

Maternity Guide



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Maternal
Child Health



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A Place for Moms and Babies

As you welcome a new addition to your family, the staff at Torrance Memorial Medical Center welcomes you to ours.

Torrance Memorial was built on the foundation of family and designed to serve our growing community. Today, we continue that tradition – and our commitment to the care of families such as yours – by providing support and services for you and your baby from childbirth through adolescence and beyond.

Our Maternal Child Health teams are made up of highly trained and specialized registered nurses who understand that having a baby is a truly extraordinary experience. Not only do we strive to give you the knowledge and support you need to have a healthy pregnancy and birth, but we believe that our support should continue even after you return home. That's why we offer a full spectrum of parenting classes and lactation assistance after birth, along with a full scope of in-house clinical services.

At Torrance Memorial, we're dedicated to your optimal health – just like family.

Preparing for Your Baby

Before conception

- Start taking a prenatal supplement with 400 mcg of folic acid.
- If approved by your doctor, continue taking the supplement throughout your pregnancy.

First trimester

- Choose a healthcare provider. When selecting your OB/GYN, consider factors like proximity to your home, insurance coverage, hospital affiliation and compatibility.
- Schedule and attend your first appointment.
- Week 10: Physical and ultrasound appointment. During this appointment, you'll hear your baby's heartbeat and verify your due date.
- Weeks 11-14: Have your first-trimester screenings.
 - Pregnancy-associated plasma protein-A (PAPP-A)
 - Human chorionic gonadotropin (hCG) (blood tests that determine the risk of genetic conditions such as Down syndrome and trisomy 18)
 - If you are over 35, talk to your doctor about having a chorionic villus sampling (CVS) or amniocentesis

Second trimester

- Weeks 15-20: Have your second-trimester screening, also known as a multiple marker screening.
- Enroll in a childbirth education class at Torrance Memorial Memorial, visit [TorranceMemorial.org/maternityclasses](https://www.torrancememorial.org/maternityclasses).
- Meet with your supervisor at work to discuss your maternity leave.
- Week 20: Have an ultrasound checkup to assess organ development. You may find out the sex of the baby at this appointment.
- Week 26: Have a glucose challenge screening. If your test is positive, you'll have an additional screening called a glucose tolerance test, which will determine if you have gestational diabetes.
- Taking a virtual tour of the maternity ward can help ease any anxieties about your delivery.
- Determine if you'd like someone in addition to your partner (such as a relative, friend or postpartum doula) to help bathe the baby, do the laundry, run errands or fend off visitors so you can rest.



Third trimester

- Choose your baby's healthcare provider. When selecting your pediatrician, consider factors like proximity to your home, insurance coverage and compatibility.
- Attend infant care classes. For a list of recommended classes and classes offered at Torrance Memorial, visit [TorranceMemorial.org/maternityclasses](https://www.torrancememorial.org/maternityclasses) for more information.
- Set up your nursery and stock up on new baby essentials.
 - Bassinet
 - Changing table/dresser
 - Two sets of bed linens
 - Baby bathtub
 - Infant clothing
 - Bibs
 - Receiving blankets
 - Wipes
 - 50+ newborn diapers
 - 50+ size 1 diapers
- Work with your partner and OB/GYN to lay out your birth plan. Consider who you want in the room as you deliver, what position you'd like to push in and your preference on pain medication.
- Week 35: Get screened for Group B Strep (GBS).
- Pack your hospital bag. For a hospital bag checklist, see page 4.
- Find time to relax and enjoy the moment!

Getting Ready for Your Hospital Stay

Because you could go into labor at any time in the weeks before your due date, it is a good idea to have everything ready to go when you reach the eight-month mark. You may want to pack two small bags for the hospital: one for the items you'll need during labor and another for items that you won't need until after you give birth.

