

# A Parent's Guide to Preparing for Baby

**Congratulations, you're expecting!** We're happy you've chosen us to be a part of this exciting time for you and your family. At Premier Health, we want to make sure you and your baby are off to the best start possible. We hope this guide will help you understand what to expect before, during, and after your delivery with us, and help relieve some of the anxieties that come along with preparing for a new baby. In addition, we've included information on pregnancy and infant safety, and specialty services we offer to make sure you and your baby receive all the care you need. We look forward to walking this journey with you!



## Hospital Information and Special Services

Whether you prefer natural childbirth, choose an anesthesia option, or need a C-section, each Premier Health facility listed below is equipped to offer a complete range of labor and delivery options.

**Atrium Medical Center**  
**Miami Valley Hospital**  
**Miami Valley Hospital South**  
**Upper Valley Medical Center**

For most expectant mothers, pregnancy and delivery go smoothly. For others, pregnancy related health concerns may develop. Premier Health offers the following special services for moms and babies who need extra care.

## Neonatal Intensive Care

Miami Valley Hospital has a nationally-recognized Level IIIB Neonatal Intensive Care Unit (NICU) to provide care for critically-ill newborns. The 60 beds, all in private rooms, allow you and your loved ones to spend quiet, meaningful time with your newest family member.

## Special Care Nurseries

All other Premier Health hospitals that accommodate childbirth have Level II Special Care Nurseries. These nurseries allow us to provide care for conditions including prematurity, infection and respiratory distress. Seriously-ill newborns will be transported to another facility and cared for in the NICU.

## Perinatal Intensive Care

The Perinatal Intensive Care Unit (PICU) at Miami Valley Hospital offers care for women who are experiencing high-risk pregnancies before, during and after birth. The only unit of its kind in the area, the PICU provides specialized care for high-risk moms before, during, and after birth for women across southwest Ohio.

## Maternal-Fetal Medicine Team

The physicians and staff of the Maternal-Fetal Medicine Team will work with your obstetrician to assist in the diagnosis and treatment of high-risk pregnancies, including multiples. We work to ensure moms-to-be and their babies have the specialized care that will support their individual situations.

## Fetal to Newborn Care Center

Building on the strengths of Miami Valley Hospital and Dayton Children's Hospital, the Fetal to Newborn Care Center (FNCC) combines the region's leaders in maternal-fetal care, high-risk obstetrics, neonatology, neonatal surgery and pediatric sub-specialties to provide a seamless continuum of care for those facing a high-risk pregnancy or complex fetal condition. Mothers in the FNCC have access to specialists at both locations depending on the unique needs of each pregnancy, and have a nurse navigator to help guide them through their experience. For more information, visit [fetaltonewborn.org](http://fetaltonewborn.org)

## Pre-registration

We encourage all mothers-to-be to pre-register for their birthing experiences. Taking the time to complete paperwork before you arrive to deliver your baby will make your check-in quicker, allowing us to have you in your room in less time. Pre-registration can be completed at your hospital's registration office.

## Childbirth Education

Premier Health offers a number of classes to help you learn about labor, delivery and caring for your newborn along your childbirth journey. To register for classes, log on to [premierhealth.com/maternity/education-and-support](http://premierhealth.com/maternity/education-and-support) or call **(937) 208-BABY** for classes at all locations. Registration is required for all classes.

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## Why You Need a Pediatrician or Family Medicine Doctor Identified Before Delivery

Prior to delivery, it is important to establish a relationship with your child's doctor. You may want to inform the office of your child's upcoming arrival in order to get a clear understanding of expectations. For example, when should you schedule your child's first appointment, or what paperwork will they need filled out to add them to your insurance. Once your child is born, your child's doctor, or another provider from their practice, may examine them in the hospital.

To find a pediatrician or family medicine doctor, call CareFinders at **(866) 608-FIND (3463)**, or log on to **premierhealth.com** and click on Doctors.

## What to Pack

You and your baby will need seasonally appropriate clothing for the trip home, and your baby will need a blanket and car seat. While we are happy to provide basic toiletries upon request, we suggest you bring any special products and personal care items you prefer.

## Arrival and Delivery

When you arrive at the hospital for delivery, we understand the urgency of your situation. So, you should go directly to the birthing center at your hospital. Once you are in your room and in labor, you may have one support person stay and sleep in the room with you during your delivery. Complete details about your stay and the visitation policy can be found on each hospital's website.

We encourage you to be an active participant in your healthcare. Your input is important to us. This may include when and what type of pain relief you receive. An epidural may not take all labor pain away. It is necessary to feel the pressure sensation for effective pushing. If you have any questions about your care, please ask your physician and/or nurse.

## Your Postpartum Stay

The anticipated stay after a vaginal delivery is 1-2 days. Your healthcare team will consult with you to develop a safe discharge plan and determine when you and your baby are medically ready to leave. Being discharged from the hospital as soon as medically appropriate decreases the risks to you and your baby.

If you consent to having your baby boy circumcised, it usually occurs the day after birth and will be done by your OB/GYN.

While in the hospital, you will be asked to review a draft of your baby's birth certificate for accuracy. Once the birth certificate is filed there is a charge by the state to make changes.

Remember to add your baby to your health insurance policy. You normally have 30 days after the date of birth to complete this process.

## Bonding with Your Baby

During your stay, we support non-separation of baby from mother, skin-to-skin contact, and breastfeeding, which promotes bonding and can help your baby cry less, soothe more quickly, and sleep better. It can even establish a more stable heartbeat and breathing patterns.

If you choose to breastfeed, our nursing staff and lactation consultants are available to help. If you need additional assistance once you're home, outpatient lactation appointments and breastfeeding classes are also available. If you are considering a breast pump, contact your insurance company prior to delivery to see if you have coverage.

## Safety

Everyone at Premier Health is concerned with the safety of you and your baby. To help ensure that, each hospital has a security system in place that sounds an alarm and secures the doors if an unauthorized person tries to remove your baby from the unit.

To promote a safe sleeping environment for your baby from the start, all Premier Health hospitals utilize sleep sacks, or wearable blankets, during your child's stay. Sleep sacks are seen as safer alternatives to traditional blankets. To learn more about how to create a safe sleeping environment for your baby, visit **premierhealth.com/safe-sleep**.

## Auto Safety for Moms-to-Be

According to the National Highway Traffic Safety Administration (NHTSA), pregnant women should always wear seat belts when driving or riding in a car. Never place the lap belt above your belly and always keep the shoulder belt in front of you. The lap belt should sit across your hips, close to your pelvis. It is also important to move your seat back as far as you can while still reaching the pedals comfortably. The NHTSA recommends keeping at least 10 inches between your chest and the steering wheel (if driving) or dashboard (if riding). Airbags should remain functional during your pregnancy.

## Safely Transporting Your Newborn Home

When you leave the hospital with your newborn, you're required to have a rear-facing car seat to ensure your baby's safety. Please install the car seat before you come to the hospital. Until your baby reaches one year of age or a certain weight based on your specific car seat – usually 20 pounds – he or she will need to remain rear-facing. Log on to the NHTSA's site [www.safercar.gov](http://www.safercar.gov) for more detailed car seat recommendations and safety regulations.

## If you have questions or concerns

Always call your physician's or pediatrician's office if you have questions or concerns. For questions about your pregnancy after normal business hours, please contact our office's main phone number for after-hours instructions to reach the physician on call.