

# Mama Certified Hospital Quick Guide

Christ Hospital - Mt. Auburn  
Birthing Center

Cincinnati, OH

[thechristhospital.com](http://thechristhospital.com)



2025 Mama Certified Recognition





## What is Mama Certified?

Mama Certified is a hospital certification program that partners with Black mamas and families to help them choose a birthing hospital. The program helps mamas know what to expect before, during, and after giving birth.

When a hospital becomes Mama Certified, they promise to work with community partners to share clear information about:

- How they support your care
- How they listen to your voice
- How they keep you and your baby safe

## What is in this Quick Guide?

- What this hospital does well.
- How they're improving care for Black mamas.
- Questions to ask when you visit.

## How to use this Quick Guide.

Use this guide to see how this hospital listens, supports you, and keeps you and your baby safe. Explore what they offer, what they're working on, and whether it matches the care you want.

## Scan for the Complete Guide



Learn more about what this hospital is doing to support you in The Complete Guide.

## Your Voice Matters

Have you given birth here? Tell your story at [mamacertified.org/feedback](https://mamacertified.org/feedback). Your feedback helps improve care for other Black moms.

### About this Data

Based on 2024 data shared by hospitals • Collected & Scored by The Health Collaborative • Organized & Published by Cradle Cincinnati • Updated annually.

## What Christ Hospital Does Well

- Recognized for breastfeeding support with a 4-Star Ohio First Steps rating and guidance on the safe use of bottles
- Has a formal policy that welcomes doulas in every part of birth and guidelines so everyone is on the same page
- Makes it easy for mamas to get mental health support, with quick connections to social work, behavioral healthcare, free virtual counseling, and clear take-home resources
- Provides safe sleep education and crib support to all families who need it
- Listens to Black mamas through yearly participation in the Mama Certified birthing experience study and improves care where needed

## How Christ Hospital is Improving Care for Black Mamas

- Working to lower the number of women who have C-sections
- Working to improve newborn care by tracking infant health by race and ethnicity
- Making birth safer with clear plans for handling complications like heavy bleeding and high blood pressure

## Hospital Care Snapshot

What the data says about care for Black mamas and babies.



What We Looked At	What We Learned
<b>Early Pregnancy Care</b>	They offer first trimester prenatal care and follow up with families who haven't started care early
<b>Maternal and Infant Health Tracking</b>	They track maternal and infant health by race so they can take action to close gaps in care
<b>How Hospital Handles Complications</b>	Teams are trained to catch early signs of trouble and keep Black mamas safe
<b>C-section Information</b>	Working to lower the number of women who have C-sections
<b>Infant Health</b>	Newborn outcomes here are similar to other hospitals in the region
<b>Feeding Your Baby</b>	Recognized for daily breastfeeding support with a 4-Star Ohio First Steps rating, and provides donor milk and guidance on the safe use of bottles



Learn more about what Christ Hospital is doing to support you in the Complete Guide at [www.mamacertified.org/christ-hospital](http://www.mamacertified.org/christ-hospital).

## Your Experience at Christ Hospital

These highlights show how this hospital supports your journey from prenatal care to recovery at home.

### Before Delivery

How this hospital helps you get ready for birth

- Offers prenatal care early in pregnancy (first trimester) and partners with community groups and social workers so more mamas can get early pregnancy care
- Provides referrals for help with food, housing, transportation, safety, and emotional support
- Connects you to local support like SNAP, WIC, Women Helping Women, and shelters

### During Your Birth

How this hospital supports you while giving birth

- Has emergency plans in place to catch problems early
- Has interpreters available if you need language support during your stay
- Is working to lower C-sections when they are not needed

### Caring for Your Baby

How this hospital supports your baby's health

- Newborn outcomes here are similar to other hospitals in the region
- Offers skin-to-skin care to help you bond right after birth
- Breastfeeding support is available, with trained staff ready to help you feed and bond with your baby

### Going Home & Beyond

How this hospital supports you after giving birth

- Asks about depression more than once and provides referrals for mental health support when needed
- Connects families to local programs that offer parenting support, newborn supplies, mental health resources, and help at home
- Provides safe sleep education and crib support to all families who need it

Every birth is different. Your experience may include additional support based on your needs. More information is available in The Complete Guide.

## Christ Hospital Programs & Resources

### Food & Basic Needs

Helps with food, housing, transportation, and safety needs based on zip code

### Parent & Baby Support

Breastfeeding support and on-site family planning and counseling

### Mental & Emotional Health

Mental health check-ins and referrals, including free virtual counseling

### Local Partners

SNAP/WIC, Queens Village, Rosemary's Babies, Every Child Succeeds, Women Helping Women

## How Christ Hospital Shows Up for You

### Mama Certified Leaders

**Dr. Leanne Olshavsky**  
Medical Director Women's Health Service Line

**Emily Dennett** Perinatal Quality and Safety RN

### Trained and Supported Staff

Staff complete Mama Certified training and participate in wellness programs so they are supported and can give you the very best care

### Listening to Black Mamas

Through the Christ Queens Village Hospital Advisory Board, Black mamas come together with hospital leadership to share their stories and guide meaningful changes that improve care for every mama and every baby

### Continuous Improvement

Working to lower unnecessary C-sections, improve infant health tracking by race and strengthen safety steps during labor



---

## Need more information?



The Complete Mama Certified Guide is free and easy to use.

Scan the QR code to see:

- full hospital data
- questions to ask your care team
- tips for choosing the hospital that's best for you



## Community Care Options

To learn more about how you can advocate for yourself and your baby, check out our Mama Certified resources at [www.mamacertified.org/resources-for-mama](http://www.mamacertified.org/resources-for-mama)

### **Cradle Cincinnati**

Get connected to community support, safe sleep resources, and help navigating your pregnancy and parenting journey at [www.cradlecincinnati.org](http://www.cradlecincinnati.org)

### **Queens Village**

Join other Black mothers in the community and help shape the care all Black families receive at [www.blackwomenforthewin.com](http://www.blackwomenforthewin.com)

### **Connect With Us Online**

Find more resources and information at [www.mamacertified.org](http://www.mamacertified.org)

## Follow us on social for additional information



@cradlecincinnati  
@queensvillagecincinnati  
@mamacertifiedcincinnati



@cradlecincy  
@queensvillagecincinnati  
@mamacertifiedcincy



@cradle-cincinnati