

Mother & Baby Prenatal Packet



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SamaritanHealthcare.com



Welcome to the Samaritan Family!

We are excited you have chosen Samaritan for the birth of your baby. We enjoy helping parents and families welcome their babies—we're here to listen and meet your needs. It's one more way we help to inspire healthy communities.

As we assist you with the preparations and planning for your baby, we've put together some helpful information about maternity care at Samaritan. There are many ways we partner with you to assist with your birth—from childbirth classes and what to expect during your hospital stay, to rooming in with your baby and the benefits of breastfeeding. Whatever your maternity needs are, Samaritan provides everything from compassionate nursing care to state-of-the-art technology and highly skilled OB/Pediatric providers.

Let us help you welcome your little one into the world.

All of us, for each of you, every time.



What to Expect During Your Hospital Stay

Can I pre-register for delivery?

- Our Stork Express pre-registration is available to print and fill out in the comfort of your own home. Stork Express Registration can be obtained from your provider or by visiting samaritanhealthcare.com/storkexpress. Once completed, please return the pre-registration forms to the Samaritan Hospital Admitting Department.

What should I bring with me to the hospital?

- Samaritan provides everything you and your baby will need until you go home. For mom, we provide gowns and robes, peri-pads and ice packs, shampoo, soap, toothbrush, and toothpaste. For baby, we have T-shirts, diapers, wipes, and blankets. Plan to bring outfits for you and baby to go home in, as well as a car seat and baby blanket. Feel free to bring anything else that will make you more comfortable during your stay at Samaritan.

Are there any restrictions on visitors or when they can visit?

- Samaritan recognizes that for most women, pregnancy is not an illness and birth is not an emergency. Visits from family and friends are expected as a way of celebrating this important life event. The limited period of hospitalization helps ensure that the mother has an opportunity to rest and to learn to care for her newborn before taking full responsibility for this lifestyle change. Guidelines for visitation are in place to safeguard the privacy of each family unit and to provide a safe environment for care.
- The mother will select who will be present for the actual birth. Once the room has been set-up for the birth, only those invited to attend will be permitted to remain in the room. Anyone leaving the room will not be allowed to re-enter.
- For the privacy and safety of all patients, no visitors are permitted to wait in the hallway outside the mother's room. Comfortable seating is available in the waiting area adjacent to the Mother Baby Unit.

- Children 12 years old and younger must be accompanied by an adult at all times. For patient and visitor safety, children 5 years and younger will be permitted to have only short visits while the mother is in labor and delivery. This will be up to the labor and delivery nurse's discretion depending on the mother's status.
- In the event of a cesarean birth, one support person, selected by the mother and appropriately dressed in hospital scrubs, mask, and hair covering will accompany the mother into the operating suite and will follow the baby into the nursery before joining the mother in the surgical recovery area.
- After the baby is born, we ask that only one support person spend the night with the new mother and baby.

Will pictures be taken?

- Pure Newborn Photography is a hospital-based photography program serving Samaritan. They specialize in documentary style photography right in your hospital room. Feel free to include Mom and Dad, siblings, and grandparents. This is a service that is offered daily, and is a gift to you from Samaritan. Along with your free session, you will receive a complimentary 4X6 print before discharge. Additional prints/digitals will be available to purchase through your gallery. Package prices start at \$25 and digital options start at \$55. Detailed information can be found at www.purenewborns.net.

Can I have my labor and delivery photographed or recorded?

- Photography of labor and delivery may be done by family and friends with permission of mother and provider. Photography of baby may be done by family and friends if mother desires. While written consent is not required for still photography, mother and family need to understand that they will be asked to discontinue photography if complications arise or an unexpected event occurs.
- Photography during a cesarean section will require a written consent.
- If mother requests friends or family

to videotape the labor and delivery experience, a written consent is required. Mothers are encouraged to discuss their wishes regarding videotaping with their provider prior to admission. Approval of provider is required along with written consent for videotaping the labor and delivery experience.

What about food?

- Room Service
 - + Samaritan is pleased to offer dining on demand style room service for your nutritional needs. Our Nutrition Services Department is an extension of our commitment to providing excellent patient care. You may order meals any time between 7:00 a.m. and 7:00 p.m. seven days a week. Meals are made-to-order and are delivered within 30 minutes.
- For Dads and Visitors
 - + One meal voucher for \$7.00 will be given that can be used at the Overlook Café or via Room Service. The Overlook Café hours are 6:30 a.m. to 7:00 p.m. Monday through Friday and 7:30 a.m. to 3:30 p.m. on weekends. Additional meal vouchers may be purchased at the Overlook Café for \$7.00 each or cash/credit card may be used at the Café.

