



At left, Mike concentrates on the delivery in mirror positioned just for parents. Above, Dr. Iuppa changes masks between deliveries.

# WELCOME TO

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father's involvement in the birth, if it's right for the couple, gets the family off to a headstart in sharing. He explains too that the goal of natural childbirth is a healthier mother and baby. If a mother understands what is happening during childbirth she can assist in the delivery. Natural childbirth also reduces the infant's exposure to noxious substances.

Bruce Iuppa estimates that he has delivered 500 babies in the past 10 years. He feels that young couples today enjoy a greater sense of anticipation when expecting a child. Referring to Mr. and Mrs. Voorheis, Dr. Iuppa said, "That was their third child and they couldn't have been happier."

Both 26, Elaine and Mike have been married 5 1/2 years. "When we first got married," Elaine said, "I wanted to have a baby right away. And I'm glad that we did. We also wanted our children close in age so that they could grow up together." Elaine, from a family of eight children, adds that she loves kids and that neither she nor Mike would be happy without them.

Elaine thinks that if people waited until they could afford kids, no one would ever have them. "You have to set your priorities and decide what you want." When they had their first baby Mike was still in college and working only part-time. "I just never worried about it (finances)," Elaine said. "I knew that Mike was the type of guy that would get what we needed somehow, even if it meant sweeping floors."

There are advantages to having a family while a couple is young, according to Mrs. Voorheis, although she stresses that it might not be right for everyone. She feels that she and Mike were young enough "not to act like an old married couple just because we had a baby."

Mike, Elaine, and all three of their children have been born at St. Mary's. Mike says that they came to St. Mary's because their doctors were affiliated with the hospital. "But of course the doctors were recommended to us by our mothers, grandmothers, and aunts. Maybe they recommended the doctors because of their affiliation with St. Mary's."

Such a reference chain could stretch well into the past as St. Mary's, founded by the Sisters of Charity in 1857 when it was Rochester's only hospital, has operated a maternity department since 1931.



Amanda already leaves footprints.



Elaine rests a minute.



Mike encourages Elaine during delivery.



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