What to bring for you

- Insurance info, hospital pre-registration forms and photo ID
- Two or three pairs of warm, nonskid socks (for walking the halls before and after labor)
- A warm robe or sweater
- Two maternity bras – no underwire – and nursing pads (whether or not you plan to nurse, you'll appreciate the support and leak protection)
- Toiletries and personal items, such as a hairbrush, toothbrush, toothpaste, deodorant, face wash, makeup, lip balm, shampoo, conditioner, lotion, eyeglasses or contact lens case and solution
- Headband or rubber band for your hair
- Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Extra pillow (with a case that can get ruined, in a pattern distinguishable from hospital white)

- Comfortable going-home clothes in six-month maternity size and flat shoes
- Hairdryer
- Heavy flow sanitary pads
- A nightgown that can be ruined (the hospital provides gowns, but your own might help you feel more comfortable)
- Slippers that can get dirty
- Massage oil and comfort tools such as rolling pins or tennis balls
- A personalized playlist to help you relax (the hospital can provide portable speakers)

What to bring for your partner

- Change of clothes and comfortable shoes
- Basic hygiene products
- A portable speaker
- Pen and paper
- Camera and extra battery or charger
- Change or credit card for vending machines and non-perishable snacks (you'll probably be hungry after labor, and the hospital cafeteria could be closed)

What to bring for your baby

- Approved baby car seat (correctly installed)
- A coming-home outfit
- Warm blankets (for the ride home)
- Hat and booties





You Labor, We Deliver

With nurses who are specially trained to assist you with the highest quality care for you and your baby, Torrance Memorial offers the perfect environment for your birthing experience. Our private Labor and Delivery Suites are designed with family in mind, with chairs that fold out into beds, and personalized treatment options that encourage comfort and relaxation, including peanut balls and essential oils.

Torrance Memorial has 14 private labor rooms, four antepartum rooms, two-bed triage rooms, three operating rooms, and a five-bed Post-Anesthesia Care Unit, as well as dedicated anesthesiologists available around the clock who are specially trained in labor and delivery practices. The hospital has an in-house laborist group that provides 24/7 coverage with access to obstetric and gynecological intensivists, nurses and neonatologists. Patients also have the option of bringing in a labor doula for support, and many of our nurses are doula-trained.

Dedicated to excellence in medical care

For over a decade, Torrance Memorial has been recognized by *U.S. News & World Report* as a Best Hospital. Thanks to its continued dedication to high-quality nursing practice, Torrance Memorial also attained Magnet® Recognition for a third time in 2020, signifying that our nurses are among the region's best and most highly trained. Maternal-child nurses at Torrance Memorial are certified in neonatal resuscitation, advanced cardiopulmonary life support with a specialty in obstetrics, advanced fetal monitoring and pediatric advanced life support.

Torrance Memorial is also recognized for its maternal-child care. The hospital was the first in Los Angeles County to be recognized by the National Safe Sleep Hospital Certification Program as a Los Angeles County National Gold Certified Safe Sleep Center for their commitment to best practices and education on infant safe sleep. Torrance Memorial was also designated a Baby-Friendly Hospital by the World Health Organization/UNICEF and Baby-Friendly USA.

Torrance Memorial is the first hospital in California to receive Level III Maternal Care Verified Facility from The Joint Commission. This recognition demonstrates our Maternal Child Health team's ability to care for more complex maternal medical conditions, obstetric complications and fetal conditions.





The “Golden Hour”

At Torrance Memorial, we refer to the first hour of a newborn’s life as the “Golden Hour.” We support this special time by asking all visitors to step out of the room, allowing you, your partner and your newborn to be together. During the “Golden Hour,” our nurses encourage “skin-to-skin” contact to allow your newborn to maintain optimal body temperature and enhance the bonding that occurs during the first hour of life. If you have decided to breastfeed your newborn, this is the perfect time to start.

Cesarean sections (C-sections)

Should your baby need to be delivered via C-section, our staff is fully equipped to perform surgery around the clock in one of our three designated, state-of-the-art surgical suites within Labor and Delivery. Our focus is on the complete birthing experience and the health and safety of you and your baby. Our goal is to keep the birthing process as normal as possible, even if surgery is required. Your birthing partner can be present during the surgery, and you will receive the same opportunity to have the “skin-to-skin” experience with your newborn while spending the “Golden Hour” in the recovery area.

Labor and Delivery Suites

Each of our 14 beautiful and private Labor and Delivery Suites contains all the equipment that you or your baby might need during delivery. The equipment is readily accessible in the suite, which prevents our staff from having to go in and out of the room and keeps the focus where it should be – on the birth experience itself. After your baby is delivered, the equipment is immediately put away so your family can bond in a warm, peaceful environment.

