What to Bring with You to the Hospital

Keep a small bag containing the personal articles you wish to bring to the hospital packed and ready to go. Leave any suitcases in the car, until after the baby is delivered. Bring in your labor bag only. These may include:

For You
- Pajama tops or short nighties
- Robe and slippers (washable)
- Two nursing bras
- Going home outfit
- Toiletries

For Your Baby
- Car seat (please leave in your car, ready for the day of discharge)
- Going home outfit
- One blanket
- One t-shirt

Birth Certificate Copies

All official birth certificates are issued through the County of Los Angeles. Hospitals do not maintain copies. To obtain a copy:

If your child was born during the current year or last year, contact:
Department of Health & Human Services
Vital Records, Room 201
2525 Grand Ave.
Long Beach, CA 90815
562.570.4505

Send a $15 check or money order (payable to Registrar-Recorder/Clerk) for each copy requested, a self-addressed, stamped envelope and the following information:
- Full name of baby/child/adult for which you’re requesting the birth certificate copy (name at time of birth)
- Date of birth
- Father’s name
- Mother’s name and maiden name

You also can order on the Internet by going to LACounty.gov. Credit cards are accepted on the website.

Essentials Mother/Baby Store

Visit our Essentials Mother/Baby Store to find everything that moms and babies need from breast pump rentals and sales to breastfeeding supplies, nursing bras, slings and pillows. Please call 562.933.2744.

Where:
Located on the 2nd Floor in the Cherese Mari Laulhere BirthCare Center

When:
Open Tuesdays & Thursdays 8 a.m. – 4 p.m.
Closed weekends and most holidays.
Appointments also are available.

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Lactation Support Services

Our mission is to:
- Support women in reaching their breastfeeding goals
- Empower women with evidence-based quality education
- Improve and maintain the health status of moms and babies through nutrition management
- Provide education, support and reassurance to moms throughout their breastfeeding experience

What lactation consultants do:
- Support mother’s choice to breastfeed
- Teach techniques for a successful nursing experience
- Provide follow-up support contacts
- Promote confidence in mother’s nursing ability
- Establish trust and respect with mothers and families
- Answer questions completely with the most current information
- Ensure mothers are clearly aware of options regarding their breastfeeding management

A lactation consultation includes:
- Observation of the baby breastfeeding
- Assessment of maternal and infant anatomy
- Evaluation of any breastfeeding problems
- Suggestions for resolving difficulties
- Assessment of infant weight gain/loss

Lactation Support Services provides:
- In-hospital consultations
- Outpatient clinic consultations
- Breastfeeding aids including, nipple shields, feeding syringes and supplemental nursing systems
- Prenatal breastfeeding classes
- Mother and baby support group
- Breast pump sales and rentals, instruction and support
- Assistance with pumping and breastfeeding to mothers of neonatal intensive care unit (NICU) babies and their families
- Assistance with breastfeeding multiples and other babies with special care needs

Mother/Baby Care

Mothers and babies are made for each other. We recognize this fact and want to support you as you get to know your new baby. We are happy that you have chosen to have your baby here with us.

- We offer mother-baby care and recommend 24 hour rooming-in with the nurse taking care of you and your baby together.
- Studies show that mothers do not get more sleep when their baby stays in the nursery at night than when their baby stays in their room. Studies also show that babies cry more and sleep less in the nursery than they do when they are with their mother.
- The more time you spend with your baby, the better you will understand your baby’s behaviors. You will learn when your baby wants to interact with you, when your baby wants to be fed and when your baby wants to sleep. Take advantage of this time to learn your baby’s signals.
- Breastfeeding helps you bond with your baby by releasing hormones in your body that makes you feel more protective of your baby. These hormones help you feel better rested and able to cope with the demands on your time and energy that come with a new baby.
- Your baby will know you! Your baby will recognize your voice, your smell and your heartbeat. A crying baby is calmed quickly just by being placed close to its mother. Placing your baby skin-to-skin next to your heart is calming for both baby and you.
- Watch your baby, not the clock. Babies don’t follow the clock, and the timing of their feedings and naps will vary. This is normal. In time, you will find a routine that works for you and your baby, but schedules are not helpful right now.
- It is okay to put the needs of you and your baby first. Your need for rest and your baby’s need to eat are the most important activities. This is the time for you to learn how to care for yourself and your baby before you go home.
- Don’t worry that you are holding or comforting your baby too much. Your baby is used to being held very close and wants to be with you. Responding quickly to your baby’s cries in the early days assures your baby that his/her needs will be met and will actually decrease the amount of crying in the future.
- Our care team is here to care for you and your baby. Please don’t hesitate to tell us what you need. We want to support your new family during this time of transition.
- Encourage your friends and family to wait until you are home to visit. Too many visitors can stress new mothers, partners and babies. This is the time for the new family to get to know each other. Your nurse will be happy to help you with visitor control.