



19 Reasons Why Happy Babies Are Born at Carson Tahoe



- 1. The Region's only Baby-Friendly Hospital** – This prestigious, international designation awarded by the World Health Organization and UNICEF means we support optimal outcomes for moms and the nearly 1,000 babies born at our hospital each year. Based on 'Ten Steps to Successful Breastfeeding,' this evidence-based certification recognizes birthing facilities that offer mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.
- 2. Award-winning Care** – Our five-star Women & Children's Center was recently recognized by mPINC and March of Dimes for providing outstanding birthing outcomes; we ranked below the national average for number of elective C-sections and induced labors, supporting the healthiest possible start in life for newborns.
- 3. From 'womb mate' to 'room mate'** – We practice 24-hour 'rooming in,' allowing mommy and baby to stay together day and night. Routine immunizations, procedures, and tests are performed in your suite, so baby never leaves your side unless medically necessary. 'Rooming-in' can also help moms become more familiar with their baby's hunger cues, making it easier to feed 'on demand.' The 'on-demand' feeding philosophy is recognized as best practice and helps babies feel more secure.
- 4. Private rooms & bathrooms** – All suites are private, and feature a bathroom with a walk-in shower and bathtub.
- 5. Combining Nature with Nurture** – Voted 5th Most Beautiful Hospital in the nation, every suite offers awe-inspiring views of the Sierra Nevada foothills in a tranquil, clean, comfortable environment.
- 6. Skin-to-skin. Heart-to-heart.** – We facilitate skin-to-skin contact by placing baby on your chest within minutes of delivery, including C-sections. Research shows skin-to-skin improves baby's blood pressure, reduces stress, promotes mommy-baby bonding, and helps initiate breastfeeding within baby's first moments of life - among many other proven benefits.
- 7. Compassionate care, advanced expertise** – From routine deliveries to those with multiple complications, our OB team has the compassion and expertise to foster the best possible experience.
- 8. Family-friendly philosophy** – We encourage your partner and welcome any immediate family members to attend the entire birthing process, as there is nothing more amazing than the journey of the new life of a child.
- 9. Comfort amenities & accommodations for guests** – Our spacious suites offer ample room for visitors, along with a comfortable sleeping area.
- 10. Wait for the weight** – Rather than weighing your baby right at birth, we hold off until after the first feeding, as immediate skin-to-skin and bonding are vitally important for newborns.
- 11. Breast is best for both mom & baby** – Breastfeeding has been scientifically proven to reduce the risk of diabetes, certain forms of cancer, and a variety of diseases & ailments in both moms and babies. Breast milk contains the perfect nutrition for your baby's individual needs, and gives your infant the healthiest start in life. As a Baby-Friendly Hospital, we have special protocols, programs, and services in place to help with breastfeeding.
- 12. A personalized experience** – Whether you decide to deliver your baby with or without pain meds, choose to spend the majority of your labor relaxing in a bath, or have any special requests, we strive to honor your individual birth plan and unique preferences.
- 13. Availability of Certified lactation consultants** – Our certified lactation consultants are here to help you successfully and confidently breastfeed your little one. They can teach you the best techniques for breastfeeding, tips for positioning & latching, and help with any issues or questions you may have.
- 14. Room service & 24-hour Starbucks** – With a robust dining menu, you can enjoy all your meals in the comfort of your own suite; and enjoy Starbucks anytime, day or night.
- 15. Free support groups, classes & resources** – We offer a variety of classes at no cost, including Newborn Care, Birthing Class, and Breastfeeding Education. Additionally, we hold Breastfeeding Support Groups twice a week, led by a certified lactation consultant, providing the opportunity to become an expert at breastfeeding, while also connecting with other moms in our community.
- 16. Easy & convenient access** – Located right off Highway 395, Carson Tahoe Regional Medical Center provides easy parking and access, 24/7.
- 17. Happy babies are born at Carson Tahoe** – We are dedicated to ensuring baby gets the healthiest & happiest start to life.
- 18. Peace of mind, inside & outside the hospital walls** – We understand that having a baby or becoming a new parent may be overwhelming. Our goal is to help you feel confident, knowledgeable, and prepared to take care of your little one before heading home. To help ease the transition, we provide a wide range of education, resources, and support; before, during, and after your stay with us.
- 19. 24-hour support is just a phone call away** – If you have any questions or concerns upon leaving the hospital, simply call our OB department at (775) 445-5103 for assistance, any time.