

**2<sup>nd</sup> Edition**

**A GUIDE TO  
TWIN CITIES  
BIRTH PLACE  
OPTIONS**

Updated with VBAC and Water Birth Bans

Covering hospitals,  
birth centers, and home  
birth



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# Introduction

The options for birth places in the 9 county metro area are vast and varied. They range everywhere from places that handle very high-risk deliveries for the smallest of babies to home water births. It's important that every family spends the time making sure that the places they choose for their births are best suited and most aligned with the kind of care they want and will need. It can take time, yes, but the families who do spend the time making sure they have made the choice that fits them usually have a more satisfying birth experience.

We have chosen to list all 3 options families can have: Hospital, Birth Center, and Home. The information we have collected is not a substitute for tours, talking to different care providers, and looking at insurance coverage. However, we do hope that it's a starting point as you begin the process of planning for your birth.

The process of pregnancy and birth can be an amazing time for families, but it can also be daunting. Take your time. Find the right care provider for both your personality and the risk level of your pregnancy. And when you need education and support, know that BabyLove is your best option for affordable, reliable, and encouraging evidence-based education.

Congratulations!



# Chapter 1:

## Things to consider when choosing a place of birth

With so many options for birth places, the decision can be overwhelming, but there are some things that can make the decision a little easier.

Before starting to tour places or interview caregivers, see if your health insurance has restrictions on where you can give birth. Pay attention to things like the co-pays, deductibles, and if certain places are in network and out of network. For those families without insurance, some places will have options to apply for financial assistance with bills. However, home birth might be the least expensive option for low-risk births of families that do not have insurance coverage. Determining costs ahead of time can be very difficult, though. Most of the time, costs are negotiated between facilities and health insurance plans, with little to no transparency. There are some sites, like [this one](#), that attempt to give estimates, but they are just a starting point. The business office of a facility can also be a guide.

The health of both mom and baby (or babies) is also an important factor. High-risk pregnancies should be cared for by appropriate caregivers and birth should take place in a hospital with appropriate care available, like a NICU and 24 hour surgical staff on site. The options for low-risk, healthy pregnancies are many; home, birth centers, and hospitals can all be appropriate options, and water birth is an option at many places. When high-risk pregnancies take place in a facility that does not have the appropriate care available, mom and baby can be separated if one of them need to be transferred to a different hospital. When birth for a



low-risk mother takes place in a place that does a high volume of high-risk birth, she can be more likely to experience unnecessary interventions.

Other factors that are important to consider include:

- What type of caregivers are available? (See next chapter for more details)
- How far is it from your home and from your work? However, please keep in mind that the closest option might not be the best option for you situation or preferences.
- What types of comfort measures are offered (such as tub, walking, and shower)?
- Is it a really busy hospital that is often too full to take patients in labor? (AKA they “go on divert”)
- Will you have to move to a different room after the birth of your baby?
- Will parking be difficult?
- Do they have anesthesia available 24/7, or on call overnight?
- Will visitors be able to visit easily? (It can be both good and bad if they can.)
- What’s the availability of breastfeeding support?
- What is the cesarean rate?
- If attempting a VBAC (Vaginal Birth After Cesarean), is this allowed? And what is their success rate?
- What kind of postpartum care is available?

Ultimately, the best place to give birth must also take into consideration the personal comfort level of the family. Tours can be a very valuable tool for getting the feel of a place. And, for some families, staying at home can be the best choice. Hopefully the following information can be helpful as well.



# Chapter 2:

## Types of care providers

There are many options for care providers who attend births. Some are very specialized medical doctors, while others can be advanced practice nurses, or traditionally trained midwives. The different types of care providers are listed below, including training, area of care, and type of birth settings they usually practice in. It is important to find a care provider or, more commonly, a group of care providers, that do births in the setting of your choice, manage births in a way that aligns with your desires, and meshes well with your personality. Just because you've been getting care from one OB since you were 15 does not mean that he or she will be a good choice for the birth of your child.

### **Prenatal Care:**

Prenatal Care varies from practice to practice to practice. In most Perinatologist and OB/GYN practices, it's common for time spent face to face with the doctor to last only 5-10 minutes. In most CNM groups, you may be able to spend 15-20 minutes with the midwife. Home birth midwives usually have the longest prenatal appointments; most will have you come to their office (though a handful will do prenats in your home) for visits that last around an hour. No matter who you choose, the typical screenings and tests will always be offered. Beware the care providers who routinely do many tests (like ultrasounds) without medical reasons to do so.

### **Perinatologist:**

A Perinatologist is a specialized physician. In addition to attending 4 years of OB/GYN residency after medical school, they go on to train for an additional 2-3 years in the area of high-risk pregnancy (often referred to as Maternal-Fetal Medicine). While some Perinatologists do care for women having a low-risk pregnancy, their primary focus is working with high risk pregnancies, and



can be the best choice for very complicated pregnancies with multiple risks.

### **OB/GYN (Obstetrics and Gynecology):**

Obstetrics and Gynecology are actually two separate surgical specialties that are often combined. Obstetrics is a specialty having to do with managing pregnancy and birth, and Gynecology focuses on treating diseases of female organs. Training is combined so they are able to surgically manage women's care throughout their lifetimes. All OB/GYNs complete four years of medical school and 4 years of additional training in their residency. OB/GYNs can receive additional training in a variety of subspecialties, including maternal-fetal medicine (see above), family planning, reproduction and infertility, menopausal and geriatric surgery, and laparoscopic surgery. OB/GYNs are specifically trained to manage higher risk pregnancies and labors. They are well-suited for women who have or develop medical conditions or have high risk factors in pregnancy. They focus on managing problems and complications, so there are generally higher rates of testing and interventions during pregnancy and birth.

