



My Baby: Personalized Pregnancy App

With Dignity Health's My Baby app, you have access to a number of tools to help you along your pregnancy journey, including:

- Following your pregnancy milestones
- Looking up symptoms and issues
- Tracking your weight and baby kicks
- Watching weekly educational videos
- Receiving daily highlights throughout your pregnancy
- Sharing instructive emails built for partners only

My Baby is available for download in the Apple App Store and Google Play. Learn more at **DignityHealth.org/MyBabySacramento**.

Schedule a Free Tour

Come see for yourself why Mercy Hospital of Folsom is the right choice for your birth day. Schedule a "Stork Tour" at **DignityHealth.org/ExpectingTheBestClasses** or by calling 916.453.4518.

Attend our Pregnancy and Parenting Classes

Dignity Health offers a variety of classes to help you prepare for delivery and caring for your new baby. To find a class, or to register, visit **DignityHealth.org/ExpectingTheBestClasses** or call 916.453.4518.

Mercy Hospital of Folsom

Family Birth Center



Dignity Health®
Mercy Hospital of Folsom



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Great Beginnings Start at Mercy Hospital of Folsom

From the moment you pull up in our “Mother in Labor” parking area, it’s all about you. You’ll experience labor and delivery in the same spacious private birthing suite without intrusion. Each private contemporary birthing suite and postpartum room is thoughtfully provided with an abundance of special features including:

- New labor tubs
- Healing touch massage treatments
- Rejuvenating spa products
- Comfortable overnight sleepers for mom’s support person
- Aromatherapy
- Professional newborn photography services available
- WiFi access
- Flat-screen TV with a variety of entertainment options
- Gourmet coffee, light meals and snacks in our Family Pantry
- Mother-in-labor parking

Begin your journey in a place that anticipates and attends to your needs: **Mercy Hospital of Folsom Family Birth Center.**



A Compassionate Team of Experts

At Mercy Hospital of Folsom, you and your baby will be taken care of by a team of skilled physicians, supported by experienced maternity nurses and staff, who are dedicated to your emotional and physical well-being during and after your delivery. We are committed to working with you to discuss your birthing plan and pain management options to make your experience as natural, safe and joyful as possible.

Promoting Breastfeeding Success

Dignity Health believes in the long-term benefits of breastfeeding. To help ensure success, new mothers are invited to make an appointment at our outpatient lactation clinic to receive individualized education and guidance. Our certified lactation consultants spend time with moms and babies teaching proper techniques, answering moms’ questions and offering personalized support.

Baby-Friendly

Mercy Hospital of Folsom is one of the few hospitals in the U.S. to be recognized as Baby Friendly, a designation for birthing centers with the highest level of care and breastfeeding services.

Doula Services

We even offer doulas—trained professionals who provide physical and emotional support throughout labor and birth. Our doulas are available to anyone who delivers at Mercy Hospital of Folsom free of charge.

