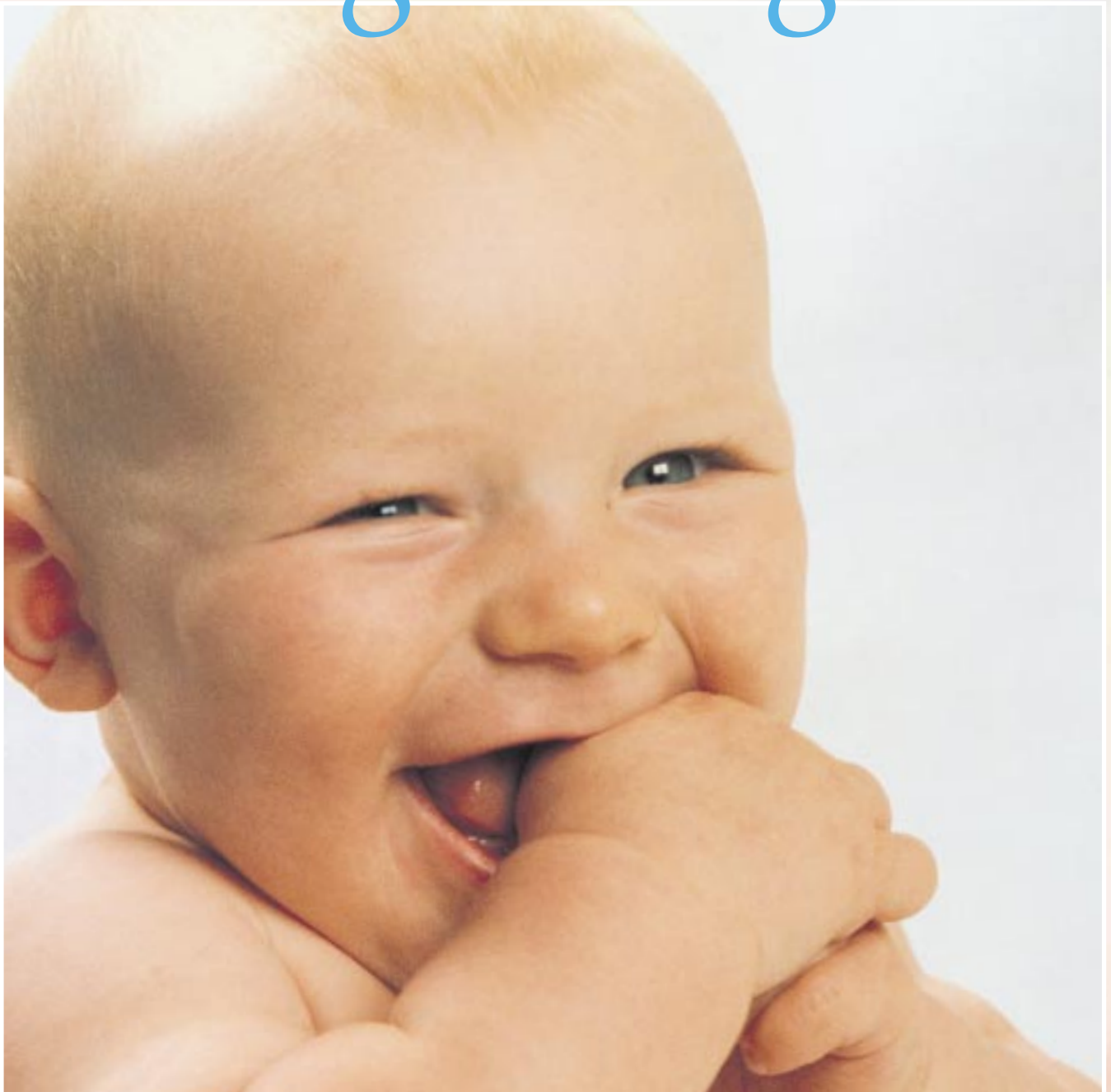


Healthy Beginnings



**Family Birth Place
at Baptist Hospital**





Pregnancy Is a Stage of Parenthood

The birth of a baby is an exciting time — perhaps one of life's most special events. This booklet has been designed to give you as much information as possible about the Family Birth Place at Baptist Hospital. We've included services for each stage of the parenting experience, from childbirth classes and pre-admission procedures to going home with your new baby and continued education during that all-important first year.