### **Family Medicine Doctor:**

A Family Medicine doctor almost always attends births in a hospital, either as part of a group or in a solo practice. They receive training on taking care of patients from birth and throughout the entire life of their patients. Their training requires a 3 year residency beyond the normal 4 years of medical school. Some choose to add pregnancies and births to their spectrum of care, but not all do. The vast majority of Family Medicine Doctors can not perform cesareans, but some do obtain [additional training](#) that allows them to provide cesareans, often in places where few OB/GYNs practice. They are usually restricted to lower risk pregnancies, but sometimes have practice agreements to co-manage higher risk pregnancies and births with OB/GYNs or Perinatologists.

### **Certified Nurse Midwife:**

Certified Nurse Midwives generally practice in hospital





settings, but in many states, including Minnesota, may attend home births. A CNM has graduated from nursing school, become a registered nurse, and then gone on to complete one or more years of nurse-midwifery training. They must graduate from a program accredited by the American College of Nurse-Midwives (ACNM). They become certified when they pass an exam, and then licensed by the state they choose to practice in. CNMs are trained to provide care prenatally, during labor and birth, and follow-up care for mom and baby. They can also provide well-woman care, such as yearly check ups, pelvic and breast exams, pap smears, and family planning care. CNMs are currently required to have a collaborative relationship with physicians. Typically, CNMs see low-risk patients, but may co-manage certain complications with a physician.

### **Certified Professional Midwife:**

A Certified Professional Midwife attends only out of hospital births, and has no hospital privileges. They are trained either through apprenticeships or more formal programs. To become a CPM, they must pass the exam given by the North American Registry of Midwives (NARM). Most CPMs either own a private practice or attend births at a freestanding birth center. Generally, CPMs can only do low-risk births, but almost always have the ability to offer waterbirths. They are trained to recognize situations that would require transfer to a hospital or other care setting, when a mom is not suitable for home birth, and emergency plans are set with every family before the time of birth. CPMs attend the mom through her birth, immediate recovery period, and then follow up care for mom and baby through 6 weeks postpartum.

### **Traditional Midwife:**

Traditional midwives are not licensed or certified, but instead receive their skills through following other midwives to births, possibly growing up doing midwifery, hands-on learning and apprenticeship, self-learning, and from her own experiences as a mother. Traditional midwives attend births only at home, but may collaborate with other care providers. Traditional midwifery is very common in developing countries where there is no access



to formal education, but is certainly still practiced in the US. Traditional midwives can care for the mother prenatally, during labor and birth, immediate postpartum care of the mom and baby, for as long after that is necessary, and help with well-woman care and family planning.

### **Licensed Midwife:**

A midwife who has been licensed to practice in a particular state or province. Requirements vary state by state. View the Minnesota requirements [here](#).

### **Solo and Group Practices:**

While most mothers would prefer if they would have the one care provider that they see throughout their pregnancies would also be the one to be at their births, the reality is, this is not guaranteed to happen. Most OB/GYN, Perinatologist, and CNM practices are group practices that have call schedules. In group practices, whoever is on call when you are in labor will be the one attending your birth. You may or may not have met him or her beforehand. Some groups have special nights set aside to allow you a chance to meet all of the care providers in the practice.

Some home birth and birth center midwives also work in group practices, albeit tiny “groups” of 2-4 midwives. While you still aren’t guaranteed one specific midwife (although you might get both in the case of practices of 2 midwives), you will have a great chance of being familiar with the face that shows up when you are in labor. Make sure to ask during the interviewing process about call schedules and if you can request specific providers.

### **For additional reading:**

For more information on options and practice variations:

[Childbirth Connection](#)

Training and practice information for Perinatologists:

[Society for Maternal-Fetal Medicine](#)

Training and practice information for OB/GYNs:

[American Congress of Obstetricians and Gynecologists](#)

Training and practice information for Family Medicine Doctors:

[American Academy of Family Physicians](#)



Training and practice information for Certified Nurse Midwives and Certified Midwives:

[American College of Nurse-Midwives](#)

Training and practice information for Certified Professional Midwives:

[North American Registry of Midwives](#)

Definition of various midwifery-related terms:

[Midwives Alliance of North America](#)



## Chapter 3:

### How to Change Your Care Provider

There are many reasons a mother might have to find a new care provider for her pregnancy and birth. Some reasons are out of necessity, some out of personal choice. If a care provider moves, retires, or takes a new position, then a mother will need to find a new provider. If a mother moves or her insurance coverage changes significantly, she might need to reassess her care. And sometimes, after asking some questions, she realizes that her doctor or midwife (or even the hospital) will not be a good match for what the mother desires for her upcoming birth.

Depending on your circumstances and the protocols of the doctor, midwife, or practice you wish to switch to, you may be able to change as late as 40 (or more!) weeks. Broadly speaking, though, OBs and Family Medicine doctors will be able to take patients very late (if they are amenable to taking new patients late in pregnancy at all), and midwives usually face more restrictions, with 34 or 36 weeks of gestation being a normal cutoff. So if you know you need to change, now what?

