

Healthy Beginnings



**Family Birth Place
at Baptist Hospital**





Welcome to the Family Birth Place at Baptist Hospital

The birth of a baby is an exciting time — perhaps one of life's most special events. That's why the Family Birth Place at Baptist Hospital was created with parents in mind. Our warm and comfortable environment and specially designed birthing suites will help you relax as you prepare to welcome your newest family member. And our loving and professional staff will provide you with the support you'll need throughout each stage of the birthing experience. In keeping with our family-centered philosophy, we also encourage fathers and support partners, as well as siblings and grandparents, to actively participate and share in this wonderful occasion.

But our ability to provide you with the best possible birthing experience does not end there. The latest technology is always readily available to ensure

excellent medical care for mothers and newborns. The obstetricians, anesthesiologists and nurses on our staff are highly skilled in their fields and are well-known for their expert care and concern. And should your baby need extra attention, neonatologists are available 24 hours a day to provide your little one with specialized care.

If you have any questions about the Family Birth Place, don't hesitate to ask your doctor or call our maternity preadmitting coordinator at **786-596-5959**. We're here to help prepare you for your stay in whatever way we can.

All of us here at the Family Birth Place are privileged to assist you with the birth and care of your newborn, and we thank you for choosing to share this memorable event with us.





Before Your Baby Arrives

Education helps ensure Healthy Beginnings

Since it's likely you will stay in the hospital only a short time after the birth of your baby, you'll have little time to ask all the questions you might have about your infant's care. Because of this, we encourage you to learn in advance all you can about caring for your baby.

Our Healthy Beginnings program for expectant parents offers a full range of classes and a wealth of knowledge that will ease your journey to parenthood, or, for experienced parents, refresh your memory. Certified childbirth educators provide a supportive learning environment and feature topics on childbirth preparation, breast-feeding, newborn parenting, sibling preparedness, epidural anesthesia, Cesarean sections and infant and pediatric CPR. Detailed information about these classes and programs, along with their fees, can be found in the Programs for Expectant Parents brochure. We also offer free informational tours of the Family Birth Place.

It's easy to register. All you need to do is call **786-596-8748** weekdays, 9 a.m. to 1 p.m., or log on to www.baptisthealth.net/childbirth for a schedule of class dates, times and fees, and to register online.

We recommend that you register as early as possible in your pregnancy. Class size is limited and enrollment is accepted on a space-available basis. For more information, call the class registrar at **786-596-8748** or e-mail baptistchildbirth@baptisthealth.net.

Preadmission

When it's time to have your baby, paperwork will be the last thing on your mind. Baptist Hospital has a preadmission packet containing all you'll need to arrange for your maternity stay. You can obtain this packet from your doctor or by calling the maternity preadmitting coordinator at **786-596-5959**. The packet is also available online at www.baptisthealth.net/childbirth. Please read the material carefully, complete all forms and mail them, along with a copy of your insurance card, to our maternity preadmitting office. It's best to register as early as possible in your pregnancy.

Know your health plan

Health insurance plans are not alike, so it's 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 insurance plan or your obstetrician. Or, you can call the Baptist Health 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 C-section, our preadmission nurse will call you several days before to coordinate all preoperative activities. These include making sure that you have signed all the necessary forms, directing you to required lab work and answering any questions you might have. The preadmission nurse 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 for breast-feeding).
- ❖ Robe and slippers.
- ❖ Toiletry items and cosmetics.
- ❖ 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.

When it's time to be admitted

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

Family Birth Place is on the second floor of the Lake Pavilion (the building where Baptist Children's Hospital is located), 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.)

Once there, you'll be greeted by maternity staff, who will monitor how your labor is progressing and check your blood pressure, pulse and temperature. The father or adult support partner may stay with you during your evaluation. You might also be asked to do some walking during the early part of your labor.







Your Baby's Birth

The comforts of home

Our private birthing suites were designed to create a relaxed atmosphere with minimal disruptions for your baby's birth. Yet, despite the home-like setting, our qualified physicians and nurses, and our most technologically advanced equipment will provide you and your baby with the highest quality obstetrical care. Each suite also has a separate sleeper so that an adult support partner can spend the night. You will be taken to a conventional delivery room only if complications arise or you are scheduled for a C-section.



Labor and delivery

During labor and delivery, our nurses will assist you in every way possible. They will keep you informed of your progress and administer any medications ordered by your doctor. Your "coach" and two visitors are allowed to stay with you in the birthing suite. Of course, new fathers are welcome at any time. If you have a C-section with epidural anesthesia, only one person (the father or adult support partner) is permitted in the area both during and after the baby's birth. Visitors may be asked to leave at any time, depending on medical circumstances. During labor and delivery, all other

visitors will be asked to remain in the waiting area.

After the baby's birth, you'll be able to spend a short time with your newborn before the baby is admitted to the nursery. There, your baby's heart rate, temperature and other important indicators of a newborn's health and well-being will be monitored for a few hours. The father or adult support partner may visit with the baby in the nursery at the discretion of the charge nurse.

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 his or her patterns and preferences. Since some babies tend to sleep a lot the first few days, it's the perfect time for parents to learn about their newborn and ask questions. Your nurse will answer those questions and offer guidance so that once you're home, you'll feel more confident about taking care of your newborn.