Our family-centered philosophy encourages

parents, siblings and grandparents to participate in this wonderful experience. The Family Birth Place provides a welcoming and comfortable setting for one of the most memorable times of your life.

We hope you'll keep this booklet on hand. If you have any questions, don't hesitate to ask your doctor. Or call our Maternity Pre-admitting Coordinator at **786-596-5959**.

It's our privilege to assist you during this special time in your life. Thank you for choosing to share it with us.

The Family Birth Place Maternity Care Team





Before Your Baby Arrives

Education Helps Ensure Healthy Beginnings

Since it's likely you will stay in the hospital only a very short time after the birth of your baby, you'll have little time to ask all the questions you may have about your infant's care. It helps to know in advance all you can about caring for your baby.

Our Healthy Beginnings program offers a full range of childbirth classes to help you understand pregnancy and the birth process, as well as learn parenting skills.

We offer a baby care class to help you learn everything you can about adjusting to life with a new baby. The breast-feeding class provides education and support for couples who want to know more about breast-feeding their baby. You can register for all of these classes for a nominal fee.

Other classes offered include childbirth preparation, cesarean-section planning and review classes for those who have had a baby before.

To register for classes, call **786-596-8748** Monday through Friday, 2-6 p.m. You may also visit our website, www.baptisthealth.net, to see a list of classes offered and their cost by clicking on the Pregnancy and Childbirth

icon under the Health Services link. Choose the classes that you're interested in taking and e-mail us at baptistchildbirth@baptisthealth.net with the dates that work well for you.

Pre-admission

When it's time to have your baby, paperwork will be the last thing on your mind. Baptist Hospital's pre-admission packet has all you'll need to arrange for your maternity stay. You can obtain this packet from your doctor or call **786-596-5959** to speak to the Maternity Pre-admitting Coordinator. Please read the material carefully, complete all forms and mail them, along with a copy of your insurance card, to our Maternity Pre-admitting Office. It's best to register as early in pregnancy as possible.

Know Your Health Plan

Health insurance plans are not alike, so it is important that you understand what your health plan covers before you are ready to deliver. Most health insurance plans require a written request for change of coverage within 30 days of your child's birth. If you don't enroll your newborn according to your insurance company's policy, you will likely have to wait until the next open enrollment period of your





health plan to get coverage for your child. We urge you to contact your employer or health insurance company as soon as possible to ensure that your newborn is covered.

Selecting a Pediatrician

In the excitement of pregnancy, some parents forget a very important task: choosing a pediatrician for their baby. You can get referrals from friends and family, your health plan or your obstetrician. Or, you can call the Baptist Children's Hospital Physician Referral Service at **786-596-6557**. (Outside Miami-Dade County, call toll-free **1-800-228-6557**.) We also offer our referral service online at www.baptisthealth.net.



Cesarean Delivery Interview

If you are scheduled for a cesarean delivery, our pre-admission nurse will coordinate all pre-operative activities. She'll make sure you have signed consent forms, direct you to necessary lab work and answer any questions you may have. The pre-admission nurse will call you a few days before your scheduled surgery. She can be reached at **786-596-5961**.

What to Bring to the Hospital

Several weeks before your due date, you'll want to pack a small bag to take with you to the Family Birth Place. Please bring:

- ❖ Nightgowns and underwear (front-button gowns and nursing bras if you're planning to breast-feed).
- ❖ Robe and slippers.
- ❖ Toiletry items and cosmetics (a hair dryer is provided).
- ❖ Writing materials and important telephone numbers.
- ❖ Social Security numbers for you and the baby's father.
- ❖ Baby blankets.
- ❖ Going-home outfits for you and your baby.

Please leave valuable jewelry and large amounts of money at home. Baptist Hospital cannot assume responsibility for these items.