#### **1) Start by finding a new care provider.**

Ask for suggestions from your doula, your chiropractor, or friends and family members who had a positive outcome similar to one you desire. Find someone who will fit your needs. Are you looking for a specific location? Someone who is covered by your health insurance? Someone who will take your desires and concerns seriously? Are you looking for specific options, like labor tubs or waterbirth? Ask questions now. It might seem like a lot of work, but care providers you want to work with will want to talk to you about these things. If they don't answer your questions, it might not be a good sign of how they treat current patients. Also included in this process: If you are planning a hospital birth, find out if the options for the hospital meet your needs.



## **2) Make an appointment with your potential new care provider**

If you are approaching 33 weeks, do this very soon. If you are approaching 40 weeks, do this NOW! Each clinic and practice has their own process for taking in new patients. Explain your situation and ask how they best like to handle the change.

## **3) Get your old records**

Sometimes it's a matter of filling out a form with the new provider. Sometimes the process is best handled by filling out a transfer form with your old provider. Either way, in this age of HIPAA, there will be a form (or two). If you are moving to a different city or are close to your Estimated Due Date, it might not be a bad idea for you to get an actual paper copy of all of your pregnancy-related records to have for yourself just in case there is any delay in the transfer of the old records. It is not a fun process to have to wait in labor while someone tries to find your chart; not only does it create some chaos for the staff, it may mean that you are treated as a high-risk patient until you prove otherwise. No matter what, once you place the records request, stay on top of it! Check in every couple of days to make sure you did not get lost in the shuffle somewhere.

## **4) Move forward!**

Once you get started with this new provider, you might have lingering feelings of uncertainty, especially if it was a change due to circumstances out of your control. That's understandable. But know that you will move forward and feel good about a decision that you put thought into.



## Chapter 4:

### Twin Cities Hospitals

Simple tables can't fully capture the different cultures and atmospheres that you will experience from hospital to hospital. However, it can be a helpful way to narrow down the list of options available. This information was compiled via online data, including each hospital's own web sites, phone calls to each hospital conducted February 1-7<sup>th</sup>, 2014, publicly available records, CesareanRate.com, and ICAN Minnesota. It was accurate at the time of publication, but is subject to change without notice.

Hospitals are arranged in alphabetical order by city they are located in. The term "LDR" means that a mother is in a room for labor and birth, and is moved to a different room a couple of hours after birth (noted in the tables as "PP"). The term "LDRP" means that, with the exception of unusual circumstances, a mother stays in one room for the entirety of her stay. Staff ratios are noted as the nurse: mother(s) ratio. For the sake of simplicity, we did not note where perinatologists are a birth option; instead, we thought it would be more important to note the NICU level.



## Burnsville: Fairview Ridges Hospital

201 E Nicollet Blvd, Burnsville, MN 55337 (952) 892-2000

### BirthPlace Tour

<b>Parking</b>	Free visitor lots
<b>Number/ Type of Rooms</b>	9 LDR, 20 PP
<b>Type of Care Providers</b>	OBs, Family Medical Doctors
<b>Cesarean Rate 2012 (2011)</b>	31.35% (33.1%)
<b>Number of Births 2012 (2011)</b>	2565 (2575)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	No
<b>Waterbirth offered?</b>	No
<b>VBAC Allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No, Community Refrigerator
<b>Staff Ratios</b>	Labor 1:1, Postpartum 1:4
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes
<b>Visiting rules?</b>	Immediate family allowed 24/7
<b>NICU Level? Earliest Week Gestation?</b>	III, 30 weeks
<b>Notes:</b>	95% epidural rate



## Coon Rapids: Mercy Hospital (Allina)

4050 Coon Rapids Blvd NW, Coon Rapids, MN (763)236-6000

To Schedule a Tour, Call 763-236-8400

<b>Parking</b>	Free Surface Lots
<b>Number/ Type of Rooms</b>	10 L&D, 12PP, 5 Triage
<b>Type of Care Providers</b>	OBs
<b>Cesarean Rate 2012 (2011)</b>	29.17% (26.1%)
<b>Number of Births 2012 (2011)</b>	1937 (1960)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, standard
<b>Waterbirth offered?</b>	No
<b>VBAC Allowed? Waterbirth VBAC?</b>	Yes, No
<b>Episiotomy rate</b>	No answer
<b>Epidural rate</b>	high
<b>Refrigerators in Rooms?</b>	Yes
<b>Staff Ratios</b>	Labor 1:1 PP 1:3-4
<b>Can moms walk the halls in labor?</b>	Depends on OB
<b>Breastfeeding Support offered?</b>	Yes and 24 hour hotline
<b>Visiting rules?</b>	No set visiting hours
<b>NICU Level? Earliest Week Gestation?</b>	II, N/A
<b>Notes:</b>	





## Edina: Southdale Hospital (Fairview)

6401 France Ave. S Edina, MN (952)-924-5000

### Birth Place Tour

<b>Parking</b>	Paid Ramps
<b>Number/ Type of Rooms</b>	15 LDR, 30 PP
<b>Type of Care Providers</b>	OBs, Family Med, Limited CNM
<b>Cesarean Rate 2012 (2011)</b>	33.18% (34.2%)
<b>Number of Births 2012 (2011)</b>	2978 (3012)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	3 rooms have standard tubs
<b>Waterbirth offered?</b>	No
<b>VBAC Allowed? Waterbirth VBAC?</b>	VBAC access varies by doctor, no waterbirth VBACs
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	Labor 1:1, PP 1:3 days, 1:4 evenings
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	IBCLCs on staff
<b>Visiting rules?</b>	24/7, some restrictions during flu season
<b>NICU Level? Earliest Week Gestation?</b>	III, 30 weeks
<b>Notes:</b>	



