



FRISBIE'S GUSTAFSON CENTER FOR WOMEN AND CHILDREN'S HEALTH UNIT EXPERIENCES GROWTH

ROCHESTER – Since the November 2008 inauguration of the Gustafson Center for Women & Children's Health, the birth care department has experienced a surge of interest from expecting parents eager to tour the new unit.

Nurse Manager Cindy Poore says, "We are really proud of our birth care unit. We have much more space for families, and our labor hot tubs are really popular with the moms." This interest has translated into more births at the center – there were 50 births for the month of March. Not since 1999 has the department delivered as many births.



New delivery room

The Gustafson Center has new enhancements to help make the birth experience fulfilling and memorable. Upgrades include a Celebration Dinner where mom and dad can choose from a specially tailored menu to provide them with a "night out" while still in the hospital after the delivery. Mom and dad can receive a voucher for 50% off the price of a massage from our massage therapist, visit the new nourishment center for snacks and beverages, or relax in our family waiting area.



New post partum room

The spacious birthing unit features enhanced comforts such as large birthing and post partum rooms designed for patients and family. The birthing rooms feature hot tubs with gentle massage jets to help mom relax during labor, and the new post partum rooms include a double bed with a trundle bed for family.

For expecting parents, Frisbie offers several different classes in preparation for the birth. Our six-week Prepared Childbirth program series helps expectant parents through the stages of pregnancy. We also offer an award-winning HypnoBirthing program that helps moms relax during labor and reduce stress.

Dads have a special role in the birth of a child, and we make sure they are taken care of too. Should dads need something to eat, we provide a free meal voucher redeemable in our cafeteria. Once the baby is born, dads can meet with other new fathers in our monthly Dad and Baby Group where they learn basic parenting skills and discover the role of being a father.

If you would like a tour of the unit or more information on the Gustafson Center for Women and Children's Health, please call 603-332-3100 ext. 8180 or visit us online at www.frisbiehospital.com.