

## Other services

In association with Sisters Hospital of Buffalo, we offer care for women with high-risk pregnancies at our maternal-fetal medicine service.

This includes counseling and care for expectant mothers who have diabetes and/or high blood pressure.

## To Learn More

For more our information about The Family Birthplace, our classes and services please call 278-4123 or visit [NFMIMC.org](http://NFMIMC.org).



NIAGARA FALLS  
**Memorial Medical Center**

*Niagara's Premier Health Network*

621 Tenth Street  
Niagara Falls, NY 14302

# The Family Birthplace



**2011**

A Guide to  
**Maternity Services**  
at Niagara Falls  
**Memorial Medical Center**



*Mary C. Dyster Women's Pavilion*

## The Mary C. Dyster Women's Pavilion

At Niagara Falls Memorial Medical Center, we recognize that women have unique healthcare needs.

Our Mary C. Dyster Women's Pavilion is designed to meet those needs. The pavilion's maternity unit occupies the entire second floor and features:

- Private homelike accommodations for labor, delivery and recovery with shower, rocking chair, bassinets and cable TV
- "Rooming-in" for newborns to enhance family bonding
- Visiting hours: Noon to 8:30 p.m.
- Brothers and sisters of newborns may visit by appointment (must be age 2 or older)



## Childbirth Classes

Memorial offers free prenatal classes to prepare expectant parents for childbirth and parenting.

Classes are held in the Community Education Room on the third floor of the Mary C. Dyster Women's Pavilion.

Classes cover the following topics:

- Coping with the minor discomforts of pregnancy
- Understanding labor and delivery
- Cesarean birth
- Postpartum recovery
- Caring for your newborn

Classes will tour the state-of-the-art maternity unit in the Dyster Pavilion.

To learn more, call 278-4433.

## Breastfeeding

- The American Academy of Pediatrics recommends breastfeeding for the first year of life.
- Breast feeding classes are held on the third floor of the Mary C. Dyster Women's Pavilion. To learn more, call 278-4433.

### Breastfeeding Class Schedule

6 to 8 p.m. Wednesdays

Jan. 5, Feb. 23, April 6, June 8,

Aug. 3, Oct. 5, Dec. 7



### Prenatal Class Schedule

(Four classes per session)

6:30 to 8:30 p.m.

- Feb. 1, 8, 15, 22
- April 5, 12, 19, 26
- June 7, 14, 21, 28
- Sept. 6, 13, 20, 27
- Nov. 1, 8, 15, 22

## Prenatal Care

We offer prenatal care at our weekly obstetrics service, held every Wednesday from 1 to 5 p.m. Please call **278-4444** to make an appointment.

**Facilitated insurance enrollment** is available at each clinic session.

## Breastfeeding Support Group

- Meetings are held on the third Monday of each month at 12:30 p.m. on the third floor of the Mary C. Dyster Women's Pavilion.
- For more information, please call 278-4623.