## Fridley: Unity Hospital (Allina)

550 Osborne Road Fridley, Minnesota 55432 (763)-236-5000

To Schedule a Tour , Call 763-236-4400

<b>Parking</b>	Free lots
<b>Number/ Type of Rooms</b>	12/LDR with PP in the West Wing
<b>Type of Care Providers</b>	OBs, Some CNMs
<b>Cesarean Rate 2012 (2011)</b>	20.34% (20.6%)
<b>Number of Births 2012 (2011)</b>	1160 (1337)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, 4 deep tubs
<b>VBAC allowed? Waterbirth for VBAC?</b>	Yes, No
<b>Waterbirth offered?</b>	<del>Yes</del> Allina has a "temporary" ban on water births
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	1:1 labor, 1:4 postpartum
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes
<b>Visiting rules?</b>	Open 24 hours
<b>NICU Level? Earliest Week Gestation?</b>	II, 34 weeks
<b>Notes:</b>	



## Hastings: Regina Medical Center (Allina)

1175 Nininger Rd Hastings, MN 55033 651-480-4100

To Schedule a Tour, Call 651-480-4100

<b>Parking</b>	Free Lots
<b>Number/ Type of Rooms</b>	LDRP: 5 C/S Suites: 4
<b>Type of Care Providers</b>	OB, Family Med
<b>Cesarean Rate 2012 (2011)</b>	29.62% (25.7%)
<b>Number of Births 2012 (2011)</b>	314 (304)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, whirlpools
<b>Waterbirth offered?</b>	<del>Yes</del> Allina has a "temporary" ban on water births
<b>VBAC allowed? Waterbirth VBAC?</b>	NO VBACs allowed at all
<b>Refrigerators in Rooms?</b>	Yes
<b>Staff Ratios</b>	Labor 1:1, PP 1:3
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes, All nurses have lactation training
<b>Visiting rules?</b>	Flexible hours for family
<b>NICU Level?</b>	No, Level II
<b>Notes:</b>	



## Hudson, WI: Hudson Hospital (Healthpartners)

405 Stageline Rd. Hudson, WI 54016 (715) 531-6000

To Schedule a Tour, Call (715) 531-6572

<b>Parking</b>	Free lots
<b>Number/ Type of Rooms</b>	4 LDR, 7 PP
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate (2011)</b>	15.1%
<b>Number of Births (2011)</b>	595
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Jacuzzi Tubs
<b>Waterbirth offered?</b>	Yes, portable tub
<b>VBACs allowed? Waterbirth VBAC?</b>	As of 8/31/2014, VBACs are completely banned
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	Labor 1:1, PP 1:3
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes, 3 LCs M-F
<b>Visiting rules?</b>	24/7
<b>NICU Level? Earliest Week Gestation?</b>	II, 36 weeks
<b>Notes:</b>	



## Maple Grove: Maple Grove Hospital (Fairview/ North Memorial)

9875 Hospital Dr, Maple Grove, MN 55369 (763) 581-1000

### Birth Center Tour

<b>Parking</b>	Free Lots
<b>Number/ Type of Rooms</b>	12 LDR, 36 PP
<b>Type of Care Providers</b>	OB, Family Med, 1 CNM
<b>Cesarean Rate 2012 (2011)</b>	28.31% (27%)
<b>Number of Births 2012 (2011)</b>	3546 (2952)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	4 rooms have tubs
<b>Waterbirth offered?</b>	No, despite the existence of a waterbirth suite
<b>VBACs allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	Only in PP
<b>Staff Ratios</b>	1:1 Labor , 1:3 PP
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support?</b>	LC 6am-5pm, weekend days
<b>Visiting rules?</b>	No, prefer to limit past 8:30PM
<b>NICU Level? Earliest Week Gestation?</b>	II, 36 Weeks
<b>Notes:</b>	



## Maplewood: St. John's Hospital (Healtheast)

1575 Beam Ave, Maplewood, MN 55109 651-232-7550

To Schedule a Tour, Call 651-232-7550

<b>Parking</b>	Free lots
<b>Number/ Type of Rooms</b>	28 LDRPs
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate 2012 (2011)</b>	23.31% (23.2%)
<b>Number of Births 2012 (2011)</b>	2737 (2870)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes, in 1 waterbirth suite
<b>VBACs allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	Yes
<b>Staff Ratios</b>	Labor 1:1-2, PP 1:4
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	IBCLCs on staff
<b>Visiting rules?</b>	Suggested hours are 2-4pm, 7-8:30PM
<b>NICU Level? Earliest Week Gestation?</b>	IIIa, 28 Weeks
<b>Notes:</b>	30-40% epidural rate