Birth navigators

The on-staff birth navigators are experienced registered nurses with a background in labor, delivery and mother and baby care with expertise in pregnancy, childbirth education, labor, delivery, postpartum and lactation. A birth navigator is available to meet with you one-on-one or by phone. Contact the on-staff birth navigators by calling **310-517-1040** or emailing birthnavigator@tmmc.com.

Our birth navigators can:

- Provide you with information, support and resources throughout your pregnancy, childbirth, post-delivery and lactation
- Help you develop a personal plan for your labor and delivery at the hospital
- Answer questions you may have about:
 - Your pregnancy, labor and delivery
 - Caring for yourself and your baby post-delivery
 - Breastfeeding your baby
- Address your special needs or unique circumstances

In-person and virtual maternity tours

To learn more about Maternal Child Health services and get acquainted with our medical staff, scan the QR code to view a virtual tour of the maternity ward.

To schedule an in-person tour, please call **310-517-4711** or visit TorranceMemorial.org/maternitytours.



Mother Baby Postpartum Unit

Our Mother Baby Postpartum Unit offers 28 private rooms featuring lactation support and nursing couplet care to limit interruptions and exposure. Here, you and your family will get an opportunity to recover from your birthing experience, while maintaining consistent practices from labor and delivery, including “skin-to-skin.”

Our highly trained and experienced nursing staff, many of whom are certified in maternal newborn nursing and low-risk newborn nursing, is at your side to offer education, support and guidance through this special time.

We offer:

- 24/7 rooming-in for mother and baby
- Newly remodeled private rooms
- Daily fresh-baked cookies
- In-room dining service
- Lactation consultation as needed
- In-room professional baby photography
- Special gift upon discharge

Infant security

The safety of your baby is very important to us. The best line of defense in infant security is educated and watchful parents who can help share the responsibility of keeping your new baby safe. Become familiar with your nurse and other hospital staff, and be sure that you do not give your baby to anyone without an official Torrance Memorial distinctive YELLOW picture identification badge.

CertaScan®

Torrance Memorial is the first hospital in Los Angeles County to offer digital capture and storage of newborn footprints, security photos and mom’s index fingerprints through a new technology, CertaScan. With guidance from the National Center for Missing & Exploited Children, CertaScan has created the new “Gold Standard” for identifying infants in case of an emergency such as a natural disaster or child abduction.

Footprints are unique to each newborn and provide a faster and more detailed means of identifying infants, should the need arise. Capturing your baby’s footprints with this level of precision helps the hospital, law enforcement agencies and you to identify your baby. This information can only be accessed in emergencies by authorized parties for your baby’s safety and security.

You will be able to take home a co-branded keepsake and an electronic file of your baby’s footprint.





Web Nursery

Through Torrance Memorial's Web Nursery, you have the option of having a digital photo taken of your baby for viewing online. Your family and friends will be able to see your new bundle of joy within 72 hours of discharge.

You will be given a customer identification number and password and will need to share both with anyone who wants to view the photos of your baby. For your family's security, last names are never used. Your baby will be identified by their first name and last initial, and mom and dad are identified by their first names only.

If you have any questions about our Web Nursery, please call **866-284-0620** or visit **Mom365.com**.

Quiet time

In an effort to make our patients' stay at Torrance Memorial more rewarding and improve the patient experience, we are providing parents with quiet time every afternoon from 2 – 4 pm. Quiet time is a two-hour period offered every afternoon to give parents and their newborn babies uninterrupted time to bond, practice breastfeeding and rest.





Torrance Memorial NICU

High-level care for our littlest patients

Our Level IIIB Neonatal Intensive Care Unit (NICU) is a 25-bed unit that provides 24-hour, in-hospital neonatology care for premature or special-needs newborns. Personal, private tours of the NICU are available for parents with higher-risk pregnancies.

