

The Valley Hospital Birth Program

INITIAL CONSULTATION: APPROXIMATELY 20+ WEEKS

Call us to schedule your first initial session: 201-291-6151, Option 2

- Inform you about birth options
- Education on Valley's approach to care: Mind, Body, Spirit
- Prenatal bonding meditation session
- Forming a partnership with physician/midwife
- Education to be prepared for your birth with confidence
- Review of virtual hospital tour and YoMingo app
- Sharing supportive resources
- Assisting you to express your fears, hopes and desires about this long-awaited event
- Additional sessions throughout your pregnancy to assist you
- Postpartum call to offer support and provide information



Thinking Ahead to Childbirth

What a great journey you are
about to embark on, but it
helps to know where you're
going and how you are
going to get there.