The Birth Center at North Valley Hospital...dedicated to giving you the birth experience of your dreams.

Nearly 500 babies are born at North Valley Hospital each year. Here are some of the comments our families have shared us with about their experience…

“Thank you to the amazing staff at the North Valley Hospital Birth Center. The certified nurse midwives, doctors and staff amazed me with their superb medical training and compassion. I’ve never seen such care, and I can only say that I feel honored to have witnessed the support these women gave my wife. We are still talking about it.”

“North Valley Hospital has such a peaceful atmosphere; nurses were amazing and extremely helpful.”

At North Valley Hospital, we are honored and privileged to share your birth experience.

We view you as a partner in health care, and we dedicate ourselves to caring for you and your family in a way that is respectful, flexible and supportive of your needs in a safe and caring environment.

NORTH VALLEY HOSPITAL

1600 Hospital Way, Whitefish, MT 59937
406-863-3535 • www.nvhosp.org
Our Facility
Soft lighting, soothing colors, and quiet atmosphere provide the feeling of comfort and a “home-like” environment. Birth rooms include a jetted tub. A portable fetal monitoring system enables you to walk freely or enjoy the tub without bed confinement while in labor, which can help labor progress and enhance comfort. Large post-partum rooms are designed to enhance the family experience featuring a queen-size adjustable bed and a daybed for an overnight guest.

Our Nursing Staff
Our genuinely caring, attentive and experienced obstetric nurses provide 1-on-1 comfort and support during labor and hands-on bedside care during your stay. After the birth, they will assist you with breast feeding and infant care. Your wishes regarding procedures for your baby will be respected, and unless your baby requires special care, your baby may stay with you.

Pain Management
Your choices range from supported, unmedicated birth to acupuncture and epidural anesthesia. Nurses provide labor support with comfort measures, breathing techniques, massage and position suggestions. Anesthesiologists are available 24-hours a day for administering epidurals and intrathecal injections (walking epidural). Intravenous narcotics, such as Fentanyl, are also available.

Cesarean Sections
Although many cesarean sections are not planned, and our cesarean section rate is well below the national average, it is comforting to know that Board-Certified OB/GYN physicians and anesthesiologists are readily available at North Valley Hospital if an emergency arises. Our surgical suite is just steps away from the Birth Center should a cesarean section become necessary for your or your baby’s health.

If it’s medically safe, the procedure is performed with epidural or spinal anesthesia so that you are awake when your baby arrives. Your partner may be at your side during the surgery if you wish. As soon as you are stable in the recovery room, your baby will be brought to you so you can become acquainted and begin nursing if you desire.

Water Birth
Many women find that the heated AquaDoula® birth tub reduces pain during labor and birth. The large tub and natural buoyancy of water may enable you to relax and find a more comfortable position. Scientific studies, along with our experience at the Birth Center, conclude that water births are safe for mothers and their babies. Many women who experience a water birth say they wouldn’t do it any other way.

Breast Feeding Support
Lactation Consultants, along with a staff of nurses dedicated to supporting breast feeding mothers, have achieved a success rate of 98% at North Valley Hospital. We have 24-hour, hands-on bedside assistance during your hospital stay to help you succeed with breast-feeding. We also offer a 2-3 day postpartum follow-up visit and a weekly mother-baby support group. Appointments for lactation consultants are available any time postpartum.

Orientation Tours and Childbirth Education Classes
We’d love to show you our facility and host a monthly tour where you can visit the Birth Center and ask questions about our services. We also offer classes in childbirth, water births, sibling preparation and infant massage. For more information or to register for these free programs, call 406-863-3535 or visit our website at www.nvhosp.org.

Photos by Lot22 Photography and Vicky Kasala