Your Baby's Birth

Family Birth Place

Private rooms with armoires containing TVs and windows overlooking tropical foliage...Everything is focused on creating a relaxed, comfortable atmosphere with minimal disruptions for your baby's birth. Yet, the latest technology is readily available to ensure the best medical care for you and your baby. Expert assistance is always available. Our staff has the reputation of providing loving and professional care.

We provide "mother-baby" care. This means that the same nurses take care of both new mom and baby.

When It's Time to Be Admitted

Your doctor will discuss with you when to come to the hospital. Come to the Family Birth Place (not the Emergency Center).

The Family Birth Place is located on the second floor of the Lake Pavilion, just west of the hospital's main entrance. Take the lobby elevator to the second floor and Security will give you directions. (After 10 p.m., the doors to the Lake Pavilion are locked. Simply call on the intercom located at the entrance to the Lake Pavilion. The doors will be electronically unlocked.)

You'll be greeted by the staff, who will monitor how your labor is progressing, and check your blood pressure, pulse and temperature. You may be asked to do some walking during the early part of your labor.

Visitor Information

When you first arrive at the hospital, one support person may stay with you during your evaluation. While you are in labor, your "coach" and two visitors may stay with you in the birthing suite. Of course, new dads are welcome at any time. (If you have a cesarean section with epidural anesthesia, only one support person is permitted in the area during and after the baby's birth.)

Visitors may be asked to leave at any time, depending on medical circumstances. During labor, all other visitors will be asked to stay in the lounge nearby. A phone is located in this area so that your family and friends can call your room or the nurses' station for updates. Since space is limited in the waiting areas, we suggest that most family and friends stay at home until after the baby's birth.

After the baby's birth, when you are in your private room, we ask that you limit visitors to four at a time. The new father may visit at any time. For others, visiting hours are from 10 a.m. to 9 p.m. daily. Brothers and sisters of the new baby may visit and will be asked to wear an identification bracelet. All other children under age 12 will not be allowed to visit. Anyone with colds, fever or other illnesses should stay at home for the safety of the baby.

The Comforts of Home

Your delivery will be in a comfortable, home-like birthing suite. You'll be moved to a more conventional delivery room only if complications arise.

After the baby's birth, you'll have some time to be with your newborn before the baby is taken to be admitted in the nursery. In the nursery, your baby's heart rate, temperature and other important indicators of a newborn's health and well-being will be monitored for a brief time. Fathers are welcome to be with the baby during this time.

You'll be taken to a private room where you and your infant will be cared for together. By having your baby with you throughout your stay, you'll get to know your baby's patterns and preferences. Since babies tend to sleep the first few days, it's the perfect time for mom and dad to learn about their newborn and ask questions. Fathers may spend the night in a sleep chair provided in each room. Siblings may not spend the night.



Your nurse will answer questions and offer guidance so that once home, you'll feel more confident about taking care of your newborn. Fathers are invited to learn as much as possible about infant care during this time.

Grandparents and siblings are encouraged to get acquainted with the newborn in the mother's room. However, because your stay in the Family Birth Place is brief, we encourage you to limit additional visitors as much as possible.

Help with Breast-feeding

Our Lactation Services staff offers support to you before you have your baby, while you are in the hospital and after you go home.

For prenatal classes on breast-feeding, call **786-596-2671**. While you are in the hospital, our lactation consultants offer classes, and our specially trained nurses will help you get off to a good start.

After you go home, you may schedule an appointment with our lactation consultant at Baptist Medical Plaza at Palmetto Bay, 8750 SW 144 St., Suite 206. Your baby's

weight will be checked to see how much breast milk he or she is taking. There is a minimal charge for this service. Also available are breast pumps for rent or sale, as well as breast-feeding accessories such as nursing bras, nursing pillows, lanolin, breast shells and freezer bags. For more information, call **786-596-2671**, 9 a.m.-5 p.m. weekdays.

