



Big Reasons to Have your Little One with Us

It's hard to think of a more life-changing experience than having a baby. Naturally, every woman has her own preferences as to how she wants to labor. At MarinHealth® Medical Center, we encourage you to fill out our Birth Preferences Plan and share it with us. We do our utmost to provide the birthing experience you desire, backed by all the expertise and advanced medical technology needed to help keep you and your baby safe.

World-class Expertise On-site 24/7

- On-site OB/GYN and Pediatric Hospitalists
- Certified Nurse Midwives
- Anesthesiologists
- Access to board-certified UCSF Perinatologists and Neonatologists through our relationship with UCSF Benioff Children's Hospital

Certified Nurse Midwives (CNM)

Many women prefer the nurturing, woman-centered approach of a midwife-assisted birth. We are one of the only hospitals in the Bay Area to have Certified Nurse Midwives available 24/7.

Impressive C-section and VBAC Statistics

- Our C-section rate for first time moms is well below the national average and one of the lowest in the Bay Area
- Our rate of vaginal births after a C-section (VBAC) is three times higher than the national average

24/7 C-section Coverage

We have an operating room reserved for C-sections and an anesthesiologist and dedicated operating team are always on site.

Fully Equipped Level II NICU

Our top-notch Neonatal Intensive Care (NICU) has an in-house Pediatric Hospitalist specializing in the care of newborns, as well as 24-hour access to UCSF Neonatologists. Private NICU rooms are spacious and comfortable for visiting parents and equipped with the latest technology to monitor babies who need specialized assistance.

Comfort and Privacy

Our new maternity unit in the Oak Pavilion features spacious, private labor, delivery, recovery, postpartum (LDRP) rooms with private bathrooms, large windows, and a fold-out bed for a partner or support person.

Outstanding Support

Our breastfeeding rates are 99% (compared to the national average of 77%), and one of the highest in California. Our Lactation Services and BabyNook Store have been helping new mothers and infants adjust to breastfeeding for years, and a Certified Lactation Consultant meets with you in the hospital and is available for breastfeeding support and questions once discharged. The BabyNook offers breast pumps for rental and purchase and is a great resource for both practical and playful items for new babies and moms. We also offer a great list of classes and support groups to help parents prepare before and after delivery.

Working Together for the Health of Marin's Kids

MarinHealth Medical Center and UCSF Benioff Children's Hospital have teamed up to provide expanded services and expertise so Marin families have access to the finest infant and pediatric care available — without crossing the bridge. To ensure the highest standards of care in Labor & Delivery and in our Level II NICU, the two hospitals have developed joint practice standards and quality metrics for obstetrics, perinatology and neonatology. UCSF Benioff Children's Hospital at MarinHealth Medical Center is a powerful affiliation that includes:

- A pediatric specialty clinic with experts in cardiology, gastroenterology, neurology, pulmonology, orthopedics, and eating disorders
- A prenatal diagnostic center staffed with specialists in high-risk obstetrics
- UCSF Neonatologists providing care in collaboration with Pediatric Hospitalists
- 24/7 availability of Pediatric Hospitalists and Pediatric Nurses who are attuned to the special medical and emotional needs of children
- Fast and safe transfer to UCSF Benioff Children's Hospital in San Francisco if complex tertiary care is required



Baby-Friendly Designation

MarinHealth Maternity Services has been recognized as a Baby-Friendly facility by Baby-Friendly USA. Baby-Friendly USA is part of the Baby-Friendly Hospital Initiative, a global effort supported by the World Health Organization (WHO) and the United Nations International Children's Fund (UNICEF).

This initiative was created to encourage breastfeeding and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding and mother/baby bonding. Less than 10% of U.S. hospitals and birthing centers currently hold Baby-Friendly Designation. In order to earn our own official Baby-Friendly Designation, MarinHealth Medical Center had to adopt the following policies:

- Delayed bathing and weighing of newborns to accommodate immediate skin-to-skin contact of healthy infants, which has been shown to have significant benefits both in maintaining infant body temperature and helping with the initiation of breastfeeding
- Consistent emphasis in the outpatient and inpatient prenatal programs of the benefits of breastfeeding

