

Pack your bag

Babies often give little advance notice that they're about to be born. Packing an overnight bag and leaving it near your front door means you, your partner, or a family member will be able to easily locate the items you'll need for a comfortable hospital stay.

Recommended labor-and-delivery packing list:

- Doctor/Clinic contact information
- Prenatal records from obstetrician provider
- Insurance card
- Identification card
- Emergency contact list
- Advance directive (if available)
- Toothbrush
- Toothpaste
- Deodorant
- Shampoo
- Hairbrush
- Relaxation items for labor
- Robe
- Button-down nightgown or pajamas
- Nursing bra
- Going-home outfit for mom
- Going-home outfit for baby
- Blanket for baby
- Infant car seat (must be installed in the vehicle)

California law requires that all newborns be transported in a car seat. Please make sure you know how to properly install your infant car seat. You may also want to ask your partner to bring:

- A camera device
- Phone charger
- Snacks

Everything else that you will need in the hospital will be provided for you. Please leave jewelry, cash and other valuables at home.



More babies. More experience.

Congratulations! Having a baby is sure to be one of the most exciting experiences of your life. There is nothing quite so wonderful as holding your newborn for the first time. The physicians and nurses at Valley Presbyterian Hospital take pride in the services we offer during this important time for you and your family.



15107 Vanowen Street, Van Nuys, CA 91405
818.782.6600 | valleypres.org





Welcome Baby Program

Welcome Baby is a hospital- and home-visiting program that provides mothers with one-on-one appointments to help mom and baby get the best start possible. Our staff provides breastfeeding support, education to help nurture the healthy development of the baby, and access to resources in the community. Welcome Baby is a free program that benefits moms in different ways based on where they live and their specific needs.

Contact Welcome Baby: 818.902.2952

Breastfeeding

We believe that breastfeeding is the healthiest way for a mother to feed her baby. We offer mothers the information, confidence and skills needed to successfully breastfeed.

818.902.3912 | Breastfeeding@valleypres.org

Ongoing Support and Care

- Emergency Department Approved for Pediatrics
- Labor and Delivery / Post-Partum
- Neonatal Intensive Care Unit (NICU)
- Pediatric Intensive Care Unit (PICU)
- Pediatric Medical Center
- Perinatal Center

Be prepared. Take a Class.

Training is needed to develop new skills, and having a baby is no different. It may be the most natural thing in the world, but understanding your baby's needs, as well as your own, requires a little practice.

Valley Presbyterian Hospital offers special classes taught by certified health instructors who will help you understand the changes in your body and the development of your new baby. In these classes, you'll meet other parents and parents-to-be, and you'll have the opportunity to ask questions and share experiences.

Most classes are free of charge and designed to help you and your family welcome your newborn.

Classes offered:

- Baby Beginnings Infant Care
- Baby Shower & Hospital Tour
- Breastfeeding Preparation
- Childbirth Preparation Series
- Heartsaver CPR
- Infant Massage
- Prenatal
- Prenatal Yoga

Please visit our website for the class schedule and COVID protocols.

Register Today
818.902.5222
valleypres.org/classes



Preparing for your Child's Arrival

When the big day comes

We know how special this time is for you. Once you are admitted to the hospital, you'll be assigned to one of our bright, comfortable labor-and-delivery rooms or a family birthing room designed to accommodate your labor and delivery. A nurse will work closely with you, your family and physician to ensure that you have everything you need.

Welcoming your baby

After delivering your baby, you and your family can immediately begin bonding with him or her. This first hour is "golden," and we encourage mothers and significant others to bond with their infant. Family and friends are encouraged to visit after the first hour. About two hours after giving birth, you and your baby will be moved to a postpartum room for the remainder of your stay. You will room together for the entire time that you remain in the hospital.

Looking out for your baby's safety

For your baby's safety, we will identify your baby at birth with a special bracelet that will be identical to the one placed on your wrist. All Valley Presbyterian Hospital employees wear recognizable identification badges so you can easily tell who our staff members are.

Welcome Visitors

Having a baby is a family matter, and your spouse or partner is encouraged to remain with you throughout your time in the hospital. We provide opportunities to bond with your newest addition.



Preparing to go home

1. Your physician will write the discharge orders for you and your baby. Depending on the type of delivery you had and your baby's particular health needs, you may go home within one to four days after delivery.
2. Any test required by the state for your baby, such as hearing and blood tests, will be performed before you are discharged.
3. Your nurse will give you discharge instructions and sign your paperwork before you are released. She/he will make sure that all identification is correct and have you sign a form.
4. Please make sure your baby's birth certificate is complete and accurate before leaving the hospital.

At home with your baby

Once your newborn is home, parents and siblings will begin to bond with the baby. Please remember that you and your baby will also remain part of the Valley Presbyterian Hospital family. Please contact us at 818.902.5222 for information about classes that are available to you after your baby has arrived.