How do I know my newborn and I will be safe?

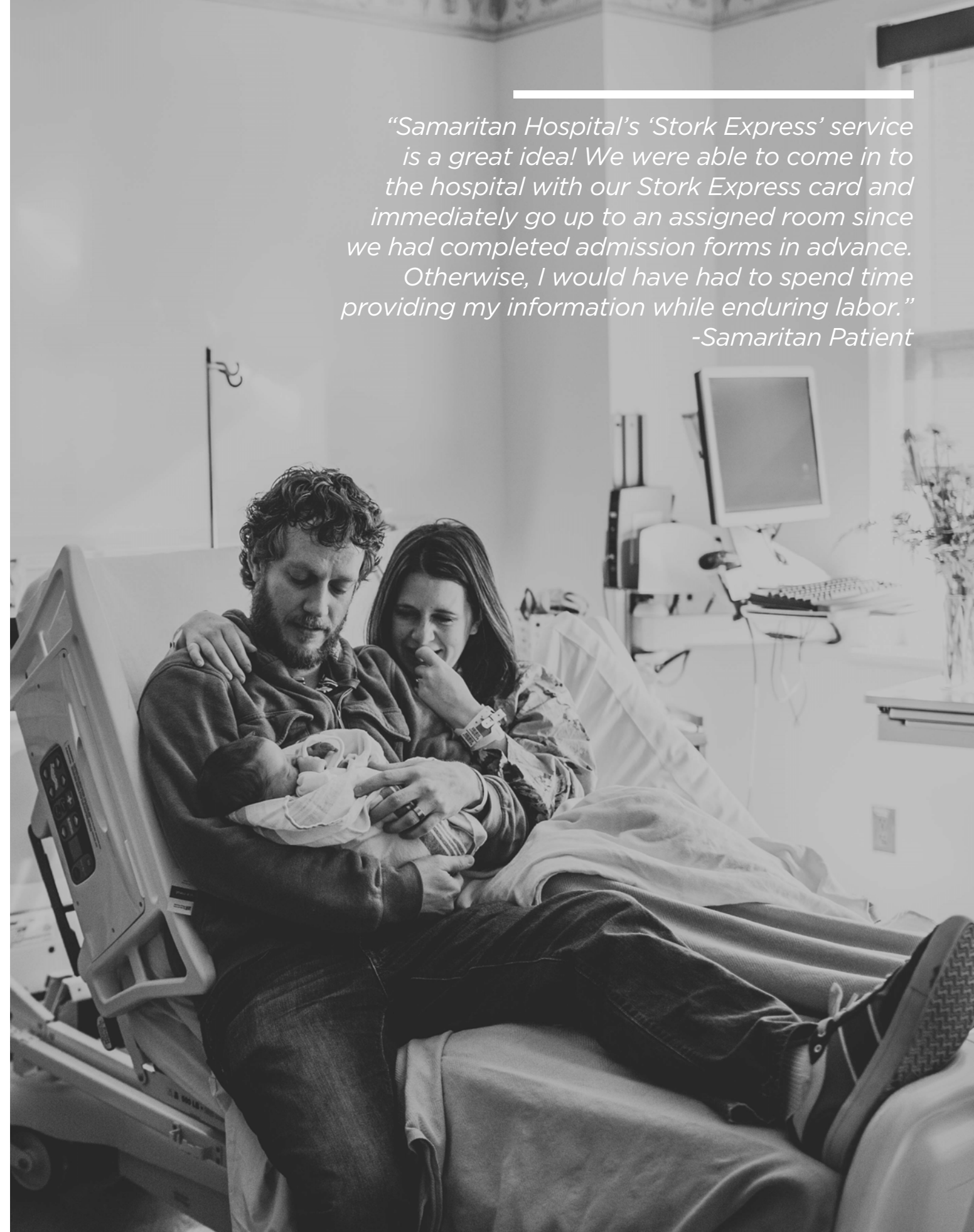
Samaritan is committed to patient safety.

- Locked Down Unit
 - + Samaritan's Mother Baby Unit is a locked down unit. Visitors must know the mother's full name before being allowed into the department.
- Hugs and Kisses
 - + In addition to being a locked down unit, Hugs and Kisses technology is utilized as an added layer of security. Each baby is fully protected the moment a tamper-detecting Hugs tag is attached. In addition, mothers are given a Kisses tag which bonds to the Hugs tag on the baby to provide automatic mother/infant matching. This investment was made so that our families can rest assured their infant is in excellent care and kept safe.

