

Naming your baby

Naming your baby is a simple process. Please have some name choices in mind before delivery. The baby's last name will be the father's last name when the parents are married. If not married, both the mother and father must appear in person at the hospital with a picture ID to sign the birth certificate in order for the father to be listed on the birth certificate.

Acceptable forms of picture ID are mandated by law as:

Driver's license	State ID card
Military ID	Passport

Baby pictures

St. Mary's Family Birth Center offers Bella Baby Photography for beautiful portraits of your newborn. The photographer will come to your room the day after delivery. Shortly after, the photographer will post a slideshow of photos on the Bella Baby website that you can view for two weeks while you decide if you wish to place an order. There is no fee for the photo session or slideshow. You can order prints, CDs, and more from the Baby Bella website. You are welcome to bring your own camera; please note that you must have your physician's permission if you wish to videotape your delivery. No videos are permitted in the OR during c-section deliveries.

Epidural anesthesia

Continuous epidural anesthesia is available for our labor patients. Whether or not you receive epidural anesthesia is a decision made between you and your health care provider.

Classes

St. Mary's wants to help make the birth of your baby an experience you will not only remember, but treasure. We offer a variety of perinatal classes for you, your partner, even big brothers and sisters to be. Call 706.389.3389 for more information or to register.

Nourishment room

A selection of beverages is available for you and your support partner. Our kitchen is equipped with a coffee maker, microwave oven, and ice machine for your use. Vending machines are located outside the Family Birth Center for all other visitors.

Car seat

It is the law in Georgia that all babies must be restrained in a car seat when riding in a car. You must have an appropriate car seat before leaving the hospital.

Smoking

St. Mary's is a tobacco-and smoke-free campus. No smoking or smokeless tobacco use will be permitted inside St. Mary's buildings or on St. Mary's grounds, including streets, sidewalks, and parking lots owned by St. Mary's.

Spiritual Care

At St. Mary's we understand that your emotional and spiritual well-being is essential to you and your baby's overall health. Bringing a life into the world is both a joyful and transforming experience. A Chaplain is available to share your joy and conduct a prayer of blessing for your newborn, if you would like. Chaplains are available on-site 7 days a week from 8am to 4:30pm, and on an emergency basis during evenings and nights.

Compliments or concerns

Please feel free to share your "thanks for a good job" or "opportunities for improvement" with us. Simply dial 100 from any hospital telephone. One of the nurse leaders will round to your room during your stay to ask about your experience in the Family Birth Center.

families start here



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St. Mary's honors the sacredness and dignity of every person, complies with applicable Federal civil rights laws, and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-481-3293 (TTY: 1-800-481-3293) (TDD 1-800-255-0056).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-481-3293 (TTY: 1-800-481-3293) (TDD 1-800-255-0056) 번으로 전화해 주십시오.



welcome

Congratulations and welcome to the Family Birth Center at St. Mary's Hospital. Thank you for allowing us to be part of your birth experience!

About St. Mary's Family Birth Center

• LARGE, PRIVATE ROOMS

Labor-Delivery-Recovery-Postpartum rooms (LDRP), include a full-size pull-out bed for your support person, jacuzzis in most rooms, internet connection, and more.

• ONE ROOM FOR ALL STAGES OF LABOR

Most women having uncomplicated deliveries will be able to stay in the same room from admission to discharge. Staying in one room ensures mothers and babies will not be separated during the most vital hours after birth. This is great for mother/baby bonding.

• ON-UNIT C-SECTION SUITE

Our Family Birth Center staff is fully trained in cesarean deliveries. Our c-section suites are located just a few steps from our LDRP rooms.

• NEONATAL INTENSIVE CARE UNIT

The NICU unit includes spacious, private rooms, bright colors, and state-of-the-art lighting technology to ensure that infants experience the normal rhythms of day and night. We provide high-tech care for premature infants and babies with other significant health problems at birth.

Rooming-in

Here at St. Mary's Hospital we encourage you and your baby to remain in the same room together for your entire hospital stay, unless a medical procedure requires separation.

If you have a cesarean delivery, plan to have another adult stay with you in your hospital room.

