






## Which delivery location is right for you?

At CHI Franciscan, we're committed to exceptional care that puts you and your baby first. We offer two great options for labor and delivery in Tacoma: our Family Birth Center and our new Midwifery Birth Center, both located on the St. Joseph Medical Center campus. Discover which one is right for you and your baby!



	Midwifery Birth Center (MBC)	Family Birth Center (FBC)
<b>Eligibility</b> 	Any low-risk pregnant woman who desires an unmedicated birth experience can deliver at the Midwifery Birth Center.	Any pregnant woman can deliver at the Family Birth Center, regardless of risk or delivery method (natural, with epidural or c-section).
<b>Provider options for prenatal care and delivery</b> 	Certified nurse midwife (CNM) who supports the midwifery birth model and maintains active labor and delivery privileges at the Family Birth Center at St. Joseph.	Any CNM, OB/GYN or family practice provider with active labor and delivery privileges at the Family Birth Center at St. Joseph.
<b>Childbirth model</b> 	Extensive health care team (CNMs, RNs and doulas) highly skilled to support your desire for a low-intervention birth in a calm, comforting environment.	Extensive health care team (including CNMs, OB/GYNs and other specialists) highly skilled in both low intervention and medically complex pregnancies.
<b>Prenatal classes</b> 	Requires "Orientation to Midwifery Birth Center" class. First time moms are also required to take childbirth classes. In addition, all mothers to be are highly encouraged to take the following classes: "Breastfeeding Preparation" and "Tools for a Better Birth" (focuses on labor support techniques).	Childbirth and breastfeeding classes are optional but highly recommended.
<b>Birthing environment</b> 	Luxurious, spacious birthing suites in a spa-like setting with deluxe queen size sleigh beds, rocking chairs, deep soaking tubs, hammocks, birthing balls and beautiful art work. Labor, delivery and recovery happen in the same birth suite.	Labor and delivery suite. Postpartum room for baby and mom to be together.

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**Need advice?**  
 Your primary care or women's health provider can help you choose the best option for you and your baby. Ask us!

**Length of stay**



**Emergency care services**



**Pain management**



**Baby monitoring**



**Newborn care**



**Lactation services**



**Midwifery Birth Center (MBC)**

**Family Birth Center (FBC)**

Typically discharged 6 – 12 hours after delivery as long as mother and baby are both doing well.

Traditional length of stay is 24-48 hours after delivery.

If complications arise, CNM will transfer patient to hospital and continue to manage delivery, coordinating with specialists as needed. Access to hospital and a Level III neonatal intensive care unit (NICU) and a team of highly skilled neonatologists is accessible via sky bridge.

Access to Level III NICU, OB/GYN hospitalists, neonatology and anesthesia services.

In addition to a CNM and an RN specialist, doulas are provided at no additional cost. Together, the team provides optimal emotional and physical support including massage therapy, soaking tubs, birthing balls and hammocks, as well as three-to-one support for breathing and relaxation techniques. Nitrous oxide is available if requested.

Each room features a hydrotherapy-bath tub and shower. In addition, the Family Birth Center offers birthing balls and one to one support for breathing and relaxation techniques. Epidural anesthesia is available if requested.

Once admitted to the birthing suite, intermittent auscultation as needed.

Continuous monitoring or intermittent auscultation as determined by care provider.

Follow-up newborn exams and screenings take place at the Midwifery Birth Center within 24-36 hours after delivery.

Baby remains in the hospital until all screenings are complete.

Both doulas and RNs provide breastfeeding support after delivery. Outpatient lactation services are available.

Lactation services are available seven days a week. You may request a consult while in the hospital. Outpatient lactation services are available.