



MY MOM

deserves the best.

I DO, TOO.



OSF[®]
HEALTHCARE

MY MOM AND I

deserve the best.

At OSF HealthCare St. Joseph
Medical Center, we got it.

The Birthing Center provided everything we needed:

- ✓ Beginning at 20 weeks, a *nurse navigator* was by my mom's side every step of the way.
- ✓ *Full-time specialists* were staffed on site around the clock just in case I needed a little extra care.
- ✓ Their *feeding experts* gave my mom tips so she could give me the best possible start in life.
- ✓ We even had a *HALO® Bassinet®* that let me stay close and sleep safely right next to mom.

*I love my mom. And at OSF St. Joseph,
I love how much they cared for her – and me.*

Learn more or schedule a tour at
osfstjoseph.org/baby



2200 E. Washington St.
Bloomington, IL 61701

Jennifer Smith
1234 Main Street
Anytown USA



THINGS TO DO *when expecting a baby*

- ✓ Tell family and friends
- ✓ Buy ALL the onesies
- ✓ Sign up with our
OB Nurse Navigator



OSF HEALTHCARE
St. Joseph
Medical Center

Because you and your baby
deserve the best.

This free OB Nurse Navigator program is the only one for expectant moms in Bloomington-Normal.

At the OSF HealthCare St. Joseph Medical Center Birthing Center, our nurse navigator delivers a unique level of individualized care and attention beginning at 20 weeks of pregnancy – or at whatever point you need the support – to well after you’ve gone home. The nurse navigator gives you a backstage pass to our Birthing Center and helps you feel confident and comfortable with the personal care you want and expect before the big day arrives.

Sign up for our OB Nurse Navigator program and meet our nurse navigator at osfstjoseph.org/baby



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OUR FEEDING EXPERTS

help give her

the best possible
start in life.



OSF HEALTHCARE
St. Joseph
Medical Center

Because moms and their babies
deserve the best.

**The Birthing Center at
OSF HealthCare St. Joseph Medical Center**

has three board-certified lactation consultants
to support and empower a mom's choice.

Our personalized care – from early education,
breastfeeding classes, in-person assistance and
telelactation services that let moms get help
without leaving home – is the best in town.

As the only Baby-Friendly hospital in the area –
a gold standard of maternity care –
OSF St. Joseph offers moms the highest
level of support with infant feeding.

If you're expecting, take a tour of the
Birthing Center and meet the staff today!
Learn more at osfstjoseph.org/baby



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