Grandparents and siblings are also encouraged to get acquainted with the newborn at this time. However, we ask that you limit visitors to the father or adult support partner and four guests.

Progressive Care Unit (PCU)

This unit has been designed to accommodate mothers who are in need of frequent monitoring. Those with preeclampsia will remain in the unit for approximately 24 hours after delivery. Your baby will be brought to you for a visit at the nurse's discretion; during that time, family assistance is encouraged for the care of the baby. After your doctor approves of a transfer, you will be taken to a mother/baby room for approximately two to three more days. Your baby will remain with you in this room until you are both discharged to go home.

Visitor information

A phone is located in the waiting area so that family and friends can call your room or the nurses' station for updates during labor and delivery. Since space is limited in the waiting area, we suggest that most family and friends stay at home until after the baby's birth.



Your family and friends will want to meet your baby as soon as possible; however, during these first few days with your baby, it's important to spend some quiet time alone. That's why when you are in your private room after the baby is born, we encourage you to limit guests to four at a time (not including the father or adult support partner). Visiting hours are from 10 a.m. to 9 p.m. daily. One person (such as the father or adult support partner) may spend the night in a sleep chair provided in each room. Siblings of the new baby may visit and will be asked to wear an identification bracelet. (They will not be allowed to spend the night.) All other children under age 12 will not be allowed to visit. Anyone with a cold, fever or other illness should stay at home for the safety of the baby.

All visitors *must* have a photo ID to enter the Family Birth Place.

Videotaping and photography

Most families want to capture this special event on video or in photographs. For the safety and security of mothers, babies, staff and physicians, we ask that you follow these guidelines. For a vaginal birth, videotaping and photographing are permitted after the birth, once the baby is dried, cleaned and alert. Videotaping is not permitted for C-sections, and photographs are allowed only after the baby is dried, cleaned and alert. No photographs or videotaping are permitted while the staff checks your newborn immediately after birth. Physicians and staff involved in the birth and care of the mother and baby must give their approval to be included in any videotaping or photographs. In case of an emergency, or at the request of any healthcare provider, all videotaping or photographing must be stopped immediately. For the privacy of our patients, no videotaping or photographing is permitted of anything related to private patient information, including showing other patients and babies in your videos and photos.

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 get home.

For information on prenatal breast-feeding classes, call **786-596-8748**, e-mail baptistchild-birth@baptisthealth.net or log on to www.baptisthealth.net/childbirth. While you are in the hospital, our specially trained mother/baby nurses will help you get off to a good start. Our lactation consultants are also available should you require additional assistance during your stay.

After you go home, you may schedule an appointment with a lactation consultant, located at Baptist Medical Plaza at Palmetto Bay, 8750 SW 144 St., Suite 206. While there, you'll be able to discuss any questions or concerns that you might have. In addition, your newborn's weight will be checked to ensure that he or she is getting enough breast milk. There is a fee for this service. Also available are breast pumps for rent or sale, as well as breast-feeding accessories. For more information, call **786-596-2671** weekdays from 9 a.m. to 5 p.m.

Neonatal Intensive Care Unit

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.



Going Home

The Stork Inn

If your baby is in the NICU or needs additional monitoring, 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 care, you'll pay a special, lower rate that includes three meals delivered to your room daily. Ask your nurse for more information.

Making plans to leave

You can plan to leave the Family Birth Place by 11 a.m. 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. As required by law and for the safety of your baby, you must have an infant car seat installed in your vehicle according to the manufacturer's instructions when you leave the hospital. Please make sure the car seat has been appropriately installed before you come to the hospital. You will not want to carry it into the hospital on the day you are discharged, as the maternity care team will not be able to assist you with the installation.





Once at Home

Getting to know your baby

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 you get home. Use the phone number given to you by your nurse as you leave the hospital.

Staying healthy

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 especially vulnerable to colds and flu.
- ❖ Let people help you with housekeeping, meal preparations, sibling care, etc.
- ❖ Eat nourishing foods and drink a lot of fluids.
- ❖ Avoid climbing stairs for the first few days.
- ❖ Tell your doctor if you experience any signs of depression.

Support and education

We offer several support groups for new parents, including:

Breast-feeding Support Group

Provides support, information and encouragement for an optimal breast-feeding experience. You are encouraged to attend during your pregnancy and after your baby is born. Call **786-596-2671**.

Baby's First Year

Offers support for new parents of children from birth to age 1. The group provides the perfect setting to share experiences and concerns with other parents. Babies are welcome. Call **786-662-8106**.

You are why we're here

We look for every opportunity to make the birth of your baby at Baptist Hospital's Family Birth Place a comfortable and relaxed family experience — one that will bring lasting 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.

After all, you're why we're here.



Directory

Baptist Hospital (main number)	786-596-1960
Breast-feeding assistance.	786-596-2671
Cesarean delivery interview	786-596-5961
Childbirth preparation/ Healthy Beginnings classes.	786-596-8748
Maternity preadmitting	786-596-5959
Referral to a pediatrician.	786-596-6557

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



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Baptist Hospital

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www.baptisthealth.net