Giving birth can be a profound and empowering experience for women and their families, and we are here to support you on your journey to becoming parents.

To schedule a tour of the Vidone Birth Center, please call us at 203-688-2000 or 888-700-6543.

Yale-New Haven Hospital
Saint Raphael Campus
1450 Chapel Street
New Haven, CT 06511

Vidone Birth Center
Yale-New Haven Hospital Vidone Birth Center at the Saint Raphael campus offers a compassionate, family-centered model of maternity care to pregnant women and their families. Our certified-nurse midwives and board-certified obstetricians are here to support you throughout every step of your pregnancy. You can feel reassured that you will have 24-hour access to our leading neonatal providers and the highest level neonatal intensive care unit should the need arise.

**What to expect**

Our goal is to provide a healthy and safe birth for you and your baby, while respecting your body and that of your baby’s. We value your individual birthing wishes and will work with you during labor to achieve an optimal birthing experience. You are encouraged to invite the support people you desire and you are allowed to have children present during childbirth.

During labor, intermittent or continuous monitoring of your baby will be performed as appropriate. We encourage the use of music, aromatherapy and nourishment during the early stages of labor.

During birth, you may push and birth in a variety of positions. You or your partner may even help deliver the baby. Following the birth of your baby, your midwife and nurse will support and guide you with skin-to-skin contact, breastfeeding and bonding with your baby, even if you had a cesarean delivery. Once you leave the hospital, we will continue to support you through the postpartum period and help you adjust to your new parenting role.

The Vidone Birth Center cesarean section rate is well below the national average and we offer options for mothers wanting a vaginal birth after a cesarean delivery. In the event a cesarean is necessary, we encourage a gentle approach with music of your choice and provide the option to watch the birth of your child.

**Pain Management**

Our calm and soothing environment helps to minimize stress and we offer multiple options for pain relief. While in labor, you will be encouraged to change positions and be out of bed. You will also have the luxury of using our beautiful spa tub room or showers for hydrotherapy. Nitrous oxide, more commonly known as laughing gas, may also be used if desired. This gas is inhaled and passes quickly into the body within 30-60 seconds and decreases the perception of pain. It leaves the body just as quickly so you can stop using it when it is not needed between contractions.

Other options for pain relief include sterile water injections, narcotics, pudendal nerve blocks and epidurals.