

Who We Are

Southwest Health System is proud to provide a premier birthing experience for our moms and babies! Our goal is to make your childbirth experience a joyful memory that you hold for a lifetime. We are a small unit, staffed by registered nurses committed to giving you and your baby the best possible care. Our nurses have advanced education in fetal monitoring, OB care, lactation, and childbirth education.

We are here to serve you!

What we Offer

We offer free childbirth education and breastfeeding classes to those who deliver at the Family Birthing Center. Please call us and we will give you details about how to register.

Find your Provider

If you need help selecting the perfect doctor to care for you and your baby, please call one of the Family Birthing physicians to schedule an appointment to discuss your needs and birth plan. Each physician provided comprehensive care during your pregnancy and the birth of your baby.

Providers



Dr. Megan Viquez,
MD



Dr. Kari Barnard,
MD

Contact Us

Southwest Memorial Hospital
1311 North Mildred Road
Cortez, CO 81321
970-564-2662
www.swhealth.org/services/southwest-memorial-hospital/#familybirthing

Please feel free to call if you have any questions.

CARE for you and your baby

Home-like birthing rooms
One-on-one nursing care
Natural childbirth options
Anesthesia & epidurals available



Family Birthing Center

We help you make joyful memories



Please use this reference guide as you prepare for your delivery, and don't hesitate to contact the Family Birthing Center staff at 970-564-2245 with questions.



www.providers.swhealth.org/

Packing Your Bags

For Mom

Personal Care Items:

- Nightgown, robe, slippers, nursing or support bra, socks, and underwear.
- If you plan to breastfeed, sleepwear with a front closure is helpful.
- Your favorite shampoo and conditioner, soap, toothbrush, toothpaste, deodorant, and hairbrush.
- Contact lens and supplies. You may find that glasses are more comfortable during labor and delivery.
- Hard candy to moisten your mouth during labor and lip balm.
- Something to keep the hair out of your eyes, such as a hair band or barrettes.

One or two personal items:

- Your own pillow, a book, relaxing entertainment, an eye mask, extra long phone charger cord.

Clothes for the trip home:

- You may find that your maternity clothes are the most comfortable, along with flat shoes.

For Baby

- Infant car seat.
- Pre-washed clothing, hat, and blanket appropriate for the weather.
- Bootie socks for feet and hands.
- Diaper bag and supplies for going home.

For Your Support Person

- Change of comfortable clothing.
- Toiletry/personal care items.
- Tennis balls for massaging mom's back during labor.
- Snacks and beverages
- Reading materials
- Mobile device and charger

Pain Management Option



Nitrous oxide is a great option for pain management during labor and delivery. It is patient-controlled, so it allows freedom of movement during labor and does not interfere with the health of mother or baby. This method also improves anxiety which can make the delivery and repair process easier.

Visitor Policy

Patients in the Family Birthing Center may have one consistent and designated visitor or support person. The visitor must be in good health and will be asked to wear a mask and remain in the room with mom during the hospital stay. Meals will be provided for the designated visitor/support person.

Visitor guidelines are evaluated frequently and do have the possibility of changing.



Your Safety and Security

To ensure your safety, the Family Birthing Center at SHS adheres to a strict security policy that includes the following:

Immediately after your delivery, your baby and your support person will be given matching identification bracelets. Whenever your baby is given to you or your support person, the bracelet number will be verified.

Your baby must always be transported in a crib. No one should ever carry your baby in their arms out of your room and into the hallway.

Do not give your baby to anyone who does not have the proper identification. The Staff in the Family Birthing Center wear unique ID badges. Your nurse will point this out to you.

Question any person inquiring about your infant. Alert a nurse immediately if you have questions or feel uncomfortable with anyone in your room.

Your baby will wear a special transponder as part of our electronic security system. Your nurse will explain this to you.