Specialized support includes:

- Immediate and long-term supportive care of premature infants
- Oxygen therapy with various modalities for respiratory/ventilator support
- Preoperative and postoperative care for infants who require surgeries of varied diagnoses
- Board-certified neonatologists
- Availability of pediatric sub-specialists working with the neonatal team
- Attendance by a neonatologist at all high-risk deliveries and C-sections
- Highly skilled and specialized nurses with certification and expertise in caring for neonates
- A multidisciplinary team approach to the care of premature infants, including respiratory therapy, occupational and physical therapy, nutrition and social services
- Promotion of family-centered care, including private, single-family rooms
- Lactation specialists to assist with NICU breastfeeding and other feeding needs for premature babies

State-of-the-art equipment

Using the latest technology, our NICU monitors and provides comprehensive care for mild to critically ill babies with a range of diagnoses.

- **Peripheral intravenous (PIV) line:** gives the baby medications and fluids
- **Cardiorespiratory sensors:** monitors vital signs, such as heartbeat, breathing rate, oxygen level and blood pressure
- **Nasal cannula:** provides oxygen to the baby through small plastic prongs in the nose
- **Nasogastric/orogastric (NG/OG) tube:** a thin, soft tube that leads to the baby's stomach through the mouth or nose and is used to decompress the stomach or feed the baby via a feeding pump
- **Temperature probe:** measures the baby's temperature in the isolette/crib
- **Pulse oximeter:** monitors the baby's blood oxygen level



- **Ventilator/respirator:** connects to the baby and assists with breathing
- **Cardiorespiratory monitor:** displays the baby's vital signs captured through the cardiorespiratory sensors taped to the skin
- **Bili lights (phototherapy):** blue fluorescent lights placed over the isolette or inside the crib to treat jaundice
- **Transcutaneous oxygen/carbon dioxide monitor:** measures the baby's oxygen and carbon dioxide levels
- **Infusion pump:** attaches to the PIV line and regulates fluids, medications and nutrients
- **Gavage feeding pump:** a machine used to push breast milk or formula into the baby's stomach

Bonding Through Breastfeeding

Breastfeeding can be a rewarding experience and studies show that breastfeeding has significant nurturing and nutritional benefits for your baby.

However, nursing your baby is a learned skill for both mother and infant that requires time and patience. Although many women can successfully breastfeed soon after delivery, some women may need assistance. Whether you have a question about breastfeeding or need personalized help with breastfeeding difficulties, our lactation educators and consultants are here to help.

Torrance Memorial's Health Resource Center, HealthLinks, is your one-stop place for breastfeeding resources and a comfortable place to weigh your baby before and after breastfeeding. HealthLinks is open Monday through Friday from 8:30 am – 5 pm. and is located in the first floor of the West Tower. For more information, call **310-325-9110 ext. 4225**.

Breastfeeding clinic

Torrance Memorial offers specific, hands-on breastfeeding assistance for new moms and babies to address breastfeeding difficulties. Our International Board Certified Lactation Consultant® (IBCLC®) will weigh your baby and answer any questions you may have regarding breastfeeding.

New moms and babies will receive hands-on assistance with latching, positioning and other breastfeeding concerns. A personal and specific plan will be created to help you and your baby successfully breastfeed. Our breastfeeding clinic is held on Mondays and Saturdays at 9:30 am.

The cost of the breastfeeding clinic is \$30 and pre-registration is necessary. Please call **310-517-4743** to make your reservation.

Breastfeeding support and accessories

Breast pumps and other breastfeeding accessories can help moms ease the discomfort or complications that result from inadequate milk supply, engorged or infected breasts, flat or sore nipples or other special circumstances. HealthLinks stocks a large supply of breast pumps, replacement parts, adapter kits, nursing bras and pads, nursing pillows and other accessories that can help improve the breastfeeding experience for mother and baby.

HealthLinks also rents Ameda Platinum® hospital-grade breast pumps on a monthly basis (30 days). To rent a breast pump, visit the HealthLinks store Monday through Friday from 8:30 am – 5 pm.



Suggested items for successful breastfeeding:

- Nursing bra
- Nipple cream or lotion
- Meditation music
- Nursing pillow
- Nursing cover scarf
- Breast milk storage bags
- Disposable nursing pads
- Nursing stool
- Breast pump, if needed (remember, your baby is the best breast pump)
- Nursing bras (hands-free nursing bras are great, too)

All items are available at HealthLinks.

