



Joseph J. Scibetta, M.D.
David L. Gandell, M.D.
Stephan R. Sanko, M.D.

Diane M. Cunningham, M.D.
Deborah M. Rib, M.D.
Georgette J. Pulli, M.D.
Mary E. Ciranni-Callon, D.O.

Julie C. Sandruck, M.D.
Nancy E. McKnight, M.D.
Mitchell A. Linder, M.D.

Tips For Your Birth Experience at Strong Memorial Hospital's Birth Center

Prenatal Education Classes:

For most pregnant women, even if you already have a child, the labor and birth process can be both overwhelming and joyful. Many women and their partners choose to attend childbirth classes to gather information and lessen their anxiety.

Prepared childbirth education classes will be available starting in the seventh month of pregnancy. Strong Memorial offers prenatal classes taught by labor and delivery nurses. It is recommended to register by 20 weeks of pregnancy. There is also a free orientation and walking tour given weekly to allow you to familiarize yourself with the Birth Center and the Obstetric service.

For more information on classes please call (585) 275-4058 or visit the [Prenatal Education Class Website](#).

Dedicated Lactation (breastfeeding) Support:

Choosing whether to breastfeed or formula feed your baby is one of the first decisions expectant parents will make. The American Academy of Pediatrics as well as the American Medical Association, the American College of OB/GYN, and the World Health Organization all identify breastfeeding as the best choice for babies. Breastfeeding helps defend against infections, prevent allergies, and protect against a number of chronic conditions. The Obstetrics Department is proud to have dedicated lactation support available to you. Lactation support for mothers and their babies in the Strong Beginnings Birthing Center is provided by six board certified lactation consultants (IBCLC) through the Department of Obstetrics with consultation from the Lactation Study Center.

Anesthesia While in Labor:

The Division of Obstetric Anesthesiology is dedicated to excellence in patient care, education and research for pregnant women and their babies. Over 3,000 babies are born at Strong Memorial Hospital each year and a large percentage of patient's choose neuraxial analgesia (epidurals) during labor. Obstetric anesthesia services at Strong Memorial are available on the labor and delivery floor 24 hours per day. Multiple anesthesia medical doctors are immediately and exclusively available on the labor floor at all times. Our goal is to work with our team of highly skilled obstetricians, nurses and anesthesiologists to make the birth experience as safe and comfortable as possible for you and your baby.