

The **Joy**
of Parenthood



Sequoia Hospital

A member of CHW

Congratulations

on the birth of your baby!

Having a baby is one of the most exciting times of your life. It can also be confusing, stressful, and even frightening. At the Sequoia Hospital Birth Center we're dedicated to caring for you in a family-centered environment that affords you the most comprehensive maternity care available.

Wishing you a lifetime
of good health,

*The Birth Center at
Sequoia Hospital*

VISITORS AND SIBLINGS

Visiting hours for immediate family members are 24 hours a day. Visiting hours for all others are 10:00AM – 8:30PM. All visitors in contact with the new baby should wash their hands. Children under six years of age (*except the siblings of the new baby*) should not be in the room when the baby is present. Only healthy siblings are allowed to visit when the baby is in the room.

ROOMING IN WITH YOUR BABY

Here at Sequoia, mothers and babies are cared for together, usually by the same nurse. This means that your baby will be kept in your room with you as much as possible, even during the night. We encourage babies to be fed when showing signs of hunger, or at least every 3 hours, so being together is the best way to stay aware of your baby's need to feed. This time spent "Rooming In" is the perfect opportunity for your new family to learn about one another while the nursing staff is available to offer help and education.

Should families request their infant to be cared for by our nursery staff for short periods of time, respite care is always available.

INFANT SAFETY AND SECURITY

Sequoia offers a state of the art infant security system for our families. Identification tags are applied to mom, dad, and infant in the delivery room. Additionally, infants and moms wear small electronic tags that bond with each other at delivery and alarm when there is an attempt to disengage the tag or remove the infant from the maternity unit.

SPECIAL CARE NURSERY

If your baby needs to be observed in the nursery for any reason, you are welcome to accompany your baby. For security and infection control reasons, only parents or significant others are allowed to enter the nursery.

LACTATION SERVICES

During your stay at Sequoia Hospital one of our Lactation Staff will visit you and then give you a courtesy call at home following discharge. The Lactation Center, located in the Health & Wellness Center near downtown Redwood City, offers breastfeeding support by way of our "Calm Line" at (650) 367-5597; and by way of private consultations at (650) 367-5998. The Beautiful Beginnings Boutique and the Family Room, where you can weigh your baby, are open M-F, 9:00AM – 5:00PM.

BIRTH CERTIFICATES & NEWBORN SOCIAL SECURITY NUMBERS

The birth recorder will visit you in your room to obtain information for your newborn's birth certificate, which will be made available to you through the San Mateo County Recorder's Office. The birth recorder will ask if you would like to request a social security number for your newborn.

GOING HOME FROM SEQUOIA HOSPITAL

Both you and your baby must be discharged by your individual doctors before going home. Be sure to have your infant's car seat, going home clothes, and a blanket available.

SEQUOIA HOSPITAL'S BILLING INFORMATION

Financial advisors are available to answer any questions you might have regarding billing prior to or after your delivery. Please call (650) 367-5549 or (650) 367-5295 between the hours of 7:00AM and 3:00PM.

Helpful Resources

Sequoia Hospital Baby Line

(650) 367-5998

San Mateo County "WIC"

(650) 573-2168

Spanish Speaking Breastfeeding Advice "WIC"

(800) 205-0333

Nursing Mother's Counsel

(650) 327-6455

Mother's Milk Bank, San Jose

(408) 998-4550

Medela Breastpumps, Inc.

(800) TELL YOU

Mid - Peninsula Parents of Multiples

(650) 599-2022

Medi-Cal / Health Insurance Tele Center

(800) 223-8383

Crisis Parent Support Line

(650) 579-0358

Poison Control

(800) 222-1222

Sequoia Hospital

www.sequoiahospital.org

Car Seat Safety Inspection Sites

www.seatcheck.org

US Department of Health and Human Resources

www.4woman.org

Child Care Coordinating Council

www.sanmateo4cs.org

San Mateo Community Information

cip.plsinfo.org

Postpartum Depression

www.postpartumdepressionhelp.net



Sequoia Hospital

A member of CHW

How to Reach Us

SEQUOIA HOSPITAL
170 Alameda de las Pulgas
Redwood City, CA 94062
Phone: (650) 369-5811
www.SequoiaHospital.org

**SEQUOIA HOSPITAL
HEALTH & WELLNESS CENTER
MATERNITY EDUCATION PROGRAMS**
749 Brewster Avenue
Redwood City, CA 94063
Phone: (650) 367-5998
Fax: (650) 367-5664

**SEQUOIA HOSPITAL
HEALTH & WELLNESS CENTER
LACTATION CENTER**
749 Brewster Avenue
Redwood City, CA 94063
Phone: (650) 367-5597
Fax: (650) 367-5664



Sequoia Hospital

A member of CHW