



Your Birthing Experience— Your Way

At The Birthing Suite, you decide how you want to experience birth. We offer a full range of comfort techniques and options for labor and birth, including:

- Nitrous oxide, epidural anesthesia and other pain management options
- Vaginal birth after cesarean section (VBAC)
- Heat therapy
- Soaking tub
- Rain room
- Birthing ball
- Birthing stool
- Squatting bar

And of course, we welcome your spouse or partner to share this precious experience with you, too.

Come and Visit Us!

To schedule a tour of The Birthing Suite
or for more information,
call (603) 924-7191 x4170.

The Birthing Suite at MCH

452 Old Street Road
Peterborough, NH 03458
Phone (603) 924-7191



mchbirthing.org



The Birthing Suite



Our Pride and Joy

The Birthing Suite at MCH is a special place, offering the very best in personalized and professional maternity care in a setting designed to provide the ultimate in comfort—for moms and their babies. Amenities include comfortable accommodation for family and in room nourishment, private rooms, rocking chairs, a soaking tub, a rain room, TV and wifi.



A Beautiful Experience

Imagine giving birth in a beautiful, welcoming place. Where the lights are soft, the blankets are warm, and the windows look out on trees and sky.

A place where families are welcome, and where you and your baby will feel loved and cherished. Welcome to the Birthing Suite at Monadnock Community Hospital.

Soaking Tub

Warm water soothes your muscles and promotes a feeling of weightlessness



Birthing Ball

The gentle rocking motion of a birthing ball can be highly comforting during labor

Rocking Chairs/ Recliners

Comfortable chairs for relaxing or naps for you or your family



Support for New Moms

The Birthing Suite offers a wide range of support services to help you care for yourself and your new baby when you get home:

- **Follow-up Call** from a nurse to check on how you and your baby are adjusting and answer any questions.
- **Breastfeeding Support Group** to help moms through this exciting and challenging period with other moms peer to peer.
- **Breastfeeding Consultation** available by appointment.

Safe and Secure

At MCH, we love and protect our babies with a high-tech infant security system and access doors that are always secured.

Specialized Care

Our highly skilled physicians and nurses participate in ongoing education and training so we are ready if complications occur. We also have close professional relationships with high-risk physicians at medical centers in New Hampshire and Boston.

A Healthy Pregnancy

Pregnancy is such an exciting time – but it can also be physically challenging. The Birthing Suite at Monadnock Community Hospital offers childbirth education classes to help you and your family prepare for the birth of your child.

These include:

- Childbirth Preparation
- Breastfeeding Education
- Infant CPR
- Comfort Strategies for Labor & Birth
- Tours of Birthing Suite

Rain Room

The soothing rush of soft, warm raindrops helps relax tense muscles during labor