## Minneapolis: Abbott Northwestern Hospital (Allina)

800 E 28th St, Minneapolis, MN 55407

### Birth Center Tour

<b>Parking</b>	Paid Ramps
<b>Number/ Type of Rooms</b>	6 triage, 13 LDR, 52 PP
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate 2012 (2011)</b>	32.48% (34.3%)
<b>Number of Births 2012 (2011)</b>	3926 (3640)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	In Most, deep tubs
<b>Waterbirth offered?</b>	<del>Yes</del> —Yes, but access still limited
<b>VBAC allowed? Waterbirth VBAC?</b>	Yes, NO
<b>Refrigerators in Rooms?</b>	Yes
<b>Staff Ratios</b>	1:1 Labor 1:3 Postpartum
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	8am-4:30pm M-f, Weekend appointments available
<b>Visiting rules?</b>	8am-8pm, Restrictions during flu season
<b>NICU Level? Earliest Week Gestation?</b>	IV, 22 Weeks
<b>Notes:</b>	Marketed as The MotherBaby Center



## Minneapolis: Hennepin County Medical Center

701 Park Avenue Minneapolis, Minnesota 55415 (612) 873-3000

[Register for a Tour](#)

<b>Parking</b>	Ramps and meters for street, reduced fees for patients
<b>Number/ Type of Rooms</b>	Midwife Unit: 9 LDRP; OB/ Family Med Unit: 8 LDR, 24 PP
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate 2012 (2011)</b>	20.52% (22%)
<b>Number of Births 2012 (2011)</b>	2252 (2148)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	In all rooms in the Midwife Unit, none in the OB LDR Unit, in some on PP Unit
<b>Waterbirth offered?</b>	Yes. One permanent tub, one portable tub
<b>VBAC Allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	Yes, in the Midwife Unit
<b>Staff Ratios</b>	Labor 1:1, PP 1:3-4
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	IBCLCs on staff, Some nights/weekends
<b>Visiting rules?</b>	24/7
<b>NICU Level? Earliest Week Gestation?</b>	IIIa, 23-24 Weeks
<b>Notes:</b>	30% epidural rate





## Minneapolis: University of Minnesota Medical Center (Fairview)

2450 Riverside Ave. Minneapolis, MN 55454 612-273-3000

### BirthPlace Tour

<b>Parking</b>	Validated Ramp Parking
<b>Number/ Type of Rooms</b>	13 LDR, 23 PP
<b>Type of Care Providers</b>	OBs, CNM, Family Med
<b>Cesarean Rate 2012 (2011)</b>	32.05% (32.4%)
<b>Number of Births 2012 (2011)</b>	2265 (2259)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, small tubs
<b>Waterbirth offered?</b>	Yes, inflatable tubs
<b>VBAC Allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	Labor 1:1 PP 1:3
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes, Baby-Friendly Certified
<b>Visiting rules?</b>	Open
<b>NICU Level? Earliest Week Gestation?</b>	IV, 22 Weeks
<b>Notes:</b>	



## Northfield: Northfield Hospital

2000 North Ave. Northfield, MN 507-646-1000

To Schedule a Tour, Call 507-646-1205

<b>Parking</b>	Free Lots
<b>Number/ Type of Rooms</b>	3 LDR, 6 PP
<b>Type of Care Providers</b>	OBs, Family Med
<b>Cesarean Rate (2011)</b>	27.8%
<b>Number of Births (2011)</b>	474
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, Whirlpool
<b>Waterbirth offered?</b>	No
<b>Refrigerators in Rooms?</b>	No, Community Refrigerator
<b>Staff Ratios</b>	Labor: 1:1, PP: 1:2-3
<b>Can moms walk the halls in labor?</b>	Yes if on intermittent monitoring
<b>Breastfeeding Support offered?</b>	CLCs and IBCLCs 2-3 days/week
<b>Visiting rules?</b>	Partner and immediate family anytime, others 11am-1pm, 3-8pm
<b>NICU Level? Earliest Week Gestation?</b>	No NICU, 36 Weeks
<b>Notes:</b>	



## Robbinsdale: North Memorial Medical Center

3300 Oakdale Ave N Robbinsdale, MN 55122 (763)-520-5200

[Register for a Tour](#)

<b>Parking</b>	Paid ramps
<b>Number/ Type of Rooms</b>	9 LDR, 26 PP
<b>Type of Care Providers</b>	OB, Family Med, CNM
<b>Cesarean Rate 2012 (2011)</b>	20.21% (22.1%)
<b>Number of Births 2012 (2011)</b>	1138 (1428)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, Whirlpool tubs
<b>Waterbirth offered?</b>	Yes with Midwives
<b>VBAC Allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No, Community Refrigerator on each floor
<b>Staff Ratios</b>	Labor 1:1, PP 1:4
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	On-site/Outpatient, donor breastmilk
<b>Visiting rules?</b>	24/7
<b>NICU Level? Earliest Week Gestation?</b>	III, 23 Weeks
<b>Notes:</b>	



## St. Louis Park: Methodist Hospital (Park Nicollet)

6500 Excelsior Blvd, St. Louis Park, MN (952) 993-5000

[Schedule a Tour](#)

<b>Parking</b>	Valet, Paid Ramps (\$3 for patients)
<b>Number/ Type of Rooms</b>	10 LDR, 25 PP, 6 Swing
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate 2012 (2011)</b>	24.31% (26.9%)
<b>Number of Births 2012 (2011)</b>	2954 (3012)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes- Deep tubs
<b>Waterbirth offered?</b>	Yes
<b>VBAC allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	In PP
<b>Staff Ratios</b>	Labor 1:1, PP 1:3
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	IBCLCs on staff
<b>Visiting rules?</b>	Encouraged to only be between 9am-9pm
<b>NICU Level? Earliest Week Gestation?</b>	II, 32 Weeks
<b>Notes:</b>	