"Samaritan Hospital's 'Stork Express' service is a great idea! We were able to come in to the hospital with our Stork Express card and immediately go up to an assigned room since we had completed admission forms in advance.

Otherwise, I would have had to spend time providing my information while enduring labor."

-Samaritan Patient



Pain Relief During Labor and Delivery



Medications and anesthesia in labor can sometimes have unfavorable effects on labor progress, the infant and breastfeeding. These effects may include:

- Longer labor
- Your infant may initially have difficulty breathing and trouble sucking
- Your infant may be sleepy, which can affect the infant's ability and readiness to feed
- Delayed milk onset
- Decreased milk volume
- Shortened duration of breastfeeding
- Increased infant weight loss

Research has shown that utilizing non-pharmacologic pain relief methods during labor can help you have a faster, more efficient labor, and give the baby the best start in life. There are many ways to help you through labor without the use of pain medications and/or an epidural:

- Staying active, using breathing and relaxation, and having support will improve labor progress, infant health, and breastfeeding success.
- Attitude: What you think about labor can really help you through it—each contraction brings you closer to meeting your baby; labor is a normal, healthy process that your body is well designed for.
- Out of bed: Walking and being upright can use gravity to help bring your baby down. At Samaritan, we encourage you to use our birthing balls, birthing stool or showers to help stimulate your contractions, keep you off of your tailbone, and open up more space for your baby to come out. In addition, we are able to utilize our Monica Novii Wireless® monitoring devices to allow you to remain mobile throughout your labor while continuing to monitor your baby.

- Playing music and having a calm, quiet room can also help with relaxation. Try to limit visitors during your labor.
- Childbirth Classes: We encourage you to take childbirth classes with your partner to gain experience with breathing, relaxation and other techniques that can help you during your labor. Practice these techniques before you go into labor. Samaritan offers Childbirth Education classes. Visit www.samaritanhealthcare.com or call our Education Department at (509)793-9690 for more information.

Anesthesia Services

In addition to non-pharmacologic pain relief methods, Samaritan also provides anesthesia services 24/7 for pain relief during labor and delivery. Our highly qualified anesthetists can be a valuable part of your birthing experience, and utilize the most current techniques to make you more comfortable. You will work with your nurse and provider to determine the best method for pain relief during your birthing process.

Skin-to-Skin Contact

At Samaritan, we understand the importance of skin-to-skin contact for you and your baby right after birth. There are numerous studies indicating that babies who are held skin-to-skin breastfeed better and have a smoother transition adjusting to life outside the womb; also bonding between parents and baby is much stronger.

What is "Skin-to-Skin"?

Skin-to-Skin means your baby is placed belly-down, upright, directly on your bare chest, right after your baby is born. Your care provider will dry your baby, get baby settled on your chest, put on a hat, and cover both of you with a warm blanket. The first hours of snuggling skin-to-skin let you and your baby get to know each other! They also have important health benefits. Bathing and non-essential medical and nursing tasks are delayed. Essential tasks will take place with your baby skin-to-skin. If your baby needs to meet the doctor first, or if you deliver by cesarean section, you can unwrap baby and cuddle shortly after birth. Your nurse will make it a priority to help you hold your baby skin-to-skin in the operating suite, as well as in the recovery room right after the cesarean section is complete. Newborns crave skin-to-skin contact!

Babies held skin-to-skin have a smoother transition:

- Temperature and vital signs are more stable.
- Oxygenation and blood sugars are better.
- Baby stays warmer and calmer, cries less, even during an injection or heel-stick procedure.
- Feelings of closeness and protectiveness are promoted.

How does skin-to-skin help with breastfeeding?

Snuggling gives you and your baby the best start for breastfeeding!

- Baby can smell colostrum at birth. Amniotic fluid has a smell similar to colostrum, so baby is drawn to the breast by the familiar smell.

- Left undisturbed between your breasts, baby may nuzzle down and latch on unassisted!
- Baby has more opportunity to feed and gains weight better.
- Baby wakes up more easily to feed.
- Baby breastfeeds better and longer overall.
- Milk production is stimulated.

