

The Family Birth Place



Stafford Hospital



We are pleased that you have chosen The Family Birth Place at Stafford Hospital for the birth of your baby!

Pre-register!

Prepare for you and your family's hospital stay by pre-registering. Pre-registering helps us streamline the admission process when you arrive in labor.

We offer two convenient ways to pre-register:

MyChart (preferred method) Visit MyChart.mwhc.com to sign in or sign up. Click on the menu and from the drop down, select Register for My Delivery.

Paper form Go to mwhc.com, search "Pre-registration" and download The Family Birth Place pre-registration form.

Email to: patientaccess.prereg@mwhc.com

Mail to: Patient Access, 1001 Sam Perry Blvd., Fredericksburg, VA 22401

Attn: Financial Counseling Department

Note: You will still be asked to verify your information and sign medical consent forms once you arrive to the hospital to give birth.

Choose a doctor for your baby

Choosing a doctor for your baby is a priority. If you have not chosen a doctor for your baby, please do so prior to your admission. You will want to consider both your personal preferences and any insurance requirements when making your choice. Our Mary Washington Healthcare Health Link service may help you find a doctor that meets your needs. They may be contacted at 540.741.1404.

Accepting new patients:

Mary Washington Pediatrics 540.899.3440

Mary Washington Primary Care and Pediatrics 804.448.0198.

Car Seat Safety Check

One of the most important things you can do is ensure your child is safe while riding in a vehicle. Prior to your baby's delivery, find a certified safety seat technician to install or confirm placement of your child's safety seat. Visit mwhc.com and search "Car seat safety check" to find free local resources.

What do I bring to the hospital?

Please bring personal care items such as deodorant, shampoo, slippers, etc. Do not bring jewelry, money, medications, or items of sentimental value. You will also need to bring an approved infant car seat and clothes in which to take your baby home. **Please be prepared with a \$15 payment for the child's birth certificate. Check, money order, or electronic payment are accepted. Payable to: State Health Department. Note: Cash is not accepted.**

Which entrance should I use to enter the hospital?

During the day, you may enter the hospital through any entrance. However, after 8:00 p.m. until 5:00 a.m., you may only enter through the Emergency Department. During the day, if you report to Patient Access or the Emergency Department you will be escorted to the Labor and Delivery unit. **NOTE:** If you are scheduled for an induction, please call the Labor and Delivery Unit at 540.741.9299 two hours prior to your scheduled time in order to help us prepare for your arrival. In the event that the unit is at capacity, your arrival time for induction may be delayed.

What to expect during your stay

OB Emergency Room: When you first arrive at The Family Birth Place you will be placed in a room where your admission status will be determined in consultation with your doctor or midwife.

Labor Room: After you are admitted, you will be transferred to a labor room where you will be cared for by our experienced, trained and compassionate labor and delivery team. This is the room in which you will have your baby, unless you have a cesarean birth. Amenities such as a birthing ball, peanut ball, and mobile fetal monitoring system are available to aid in your labor process. A sleeper sofa is in the room for your support person. We ask that your visitors not stand or sit in the hallway outside your room. Guests are welcome to use our family waiting room available on the unit or wait in the main hospital atrium.

Postpartum Room: After delivery, you and your baby may be moved to this room, where you will remain until discharge. Unless additional medical treatment is required, your baby will "room in" with you during the day and night until discharge. Expert nursing staff will provide assessment and teaching on how to care for yourself and your newborn. There is a pull-out sleeper sofa for your support person to sleep on.

Level II NICU: This is where your baby will be taken if he or she requires additional, specialized care after birth. The NICU is also equipped to manage the unique needs of the birth of multiples. Pediatric hospitalists and neonatologists from Children's National Hospital are available 24/7 along with a team of highly trained nurses and staff to assist your baby and provide the highest quality of care.

Should your baby require a higher level of care, Mary Washington Hospital has a dedicated neonatal transport team who will transfer your baby to the region's only Level III neonatal intensive care unit (NICU). Our partnership with Children's National Hospital also provides consultation and transport to their Level IV NICU in Washington, D.C.

Internet Access

Wi-Fi is available for our patients and visitors. Select MWHC-Guest and accept our terms of service.



MyBaby.mwhc.com

Patient Room Service

You will find an "At Your Request" Room Service menu in your room from which you may order food to be delivered to you, if your condition allows you to eat. Additionally, to help you celebrate the arrival of your new baby, you will receive a complimentary Stork and Fork meal.

Guest Food Options: We also offer a cafeteria with many dining options for friends and family members, and a "We Proudly Brew Starbucks" coffee bar in the atrium area. There is also a nourishment room on the unit with complimentary light snacks as well as a refrigerator, ice machine, and microwave for our patients' use.

Food Court is located on the hospital's lower level. Hours of operation are:

Breakfast	7:00 a.m. – 10:00 a.m. (Limited breakfast after 10:00 a.m.)
Lunch	11:00 a.m. – 3:00 p.m. (Limited lunch menu after 2:00 p.m.)
Dinner	4:00 p.m. – 7:00 p.m.
Saturday and Sunday	8:00 a.m. – 4:00 p.m.

Visitors

The most up-to-date visitation policies can be found at mwhc.com.

Additional information

Stafford Hospital is a **smoke-free campus**. Please refrain from smoking while on campus. We have smoking cessation services available for the public.

The Gift Shop is open*:

Monday–Wednesday	10:00 a.m. – 7:00 p.m.
Thursday and Friday	10:00 a.m. – 4:00 p.m.
Saturday	12:00 p.m. – 4:00 p.m.
Sunday	Closed

**Hours are subject to change*

We hope that this information will help you during your stay at the Family Birth Place. Should you have any questions or suggestions, please call 540.741.9608 and someone will be happy to assist you.

Follow MWHC on Facebook, X, YouTube & Instagram.

Facebook: MaryWashingtonHealthcare
X: MWHCCConnection
YouTube: MWHCCConnection
Instagram: MWHCCConnection



Mary Washington Healthcare exists to improve the health of the people in the communities we serve.

ATTENTION: Mary Washington Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

안내: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 540.741.2655 번으로 전화해 주십시오.