## St. Paul: Regions Hospital (Healthpartners)

640 Jackson St Saint Paul, MN 5101 (651-254-3456)

To Schedule a Tour, Call 651-254-3580

<b>Parking</b>	Ramps and lots, discounted if validated by staff
<b>Number/ Type of Rooms</b>	9 Labor, 21 PP, 4 triage
<b>Type of Care Providers</b>	OBs, CNM, Family Med
<b>Cesarean Rate 2012 (2011)</b>	22.88% (22.4%)
<b>Number of Births 2012 (2011)</b>	2426 (2264)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, small bath tubs
<b>Waterbirth offered?</b>	Yes, inflatable tubs
<b>VBACs allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	1:1 birth, 1:5 postpartum
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes
<b>Visiting rules?</b>	11am-8:30pm, siblings and partners all day
<b>NICU Level?</b>	II, 30 Weeks
<b>Notes:</b>	47% epidural rate, Seeking baby-friendly status



## St. Paul: St. Joseph's Hospital (Healtheast)

45 W 10<sup>th</sup> St. Saint Paul, MN 55102 (651)-232-5733

To Schedule a Tour, Call 651-232-8080

<b>Parking</b>	Validated ramp parking
<b>Number/ Type of Rooms</b>	14 LDRP, 4 PP
<b>Type of Care Providers</b>	OBs, CNM, Family Med
<b>Cesarean Rate 2012 (2011)</b>	15.64% (16%)
<b>Number of Births 2012 (2011)</b>	1157 (1235)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, small bath tubs
<b>Waterbirth offered?</b>	Yes, designated room
<b>VBACs allowed? Waterbirth VBAC?</b>	VBAC access uncertain, no waterbirth VBACs
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	Yes
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes, IBCLCs on staff
<b>Visiting rules?</b>	Open, suggested hours 2-4pm and 7-8:30pm
<b>NICU Level? Earliest Week Gestation?</b>	II, 34 Weeks
<b>Notes:</b>	17-25% VBAC



## St. Paul: United Hospital (Allina)

333 Smith Ave, St Paul, MN 55102 (651) 241-8000

To Schedule a Tour, Call 1-866-904-9962

<b>Parking</b>	Ramps- Paid
<b>Number/ Type of Rooms</b>	12 LDR, 40+ PP
<b>Type of Care Providers</b>	OB, Family Med
<b>Cesarean Rate 2012 (2011)</b>	32.79% (35.2%)
<b>Number of Births 2012 (2011)</b>	3278 (3244)
<b>Showers in Rooms?</b>	No, Separate Shower Room on floor
<b>Tubs in Rooms?</b>	No
<b>Waterbirth offered?</b>	<del>Yes</del> Allina has a "temporary" ban on water births
<b>VBACs allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No, No community refrigerator
<b>Staff Ratios</b>	Labor: 1:1, Postpartum 1:4
<b>Can moms walk the halls in labor?</b>	Yes, but no telemetry unit for monitoring
<b>Breastfeeding Support offered?</b>	Yes
<b>Visiting rules?</b>	Up to the mother
<b>NICU Level? Earliest Week Gestation?</b>	III, 24 Weeks
<b>Notes:</b>	80% epidural rate



## Shakopee: St. Francis Hospital (Allina/Park Nicollet)

1455 St. Francis Ave. Shakopee, MN 55379 952-428-3000

To Schedule a Tour, Call 866-904-9962

<b>Parking</b>	Free Lots
<b>Number/ Type of Rooms</b>	6 LD, 2 Swing, 11PP
<b>Type of Care Providers</b>	OBs, Family Med, CNMs
<b>Cesarean Rate 2012 (2011)</b>	23.78% (22%)
<b>Number of Births 2012 (2011)</b>	1274 (1148)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes, with CNMs
<b>VBACs allowed? Waterbirth VBACs?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	No
<b>Staff Ratios</b>	Labor 1:1, PP 1:4
<b>Can moms walk the halls in labor?</b>	Yes, telemetry units available
<b>Breastfeeding Support offered?</b>	Yes, On staff and call service
<b>Visiting rules?</b>	No set hours
<b>NICU Level? Earliest Week Gestation?</b>	II, 36 Weeks
<b>Notes:</b>	Some nurses HypnoBirth certified





## Woodbury: Woodwinds Hospital (Healtheast)

1925 Woodwinds Dr. Woodbury, MN 55125 (651) 232-0022

To Schedule a Tour, Call 651-232-0228

<b>Parking</b>	Free lots
<b>Number/ Type of Rooms</b>	16 LDRP, 8 PP, 2 Triage
<b>Type of Care Providers</b>	OBs, CNM, Family Med
<b>Cesarean Rate 2012 (2011)</b>	25.75% (23.8%)
<b>Number of Births 2012 (2011)</b>	1790 (1615)
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes, large tubs
<b>Waterbirth offered?</b>	Yes, designated suite
<b>VBACs allowed? Waterbirth VBAC?</b>	Yes, No
<b>Refrigerators in Rooms?</b>	Yes
<b>Staff Ratios</b>	1:1 active labor, 1:4 PP
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	Yes
<b>Visiting rules?</b>	Open, suggested 2-4pm and 7-8:30 pm
<b>NICU Level? Earliest Week Gestation?</b>	II, 34 Weeks
<b>Notes:</b>	Volunteer Doula Program