Resources for New Moms

New mom checklist

The first weeks after childbirth are a whirlwind of excitement and joy. However, it also is normal to feel tired, overwhelmed and anxious as your body recovers and you adjust to the needs of your newborn. Taking care of your mental, emotional and physical health can play a huge role in helping you recover from childbirth, beat fatigue and take the best care of your new baby. Use the checklist below as a guide to help make sure you are taking care of your personal needs.

□ Practice proper nutrition:

- Eat a balanced diet that includes protein, carbohydrates and fats and is rich in fresh fruits, vegetables, lean proteins, fiber and whole grains
- Drink plenty of fluids, especially water
- Limit added sugars and saturated fats that are found in sweets, sodas, juices and fried foods

□ Exercise for energy:

- Start slowly, rest when you are tired and gradually increase the duration and intensity of your exercise sessions over time.
- Try starting with three, 10-minute exercise intervals while your baby naps, using postpartum exercise videos, walking or lifting light weights
- Avoid doing too much too quickly to reduce the risk of exhaustion, injury and other complications

□ Take care of your body while breastfeeding:

- Avoid caffeine and alcohol
- Drink a glass of water and have a small, nutritious snack each time your baby nurses
- Eat regularly and avoid skipping meals
- Ask your doctor if you should take a vitamin or any mineral supplements
- Talk to your doctor before starting an exercise regimen or diet

□ Meditate to reduce anxiety and boost your mood:

- Take one to five minutes daily to find a quiet, comfortable place to meditate
- Relax your shoulders, arms and legs and focus on your breathing
- If thoughts arise, allow them to pass and return your focus to your breathing pattern

□ Be aware of urgent health problems after birth

- Call 911 if you experience:
 - Pain in your chest
 - Shortness of breath
 - Seizures
 - Thoughts of harming yourself or someone else
- Contact your healthcare provider if you experience:
 - Heavy bleeding, such as soaking through more than one pad in an hour or passing blood clots that are the size of an egg or larger
 - Discharge, pain or redness that does not improve around a C-section incision, episiotomy or perineal tear
 - A fever of 100.4 degrees Fahrenheit or higher
 - A headache that does not improve with medicine or affects your vision
 - Pain, redness, swelling or warmth in your leg

□ Recognize the signs of postpartum depression (PPD) and get help, if needed. Signs of PPD may include:

- Feelings of uncontrollable sadness and emptiness
- Crying more often than usual, over an extended period of time
- Continuous feelings of anger, irritability or resentment toward your baby or others around you
- Inability to sleep or concentrate
- Worrying or feeling overly anxious
- Feeling distant or having no connection to your baby
- Having thoughts of harming yourself or your baby
- If you are experiencing any of these symptoms, contact your healthcare provider or one of the resources provided in the emotional and mental health resource list



Emotional and Mental Health Resource List

Resource	Contact	Description
Coastal Asian Pacific Islander Family Mental Health Clinic	310-217-7312	Services for adults and children (6+) in English, Spanish, Cantonese, Cambodian and more Medi-Cal or cash only 14112 S. Kingsley Drive Gardena, CA 90249
University of Southern California Telehealth Online Clinic	866-740-6502 usc.telehealth@usc.edu	Free, eight to 12 virtual individual counseling sessions, case management, resources, and other supportive services available for adults and children (ages 12+)
CalHOPE at University of Southern California	866-740-6502	Free counseling and support services for all Californians who need support related to COVID-19, via phone or virtual (ages 12+)
MotherToBaby	Nationwide: 866-626-6847	Free, up-to-date consultation and assistance with questions regarding the effects of medication on pregnancy and/or breastfeeding
National Parent Helpline	855-427-2736	Monday – Friday, 10 am – 7 pm Receive emotional support from a trained advocate and become empowered and a stronger parent. Asking for help is a sign of strength.
Project Cuddle Crisis Hotline	English: 888-628-3353 Español: 888-483-2323	A helpline for mothers struggling with pregnancy. Do you feel “detached” from your baby? Do you need shelter? Are you afraid of losing your child to “the system”? Call the 24-hour hotline for support.
Suicide Prevention Hotlines	988 (call or text); 800-784-2433; 877-727-4747; 800-273-8255; Español: 888-628-9454	Available 24/7

