

A close-up, soft-focus photograph of a pregnant woman. She is wearing a light pink, long-sleeved robe with lace detailing on the cuffs. Her hands are holding a small, light-colored card or envelope. The background is blurred, suggesting an indoor setting with natural light.

A Baby Is Truly **Life's Greatest Gift**



Lakes Regional
Healthcare

An Avera Partner

Everything You Need

To welcome your baby at Lakes Regional Healthcare!



Offered Before Delivery:

Childbirth and breastfeeding education classes offered throughout the year.

Every Room Includes:

- Free Wi-Fi: Stay in touch with family or watch Netflix while you wait.
- Supportive rockers and tubs whirlpool/showers, so it's easy to change positions and stay comfortable throughout your stay.
- Complimentary massages and aromatherapy to ease stress and sore muscles.
- Pull out-bed available for fathers, who are included throughout the entire stay.



Physicians and Nurses Make Sure New Parents Understand:

- Physical and emotional changes after delivery
- Personal care
- Postpartum warning signs
- Pain management
- Baby care and behavior
- Safe sleeping
- Breastfeeding

During Delivery:

- IV medications and epidurals are available to help make delivery as comfortable as possible.
- Natural pain management options are also available to help meet every mother's needs and preferences.
- A nurse stays with you the whole time to follow your progress and assist the physician.
- State of the art fetal monitoring: Cordless monitoring allows for the mother's movement throughout the unit while monitoring the baby's heart rate.
- Special care nursery for newborn needing additional medical attention.
- Newborn hearing screening performed after the baby is born.





After Delivery, New Parents Can Look Forward to:

- Meeting with lactation consultants to help with breastfeeding.
- Complimentary candlelight dinner for new parents.
- Complimentary gift bag, tailored to care for Mom and Baby.
- Baby photo will be displayed in the Birth Center and on our Facebook page!
- Hand-knitted hat from Lakes Regional Healthcare Volunteers

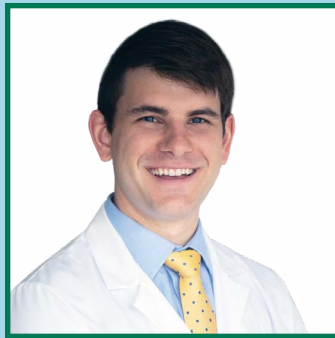
Labor, delivery, and postpartum care provided usually means that parents and their baby can remain in the same room during their entire stay!

Physicians That Deliver

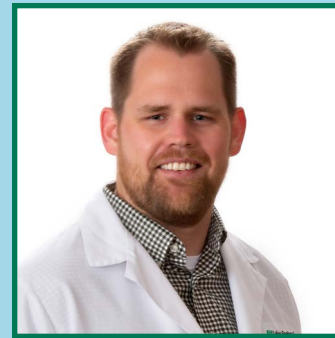
These Lakes Regional Family Medicine physicians are accepting new patients and would be honored to deliver your baby in our Birth Center!



Zachary Borus, MD, MPH



Craig Cunningham, MD



Averill Fuhs, DO



Mara Groom, DO



Michael Kalkhoff, MD



Andrew Meuting, DO



Whitney Nelson, DO



Steven Vander Leest, DO

Appointments can be made by calling 712-336-3750.

A new baby is truly life's greatest gift

You will cherish the anticipation that builds over nine months, the excitement of meeting your little one for the first time, and the joy you experience as the bond between you and your baby grows.

We at Lakes Regional Healthcare are honored to be a part of your greatest gift and do our best to make these experiences extra special. As one of our expectant moms, you enjoy comprehensive, personalized care from physicians that are as excited about your new addition as you.

Once it's time for the baby to arrive, you can experience the entire labor, delivery, and recovery process in comfortably luxurious, medically advanced suites. These suites offer special amenities, such as whirlpool tubs, private family spaces, and natural healing elements. We also provide patients with new technologies to quickly and safely manage emergency situations and provide enhanced newborn security—offering the best in comfort and technology.

Altogether, it's no wonder why Lakes Regional Healthcare's Birth Center is the premier place to have a baby in northwest Iowa and southwest Minnesota.





Lakes Regional Healthcare
2301 Highway 71 South
Spirit Lake, IA 51360



712-336-1230



Lakeshealth.org



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