## Hospitals by Cesarean Rate, Highest to Lowest, 2012

<b>1) Southdale Hospital</b>	33.18%
<b>2) United Hospital</b>	32.79%
<b>3) Abbott Hospital</b>	32.48%
<b>4) University of Minnesota Medical Center</b>	32.05%
<b>5) Ridges Hospital</b>	31.35%
<b>6) Regina Medical Center</b>	29.62%
<b>7) Mercy Hospital</b>	29.17%
<b>8) Northfield Hospital</b>	28.83%
<b>9) Maple Grove</b>	28.31%
<b>10) Woodwinds Hospital</b>	25.75%
<b>11) Methodist Hospital</b>	24.31%
<b>12) St. Francis Hospital</b>	23.78%
<b>13) St. John's Hospital</b>	23.31%
<b>14) Regions Hospital</b>	22.88%
<b>15) Hennepin County Medical Center</b>	20.91%
<b>16) Unity Hospital</b>	20.34%
<b>17) North Memorial Medical Center</b>	20.21%
<b>18) St. Joseph's Hospital</b>	15.64%
<b>19) Hudson Hospital (2011 rate)</b>	13%



## **Waterbirths Offered At:**

- ~~Fridley Unity Hospital~~
- ~~Hastings Regina Medical Center~~
- Hudson, WI-Hudson Hospital
- Maplewood- St. John's HealthEast
- ~~Minneapolis Abbott Northwestern~~
- Minneapolis-Hennepin County Medical Center
- Minneapolis-University of Minnesota Medical Center
- Saint Louis Park- Methodist Hospital
- Saint Paul- Regions Hospital
- Saint Paul- St. Joseph's HealthEast
- Shakopee- Saint Francis
- Woodbury- Woodwinds HealthEast

As of April, 2014, [Allina chose](#) to suspend water births after the ACOG opinion piece against the practice was issued. Despite repeated dates for the return of the option, as of this update on 7/24/14, there is no expected start date. For this reason, parents should not choose any Allina hospital if they desire the option. Read more about the AGOC opinion piece and the evidence on it over at [Evidence Based Birth](#).



# Chapter 5

## Freestanding Birth Centers in the Twin Cities

Following passage of a Birth Center licensing bill in Minnesota in 2010, 3 freestanding birth centers opened up in the twin Cities. Birth Centers are staffed by either CNMs or CPMs, and usually have a couple of nurses on staff as well. Families receive prenatal care at the birth centers, and may have the option to give birth at the birth center or at home, depending on the practice. Families often choose birth centers for various reasons. Some want to avoid hospital interventions, but don't feel comfortable giving birth at home. Some want care similar to home birth care, but don't have a home or the space to give birth in.

Birth centers give families the option to give birth in a space that is outside of their home, but with many of the comforts of a home. They all feature private suites with waterbirth tubs and large showers in all of the suites. [Accredited Birth Centers](#) can not:

- Deliver Twins
- Deliver Breech Babies
- Administer epidurals
- Use medications to induce or speed up labor
- Use forceps or vacuum to assist with birth

A few hours after giving birth, families return back to their homes. Postpartum care is done at home at first and transitions to being back at the birth center.

Birth centers are always working to become in-network providers with different health insurance companies. All of them are covered by a number of companies as an in network provider for both professional and facility fees. Check with your health plan. If they are not in network, they may still be covered, as an out of network facility. They typically do cost less than hospital births, but are often more expensive than home births.



## Minneapolis: Minnesota Birth Center

2606 Chicago Ave S Minneapolis, MN 55404 (612) 545-5311

[Request a Tour](#)

<b>Parking</b>	Spaces behind house, Street parking
<b>Number/ Type of Rooms</b>	2 Birth Suites
<b>Type of Care Providers</b>	CNMs
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	24/7, but no IBCLCs on staff
<b>Visiting rules?</b>	Family Always Welcome
<b>Postpartum Visits:</b>	Home check up at 24 hours, Clinic check up at 1 and 6 weeks
<b>Other Information:</b>	Midwives have admitting privileges at Abbott Northwestern



# St. Louis Park: Morning Star Women's Health Center

6111 Excelsior Blvd. St. Louis Park, MN 55416

## Consultation Information

<b>Parking</b>	Free Lot
<b>Number/ Type of Rooms</b>	3 Birth Suites
<b>Type of Care Providers</b>	CPMs
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	24/7, but no IBCLCs on staff
<b>Visiting rules?</b>	Family Always Welcome
<b>Postpartum Visits:</b>	Home check up at 1 day, Clinic check up at day 3, 1 week, and 3 weeks
<b>Other Information:</b>	Home births offered as well



## St. Paul: Health Foundations

968 Grand Ave. St. Paul, MN 55105 651-895-2520

### Tour Information

<b>Parking</b>	Spaces behind house, Street parking
<b>Number/ Type of Rooms</b>	2 Birth Suites
<b>Type of Care Providers</b>	CPMs, CNM
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	IBCLCs on staff
<b>Visiting rules?</b>	Family Always Welcome
<b>Postpartum Visits:</b>	Home check up at 1 and 3 days, Clinic check up at 2 and 6 weeks
<b>Other Information:</b>	They offer home births as well