Benefits of rooming-in:

- Less crying for your baby
- More rest, more sleep
- Encourages infant weight gain
- Easier to recognize infant cues
- Easier and faster bonding
- Easier and faster milk production
- Improves parenting confidence



Overnight guest

Our rooms are provided with a sofa bed so that your support person may spend the night if you desire. We can only accommodate one overnight guest per room.

Visitors

During labor and delivery, visitors are usually limited to two or three people at a time. If you desire more or fewer visitors during this time, notify your nurse and care provider. Exceptions are made to accommodate what you want for your birth; however, the safety of you and your baby will be the priority. If visitors are not being supportive or are disruptive, or if an emergency situation occurs, they will be asked to leave the room. Visitors after 8:00pm must enter the hospital through the ER.

The first hour after birth, *The Sacred Hour*, is reserved for mother and baby where it is encouraged that no visitors be present except for one support person. After this hour is complete, visitors are welcome at your discretion. During The Sacred Hour, mother and baby will be skin-to-skin. This helps regulate your baby's temperature, blood pressure, heart rate, breathing, and blood sugar levels. Some other benefits of skin-to-skin include:

- Easier adjustment for your baby
- Easier to learn breastfeeding
- Easier to bond with your baby
- Early initiation of breastfeeding

Registration

To simplify your experience and ensure a quicker check-in process, we encourage all patients to pre-register for services. Please pre-register at least two days prior to your appointment to ensure that we have time to process your online registration before you arrive. You still must check-in at the registration desk on each admission. The pre-registration form can be found on the St. Mary's website. If you wish to register in person, you may visit the registration desk in the main lobby:

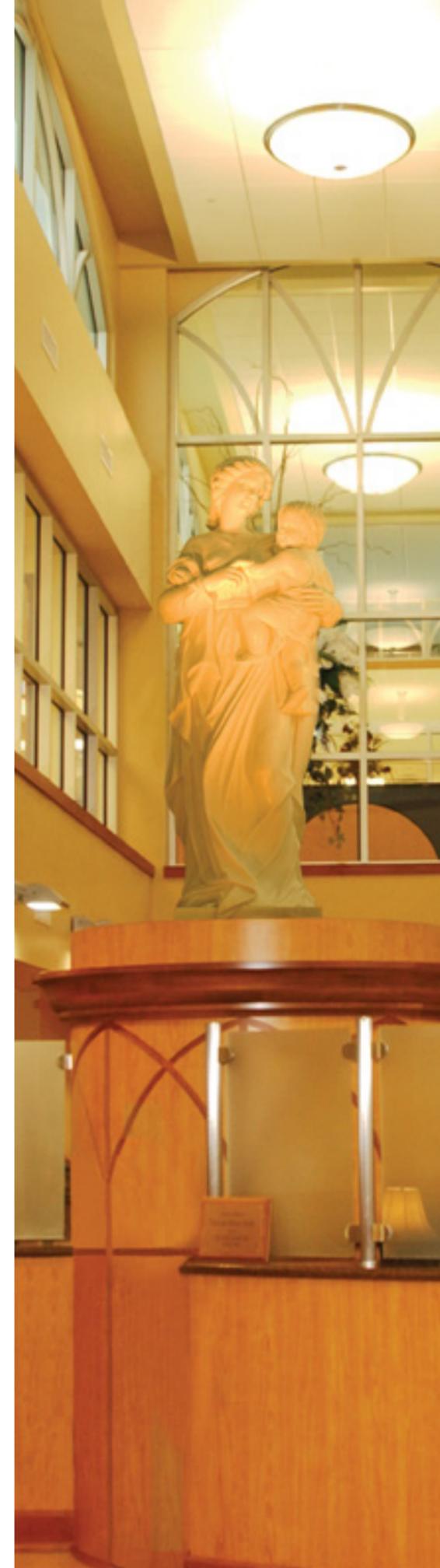
Monday-Friday: 6:00am–6:00pm

Saturday: 7:30am–3:30pm

Sunday: Visit the ER registration desk

Birth certificate

One of the most important documents in your baby's life is his/her birth certificate. You will be given forms to complete to provide information for your baby's birth certificate. It is important to provide completely accurate information on these forms, and to be absolutely sure you have written down the baby's name exactly as you want it on the birth certificate. Before you go home, you should have signed the birth certificate worksheets. If you go home on a weekend or holiday, please call the birth certificate certifier on the next working day to make arrangements to sign the birth certificate.