Neonatal Intensive Care

Most babies are healthy when they are born, but should your baby need specialized care and observation, he or she will be admitted to our George Batchelor and Gloria Vasta Lewis Neonatal Intensive Care Unit (NICU). Here, a team of highly skilled physicians called neonatologists and specially trained neonatal nurses will care for your baby. Baptist Children's Hospital is one of only a few hospitals in Miami-Dade County to have a Level III NICU to care for the tiniest and sickest babies.

Parents may participate in their infant's care as much as the baby's condition allows. Grandparents or other designated visitors may visit the baby in the NICU with prior arrangements.





Going Home

The Stork Inn

If you need an extra night of rest before going home with your new baby — even though the doctor (or your health plan) says it's time to leave the hospital — ask your nurse about the Stork Inn. The Stork Inn lets you stay in your room at the Family Birth Place for an extra night or two, space permitting. Since you will no longer need or receive medical or nursing attention, you'll pay only a special Inn rate that includes three meals delivered to your room daily.

Making Plans to Leave

You can plan to leave the Family Birth Place by 12 noon on the day your doctor says it's all right for you to go home. Please make the necessary transportation arrangements to leave the hospital by this time. If you are not able to leave by 12 noon because of a delay in getting your baby's test results, you will be asked to wait in our comfortable Lakeside Admission and Discharge Suites on the first floor. As required by law, you must have an infant car seat installed in your car according to the manufacturer's instructions when you leave the hospital. Please leave the car seat appropriately fastened in the car. You will not want to carry it into the hospital on the day you go home.

Home Health Services

A complimentary nursing visit will be provided by Baptist Health Home Care, if you and your baby go home within 36 hours of your baby's birth, and if you live in Miami-Dade County.

The visit helps ease your transition from hospital to home, and from expectant parent to parent. Registered nurses offer guidance on baby and mom care, nutritional needs and parental concerns. They also follow up with necessary lab work. For

information, ask your doctor or call **305-596-4343**.

If you leave the hospital from 37 to 48 hours after the baby's birth, arrangements can be made for a lab technologist to visit your home for the necessary blood work on the baby. Your doctor and nurse will make these arrangements for you.

Some Helpful Tips

Once you're at home, we suggest the following:

- ❖ Limit your visitors so that you and your baby have time to rest.
- ❖ Keep your baby away from crowds and people who are sick, since babies are vulnerable to colds and flu.
- ❖ Let people help you with housekeeping, meal preparations, sibling care, etc.
- ❖ Eat nourishing foods and drink lots of fluids.
- ❖ Avoid climbing stairs for the first few days.
- ❖ Tell your doctor if you experience any signs of depression.

Support and Education

Baptist Hospital offers several programs for new parents, including:

Breast-feeding Discussion Group – offers support, information and encouragement for the breast-feeding experience. Call **786-596-2671**.

Baby's First Year – is a support group for new mothers of children from birth to age one. The group gives moms an opportunity to share their concerns and information with other parents. Babies are welcome. Call **786-662-8106**.



You Are Why We're Here

Just as you must become accustomed to your new routine at home, so must your baby. After you've been home for a few days, you'll begin to know your baby's personality and how to keep him or her satisfied.

Please feel free to call us if you have any questions after your baby's birth. Just use the phone number given to you by your nurse as you leave the hospital.

We look for every opportunity to make

the birth of your baby at Baptist Hospital's Family Birth Place a natural, relaxed family experience — one that will bring pleasant memories for each of you. You may receive a survey in the mail asking for your evaluation of the care you received while in the Family Birth Place. Your responses will help us ensure quality care for future patients.

You're why we're here, and we are always happy to hear from you.



Directory

Baptist Hospital	786-596-1960
Breast-feeding Assistance	786-596-2671
Cesarean Delivery Interview	786-596-5961
Childbirth Preparation/ Healthy Beginnings Classes	786-596-8748
Home Health Services	305-596-4343
Maternity Pre-admitting	786-596-5959
Referral to a Pediatrician	786-596-6557

Visit our website at *www.baptisthealth.net*.



BAPTIST
HEALTH

Baptist Hospital

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A not-for-profit community hospital

www.baptisthealth.net

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