# River Valley Birth Center

526 W. Park Row, St Peter, MN 56082. [507-934-1565](tel:507-934-1565)

<b>Parking</b>	Driveway, Street
<b>Number/ Type of Rooms</b>	2 Birth Suites
<b>Type of Care Providers</b>	CPMs
<b>Showers in Rooms?</b>	Yes
<b>Tubs in Rooms?</b>	Yes
<b>Waterbirth offered?</b>	Yes
<b>Can moms walk the halls in labor?</b>	Yes
<b>Breastfeeding Support offered?</b>	24/7, but no IBCLCs on staff
<b>Visiting rules?</b>	Family Always Welcome
<b>Postpartum Visits:</b>	Home visit at 1 day, office visits at 1 week, 2 weeks, and 6 weeks
<b>Other Information:</b>	Families can choose to have a homebirth with the birth center midwives





## Additional Birth Center Resources:

- [The Commission for the Accreditation of Birth Centers](#)
- [The American Association of Birth Centers](#)
- [Minnesota Birth Center Statutes](#)



## Chapter 6:

### Home Birth

Another place you can have your baby is in your home, or if you don't have a home that works, the home of a friend or family member can be an option. Right now, midwives are the only providers attending home births in the area, including CPMs, CNMs, and traditional midwives. Home birth is specifically for low-risk women, and midwives keep a constant eye on mom's and babies' health to ensure that homebirth is safe for everyone. Families receive all of their prenatal care with the midwives they choose, either at a separate office or in their home. The midwives bring many supplies for mom and baby to the birth, and families are responsible for supplying any other needed things, as instructed by their midwife.

Families choose homebirth for many different reasons, some being continuity of care, being in the comfort of their own home for birth, surrounded only by people they choose, more autonomy in your decisions, less interventions, option of water birth, lower cost, previous experiences, and more. When you think you are in labor you call your midwife or midwife team, and you will both decide when you'd like her there. She will remain with you for all of labor, birth, and for some hours postpartum making sure everyone is healthy and settled. Your midwife or midwives will do a thorough newborn exam before they leave, and then will care for you and your baby through your postpartum time, usually with a number of meetings up to 6 weeks after the birth of your baby.

Homebirth can be just as safe as having a low risk birth in a hospital setting, with the appropriate care provider. Homebirth isn't the right choice for every family, but having every option available to you is incredibly helpful. Even if you're not sure you want a homebirth, you can always call or schedule a meeting with a midwife to talk more.



# Home Birth

<b>Where</b>	A house, apartment, duplex, condo, owned by you, a relative, or a friend
<b>Parking</b>	Make sure midwives, etc. will have a close place to park
<b>Rooms</b>	Easiest if you have a bed, bathroom, and access to a sink all on one floor. You don't need a huge space, but enough to walk around and have a bed and tub if desired
<b>Cesarean Rate</b>	Midwife dependent
<b>Transfer Rate</b>	Midwife dependent
<b>Showers/ Tubs</b>	You have access to your bathroom amenities
<b>Waterbirth Tubs</b>	All home birth midwives do water births. You rent a tub from a midwife or supply center, or if you have a large Jacuzzi tub you can use that
<b>Staff Ratio</b>	1-2 midwives, and 1-2 assistants per family during labor, birth, and visits postpartum
<b>Breastfeeding Support</b>	Midwives stay for a few hours after birth to help with initial breastfeeding and are available during your postpartum period for support. However, it is very helpful to find a Lactation Consultant or Counselor for more in depth advice and help.
<b>Visiting Rules</b>	Limit visitors and hours so you have time to recover
<b>In case of complications</b>	You will make plans ahead of time in case of non-emergency and emergency hospital transfers



## Resources to find Home Birth Midwives:

- [Minnesota Families For Midwifery](#)
- [Mothers Naturally](#)
- [Minnesota Council of Certified Professional Midwives](#)



## Chapter 7:

### Lamaze, Choices, and Next Steps

At BabyLove, all of our classes are based on the Lamaze fundamentals of pregnancy and birth. The [Lamaze Fundamentals of Pregnancy](#) are:

- Pregnancy is a normal, natural life event.
- Women's bodies are perfectly designed to nourish and nurture their babies through pregnancy.
- The months of pregnancy are necessary for babies to develop and grow, for women's bodies to prepare for birth and for women to become mothers.
- Pregnancy provides an opportunity for mothers and fathers to begin forming lifelong bonds with their babies.
- A good support system, a healthy lifestyle and the ability to cope with the stresses of life promote a healthy pregnancy, a healthy birth and a healthy baby.
- The health-care system and care provider can increase or decrease a woman's confidence in the normality of pregnancy and in her ability to have a healthy baby.
- Lamaze education empowers women to gain confidence in their bodies, trust their inner wisdom and to make informed decisions about pregnancy, birth, breastfeeding and parenting

[The Lamaze Fundamentals of Birth](#) are:

- Birth is normal, natural and healthy.
- The experience of birth profoundly affects women and their families.
- Women's inner wisdom guides them through birth.
- Women's confidence and ability to give birth is either enhanced or diminished by the care provider and place of birth.
- Women have the right to give birth free from routine medical interventions.



- Birth can safely take place in homes, birth centers and hospitals.
- Childbirth education empowers women to make informed choices in health care, to assume responsibility for their health and to trust their inner wisdom.

We hope that this guide encourages you to seek the options for your pregnancy and birth that best fits your needs. No matter what you choose, please know that complete, evidence-based childbirth education taught in smaller classes will help increase your understanding of the birth process, give you the information and skills you need to make decisions throughout the course of your pregnancy and birth, and help you build a support network that's so crucial for the transition into parenthood. We hope that you will turn to BabyLove for all of your education needs, no matter where you are giving birth.