Breastfeeding

Exclusive breastfeeding is encouraged for all mothers and babies. Exclusive breastfeeding means that your baby gets all of his or her food and drink from breastfeeding. A lactation consultant or trained RN will be available to provide physical and emotional support as you are adjusting to the breastfeeding experience. All nurses in the Family Birth Center are trained to assist you with breastfeeding your infant.

Benefits of breastfeeding

- Early milk (colostrum) is the perfect first food
- Provides antibodies to fight disease
- Easy to digest = less cramping and gas for baby
- Always warm and ready to eat (nothing to buy)
- Helps mothers lose weight
- Lowers mother's risk for diseases

Position and latch

Practice makes perfect! Find the positions that work for you. A good latch helps prevent nipple pain and helps your baby remove milk. Be sure you are comfortable.

GETTING STARTED: LEANING BACK

Laying belly-to-belly with your baby is the most natural thing to do immediately after birth. When your baby shows signs of trying to find the breast, support this search. He or she will nuzzle up and attach to the breast. Breastfeeding while leaning back comfortably goes along with your baby's natural instincts.



back lying

TIPS FOR LATCHING YOUR BABY IN ANY POSITION:

- Support your baby's neck
- Avoid holding the back of your baby's head – allow your baby to move as he or she needs
- Baby's ear, shoulder, and hips should be in a straight line
- When your baby opens wide, bring him/her onto your nipple
- Baby's chin should hit breast first
- Make sure the nipple is deep in your baby's mouth
- Baby's nose will touch the breast during a deep latch



cross
cradle



cradle



side lying



football

TIPS FOR GETTING OFF TO A GREAT START:

- Breastfeed as soon as possible after birth
- Nurse your baby often – this will be at least 8–12 times in 24 hours (as much as he or she signals the need)
- Avoid giving pacifiers or bottles for the first 4 weeks
- Ask for support from your nurse or lactation consultant
- Watch your baby – not the clock – to know when to feed
- Massaging and compressing the breast while feeding helps the milk to flow and keeps the baby feeding

Breastfeeding

Making and maintaining your milk

Your first milk (colostrum) is thicker and more yellow than milk you drink. Early milk comes in very small amounts, yet is full of nutrients and immunities.

Your milk will change over the first 3–5 days into larger amounts of mature milk, which has more water to satisfy your baby's thirst.

Move it or lose it!

- Making a full supply of milk requires frequent removal of milk from your breasts.
- If milk is NOT removed from your breasts, your body is given the message to make less milk.
- You should use breast massage, hand expression and/or pumping to remove milk (and keep making milk) if you are separated from your baby.

Feeding on cue

To maintain your milk supply, you should feed “on cue” and follow your baby's lead.

HUNGER CUES:

- Fluttering eyes
- Sucking on tongue or hand
- Rooting (opens mouth and turns head)
- Nuzzling into the breast
- Bringing hand to mouth
- Crying (if you wait until your baby cries to feed him, he may be too upset to eat. If this is the case, calm your baby first by gently rocking him side to side, or try skin-to-skin contact)



FULLNESS CUES:

- Eating slows down
- Turns face away
- Looks relaxed
- Stops sucking
- Falls asleep

Pacifiers: Pacifiers can hide your newborn baby's signs of being ready to eat. Avoid using pacifiers in the first month of your baby's life if you are breastfeeding.

Exclusive breastfeeding for six months

Begin offering other foods to your baby after a full breastfeed when he or she is 6 months old. Breastfeeding through the first two years and beyond continues to be very beneficial for your baby's growth and development, and for both of your protection against diseases.

Our goal for you

At St. Mary's, we want to provide quality lactation support through hands on help and education. We offer prenatal baby nutrition classes and promote continued support after discharge through weekly breastfeeding support groups that are led by certified lactation consultants.