Benefits of skin-to-skin for mother:

- The movement of your baby's body on your body stimulates hormones that cause your uterus to contract and bleed less.
- Your body will release more milk-making hormones.
- You will feel less stressed, more relaxed.
- The bonding that takes place during skin-to-skin lasts long after birth!

Keep cuddling skin-to-skin beyond the delivery room, even after you leave the hospital. Your baby will stay warm and comfortable on your chest, and the benefits of bonding, soothing, and breastfeeding will continue! Dad can do skin-to-skin too. Although he cannot breastfeed, the baby knows Dad's voice and feels safe with him also.



The easiest way to form a secure attachment from the get-go? Hold your newborn skin-to-skin.

Breastfeeding

The American Academy of Pediatrics recommends exclusive breastfeeding (only breast milk) for the first 6 months of life, followed by breastfeeding with added complimentary foods for at least the first year, and after that for as long as you and baby want.

Benefits of breastfeeding

Your milk is your baby's perfect first food! Breastfeeding and breast milk have many benefits for your baby including: stronger immune system, protection from illnesses and infection, being gentle on baby's stomach (less colic, constipation, diarrhea and food allergies), reduced risk of childhood obesity and Sudden Infant Death Syndrome (SIDS). There are also benefits for you including: faster recovery from birth, less postpartum depression, easier return to pre-pregnancy weight, reduced risk of breast and ovarian cancers. Breastfeeding is also good for families. It promotes bonding between mom and baby. And it saves money.

Dads have a very important role in supporting breastfeeding! Their support and encouragement can make all the difference.

Breast milk is all most babies need for the first 6 months of life

- Breast milk has all of the nutrition and fluid your baby needs to grow and develop for the first 6 months of life.
- Babies who are fed only breast milk for the first 6 months of life have been shown to have fewer illnesses and diseases than those who are fed formula.
- Formula is milk that comes from animal and plant sources.
- Introducing formula in the first days of life may cause problems with breastfeeding and your baby's health.
- Offering a bottle nipple in the first days of life can confuse your baby and make breastfeeding difficult. The bottle nipple has a different feel and allows milk to flow much more quickly than the breast.
- There may be occasional instances in which your doctor may recommend supplementation due to your baby's health, but these are rare and can be done without the use of a bottle nipple.

Frequent feeding and feeding on demand (baby-led feeding)

If you choose to breastfeed, it is important to know that new babies breastfeed frequently. This is sometimes called cluster feeding and can be overwhelming for mothers, but it is very normal baby behavior. In the first few days of life, mothers produce their first milk called colostrum, which is full of nutrients and antibodies for babies. Colostrum is sometimes called liquid gold because it is so valuable for the health of babies. Colostrum is produced in small amounts. Most of the time, this is perfect for a newborn, who has a very small stomach in the first few days of life and breastfeeds frequently. The more babies breastfeed, the more colostrum mothers produce and the faster more milk will come in. It is a win-win for everyone! Many parents wonder how often babies should breastfeed. The simplest answer is

to breastfeed whenever the baby seems hungry. Babies should feed 8 to 12 times in 24 hours. An easy way to remember this is 8 or more in 24! The take home message is to watch the baby, not the clock. Watch for feeding cues. Most full term, healthy babies will wake up about every 2-3 hours to feed.

Be mindful of infant sleep cycles. Babies will feed better when they have completed a sleep cycle and are ready to eat. Waking a baby to feed in the middle of deep sleep will interrupt the baby's sleep cycle and interfere with good feeding. Preterm babies or babies with medical issues such as weight loss, jaundice or low blood sugar may need help to wake up and feed. Always listen to your instincts and seek medical advice if your baby is not feeding regularly or you are concerned.

Infant feeding cues

Feeding cues are signs of hunger. Learning your baby's cues is a process, but there are some universal signs of hunger known as feeding cues that are common for all babies. Learning to recognize feeding cues is like learning your baby's body language. Babies have a lot to say with their body language. And when parents learn that language, life with baby gets a little easier. Crying can mean different things, but when it comes to feeding cues, it is a late sign.

So what do feeding cues look like?

One of the earliest cues is rapid eye movement (REM) as babies are waking up from a nap. This is similar to what happens when we dream. It is a good time to put baby skin-to-skin and get ready for breastfeeding. Other feeding cues include: mouthing movements, sticking tongue out, rooting (turning head towards the breast), hand to mouth movements and hand sucking. Also pay attention to stirring, stretching and increasing movement as baby wakes up and is ready to eat.

Remember... try to catch your baby's feeding cues early!

