesia coverage
• 24 hour in-house OB (not available at Fort Hamilton)
• 24 hour in-house Neonatology (only at Kettering Medical Center)

Facility Amenities
• Private neonatal rooms (select locations)
• Soothing environment
• Connecting rooms for multiples
• Baby cams
• Labor tubs
Expect the Best in Preparation for Baby

Your journey begins before entering the hospital and extends well beyond bringing your new baby home. Throughout Kettering Health Network, we offer many classes to help you prepare for every stage of your experience. The following is an overview of available classes.

Childbirth Preparation
- Physical and emotional changes
- Nutrition
- Stages of labor
- Signs and symptoms of labor
- Relaxation and breathing techniques
- Cesarean information
- Postpartum adjustments

Breastfeeding
- Preparation
- Benefits
- Common problems
  * Management
  * Prevention
- Breastfeeding upon return to work

Baby Care
- Normal newborn characteristics
- Well baby/sick baby
- Feeding, bathing and diapering tips
  * Bath demonstration
- Infant safety

Infant/Child CPR
- CPR certified instructors
  * Registered nurse
  * Respiratory therapist
- Basic CPR skills
- Choking prevention

Space is limited. Register for classes online: ketteringhealth.org/maternity

Maternity Centers

<table>
<thead>
<tr>
<th>Kettering Medical Center</th>
<th>Southview Medical Center</th>
<th>Fort Hamilton Hospital</th>
<th>Soin Medical Center</th>
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<tbody>
<tr>
<td>3535 Southern Blvd.</td>
<td>1997 Miamisburg-Centerville Rd.</td>
<td>630 Eaton Ave.</td>
<td>3535 Pentagon Blvd.</td>
</tr>
<tr>
<td>Kettering, OH 45429</td>
<td>Centerville, OH 45459</td>
<td>Hamilton, OH 45013</td>
<td>Beavercreek, OH 45431</td>
</tr>
<tr>
<td>(937) 395-8600</td>
<td>(937) 395-8600</td>
<td>(513) 867-2222</td>
<td>(937) 395-8600</td>
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