

Enhancing the birthing experience for local moms



Erin and Chris Friedrich with daughter Keira, 2 and Madeleine, born in May, could not have been happier with their experience at Melrose-Wakefield Hospital.

Melrose-Wakefield Hospital (MWH) is leading the way in enhancing the birthing experience for mothers by becoming one of the first hospitals in the state to introduce family-centered caesarean births. Patient and physician feedback has shown that mothers who give birth via caesarean section, or C-section, have a very different experience than women who have natural births. Family-centered caesarean births include the use of clear surgical drapes that allow mothers to see their baby being born and to see and better communicate with their physician, facilitation of early skin-to-skin contact between mother and baby and delaying routine procedures until after first breastfeeding.

Erin Friedrich, of Saugus, felt she missed out on the birth of her first child two years ago. Due to complications she was rushed in for an emergency C-section and was not awake when her daughter Keira was born. Friedrich was disappointed and hoped things would be different when she had her second child. Thanks to MWH they were!

Friedrich had read about family-centered caesarean births and introduced the idea to her obstetrician who embraced it immediately and made the proper arrangements to follow the new approach for her C-section. On May 24, 2013, Friedrich's daughter Madeleine was born and she got to experience every second of it.

“Being able to see our daughter being born was absolutely amazing,” she said. “I have never experienced anything like it in my life. It was such a rush. I joked with my husband that we have to have another baby just to experience that feeling again.”

MWH has offered the region the very best in maternal and newborn services including a Level II Special Care Nursery, in affiliation with Tufts Medical Center, which provides a higher level of intensive care for babies having medical problems at birth. Our expert team of physicians, neonatologists, registered dietitians, respiratory therapists, nurses, lactation consultants, social workers and others work closely with new mothers and her family to ensure she is off to the best possible start in her journey as a new parent. MWH is also a Baby-Friendly® birth facility, a prestigious international recognition from Baby-Friendly® USA, which recognizes hospitals that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies.

To learn more, visit www.hallmarkhealth.org and select “Programs.”