Effective latch and position

Breastfeeding is natural, but it is a learned skill for mothers and babies. Keeping your baby skin-to-skin as much as possible will help you both recover from birth, get to know each other and practice latching at the breast. This is especially important during the first 24 hours after birth.

There are many breastfeeding positions you can try. Before getting started, you should be comfortable and well supported with pillows. A good rule of thumb is to position the baby tummy to tummy, nose to nipple. A few of the most common breastfeeding positions are: cradle, cross-cradle, football and side-lying. Follow your instincts on which position feels right to you and is working best to feed your baby. Don't be afraid to try a different positon. Sometimes this makes all the difference!

A good latch usually takes time to learn. Be patient with yourself and your baby. You are learning this new skill together. Every mother and baby is unique. Sometimes things go as planned and sometimes there are challenges. Take it one feeding at a time. Ask for help from your nurse or a lactation consultant. The support you get in the beginning makes a big difference in your breastfeeding success.

Some good tips to remember

- Make a C-hold or sandwich hold at your breast, with your fingers going the same direction as the baby's mouth.
- Use your nipple to stroke baby's mouth from nose to chin, encouraging a wide open mouth.
- Bring baby to breast chin first, not breast to baby.
- Look for flanged fish lips and a wide open mouth.
- Nipple should be deeply in baby's mouth, past the gum line.
- Sucking should not cause pain.
- There is a difference between the new sensation of breastfeeding and a bad latch.
- Massage and compress the breast to keep baby sucking consistently.
- Look for good jaw motion and movement back by the ears.
- Listen for swallows.

Maintaining lactation if separated from baby

Unfortunately there are times when a baby may be born prematurely or have a serious illness or health condition that prevents breastfeeding. In this instance, you will be encouraged to pump your breast milk. This will allow you to contribute to your baby's care in a very

special way, and will provide many vital health benefits for your premature or ill newborn. The most effective type of breast pump is a hospital-grade, electric pump with a double-collection kit. Most mothers find that they are able to collect more milk with this type of pump over manual or personal-grade, electric pumps. Should the need for a pump arise, you will be able to use one at Samaritan free of charge with the help of one of our lactation consultants, and you will be given information on where and how to rent one after discharge.

Mothers should begin pumping within 6 hours of birth when separated from baby. In order to establish an adequate milk supply, you should pump as often as a newborn would breastfeed. This means about 8-12 times every 24 hours. Ideally pumping about every 3 hours for 15-20 minutes (or until milk flow stops) day and night is recommended, especially in the beginning while establishing a good milk supply. It is usually most efficient and effective to pump both breasts at the same time. Some mothers prefer to

single pump and use their hands. Hands-on pumping (using breast massage combined with pumping) and hand expression can increase milk production by 50-80%. To learn more about these techniques visit <http://med.stanford.edu/newborns/professional-education/breastfeeding.html>.

You may discuss any questions or concerns with our Lactation Consultants via our Breastfeeding Helpline at (509) 793-9753. We also encourage you to join us at Samaritan's Breastfeeding Support Group every Thursday from 10 a.m. to 12 p.m. on the 4th floor of the hospital.



Breastfeeding is a gift that lasts a lifetime.

Rooming In

What is “Rooming In”?

Rooming in means that your baby stays with you in your room throughout your hospital stay. At Samaritan, all of the routine baby tests and procedures can be done in your room. If your baby needs to go to the nursery, a parent can always come along.

What are the benefits of rooming in?

- Baby sleeps better and cries less.
- It is less stressful for the baby.
- Mother’s milk comes in sooner.
- Baby gains weight better.
- Baby develops less jaundice.
- Baby feeds more often.
- Exclusive breastfeeding lasts longer.
- You get to know your baby better.
- You are better prepared to take care of your baby.
- You begin to recognize your baby’s feeding cues.

What about sleep?

- Mothers tend to have more and better quality of sleep when rooming in with their baby.
- Research shows that your rest is more often disturbed by visitors than by your baby.
- Get your sleep in stretches: sleep when your baby sleeps!
- It’s perfectly normal to sleep during the day! Limit distractions and visitors.
- Learn to nurse in the side-lying position so you can rest while baby feeds.

How can we help you?

- Ask your nurse to be the gatekeeper with family and friends. You are in charge of who gets to visit, but we understand that it is hard to say no. We are happy to help make sure visitors are limited if necessary or desired. Let us be the “bad guy” so you can rest and bond with your new baby. We are here to be your advocate!

