

# Making the best decisions

Having the right knowledge helps you make the best decisions for you and your baby. Learning about the procedures and services available to you during the course of childbirth helps you understand and plan the childbirth process. Information may vary depending on the practices of the service providers or the size and type of hospital.

Important information to know:

- Registered midwives\*, family doctors and obstetricians provide care for pregnant women
- Registered midwives and family doctors provide care for normal birth
- Obstetricians specialize in high-risk birth

Most women can birth in their local community. Vancouver Coastal Health provides a network of services to ensure that women get the care they need in the place they need it.

\* A list of Registered Midwives can be found at [www.cmbc.bc.ca](http://www.cmbc.bc.ca)

## Want to learn more?

Contact a Doctor, Registered Midwife or your local Health Unit.

### Baby's Best Chance

This free magazine is available from your doctor, registered midwife or public health unit or online at <http://www.healthyfamiliesbc.ca/parenting>

This initiative is a joint partnership between:



For more copies, go online at <http://vch.eduhealth.ca> or email [pheh@vch.ca](mailto:pheh@vch.ca) and quote Catalogue No. JB.301.H38  
© Vancouver Coastal Health, September 2013

# Having your baby within Vancouver Coastal Health



**We** believe in woman- and family-centred care.

We aim to:

- Support normal birth
- Honour your and your family's informed choices
- Provide accurate information to collaboratively make the best decisions
- Respect your cultural customs
- Do all we can to meet your needs and personal preferences within best practice standards

## How and where you have your baby

How and where you have your baby are important choices. At Vancouver Coastal Health (VCH), our maternity care specialists can give you important health advice and reassuring support.

VCH offers a full range of hospital perinatal services. Our maternity specialists help you decide which ones are best for you.

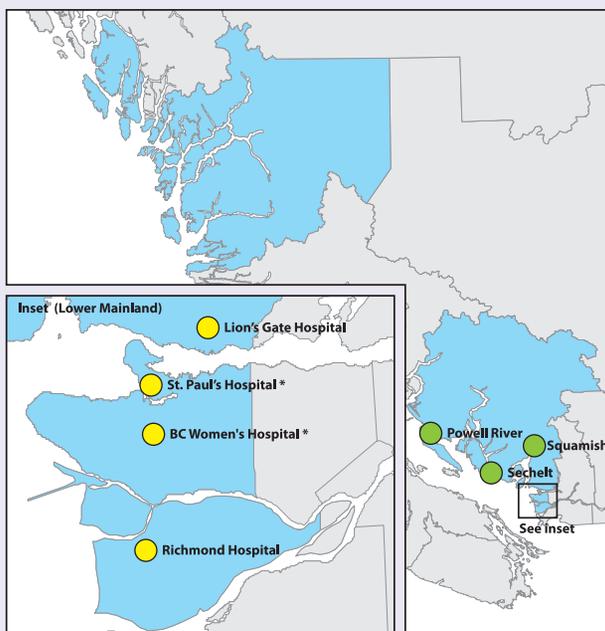
Important questions you will want to ask your provider:

- What maternity services are available in my community?
- What prenatal (before childbirth) education choices do I have?
- What pain management options are there at my hospital?
- Who can be with me during labour and birth?
- What kind of support can I access after returning home?
- What breastfeeding support is available?

## Maternity care specialized for you

Maternity care within VCH is managed using a coordinated network. The goal is to deliver the same high-level of care for pregnant, labouring and postpartum women and their newborns regardless of your place of residence or the hospital where you initially seek care.

VCH has seven hospital maternity programs. These sites are specialized according to the community size and needs, as well as the number of maternity care providers they can access. The map below shows the maternity programs available in VCH and the type of care they provide.



- Normal birth
- Normal birth, medium-risk pregnancies and premature babies as early as 32 weeks

\* Specialized care is available for high-risk mothers and babies at St Paul's Hospital and BC Women's Hospital

Specially trained teams will transport mothers and babies who need more specialized care to the proper site.

## Your local maternity service

VCH aims to provide all women and families within our service area access to safe care that is specialized to their needs and as close to home as possible.

### A guide to maternity service providers in VCH

Maternity Service	Availability
Normal birth and caesarean section	All facilities
Public Health	All
Pregnancy Outreach	All
Breastfeeding Support	All
Perinatal Depression Support	All
Family doctors who do obstetrics	All facilities
Registered Midwives (childbirth specialists)	Sechelt, Lions Gate, Squamish, St. Paul's, Richmond, BC Women's
Obstetricians (doctors specializing in women's health and maternity)	Sechelt, Powell River, Lions Gate, St. Paul's, Richmond, BC Women's
Paediatricians (doctors specializing in children's health)	Lions Gate, St. Paul's, Richmond, BC Women's