Resource	Contact	Description
Los Angeles County Department of Mental Health	800-854-7771 Press 1 for crisis help Press 2 for support	Available 24/7
The Guidance Center San Pedro Clinic	Main line: 310-833-3135 Appointment line: 888-526-2211	Offers case management, crisis intervention, parenting education, and individual, group and family therapy. 222 W. Sixth Street, Suite 230 San Pedro, CA 90731
South Bay Mental Health Center	323-241-6730	English/Spanish services for adults Medi-Cal or cash only 2311 W. El Segundo Boulevard Hawthorne, CA 90250
Los Angeles County iPrevail program	LACounty.iPrevail.com	24/7 mental health support with live chat sessions, peer coaches and other community support groups
Recovery NOW Postpartum Support Group	310-957-2099 RecoveryNOWLA.com	Also provides individual, couple and family psychotherapy
Perinatal support group for moms, pregnancy and postpartum	Register by emailing Stephanie at stalvarez@dmh.lacounty.gov	Wednesdays at 9:30 am

If you need help right away or think you might hurt yourself, your baby or someone else, CALL 911.

New Baby Checklist

Life with your new baby comes with the need to learn many new skills, such as how to install a car seat or choose the best place for sleep. Use the checklist below as a guide to ensure you are taking steps that will help keep your baby happy, healthy and safe.

□ Create a safe space for your baby to sleep to help reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths:

- Place your baby on their back when it's time to sleep.
- Use a flat, firm mattress covered by a fitted sheet.
- Do not use soft bedding such as bumper pads, blankets and pillows and keep toys out of your baby's sleep area.
- Do not cover your baby's head, and make sure they are not getting too hot by feeling their chest.
- Put your baby's crib or bassinet in the same room where you sleep, until your baby is at least six months old.

□ Become certified in infant CPR:

- Call HealthLinks at **310-517-4711** to inquire about infant CPR classes.
- Online and in-person classes are also available through the American Red Cross. Visit **RedCross.org** to register.
- Print a step-by-step guide to have CPR information handy, if ever needed. Visit **RedCross.org** to download the four-step guide.

□ Help keep your baby safe in their car seat:

- Properly position your rear-facing car seat in the back passenger seat of your car to reduce the risk of respiratory problems while providing protection from a crash or sudden stop.
- Follow the installation instructions that came with your car seat to ensure the proper angle of placement for your newborn.
- ONLY use the insert that came with the car seat you purchased to assist with positioning your baby. Do not place anything under your baby, over the straps or around their head.
- You may use a small rolled receiving blanket between the crotch strap and baby to prevent slouching, if recommended by the car seat manufacturer.
- Swaddle the baby OVER the straps to keep them warm if the weather is cold.
- Have an adult sit in the rear seat next to the baby in order to observe them closely.
- Turn your baby's head to the side, with their nostrils free and chin in a neutral position if their head slouches down.
- We recommend that the baby travel ONLY to pediatrician visits until your pediatrician states otherwise.
- Visit **SafeKids.org** for information about car seat installation and safety.
- Watch The Wellness Network's Newborn Channel in your room for instruction on car seat safety topics. See times in the Channel Guide.



□ **Obtain your baby’s medical records and birth certificate:**

- Birth certificates are not kept at the hospital. You can request a birth certificate online, through the mail or in person from Los Angeles County. Visit [LAVote.gov](https://www.lavote.gov) for more information on requesting a birth certificate, or go to [VitalChek.com](https://www.vitalchek.com) to request a birth certificate online.
- Your baby’s social security card will be mailed directly to you if you marked “yes” on the provided questionnaire. The request will be sent to the Social Security Administration (SSA) after the baby’s birth certificate has been registered and recorded by the Vital Records office. Your baby’s card will come directly from the SSA to the address you provided on the questionnaire.
- Torrance Memorial will provide a verification letter (the only form with our letterhead), which you can use to add your baby to your health insurance. To add your baby to Medi-Cal and WIC, you will need a copy of the verification letter as well as the green social security receipt form.
- If you need a form for the Family and Medical Leave Act, a copy of the verification letter (or a declaration of parentage if the parents aren’t married) can be attached to your paperwork.





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