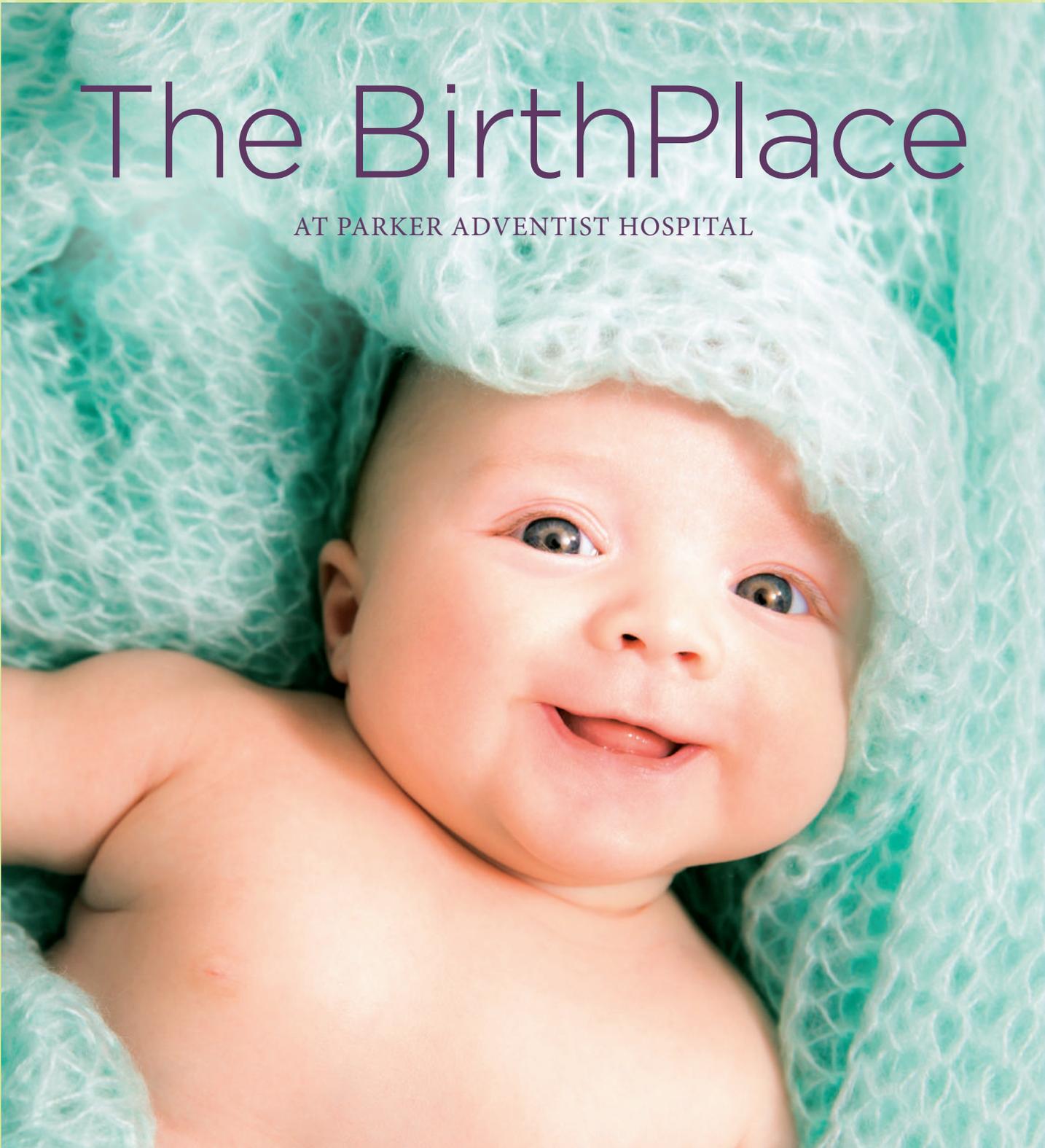


The BirthPlace

AT PARKER ADVENTIST HOSPITAL



The BirthPlace at
Parker Adventist Hospital



We provide the care
you need with the comfort
you will love.



YOUR GUIDE TO AN AMAZING EXPERIENCE

We Are Here for You

Beautiful beginnings start every day at The BirthPlace at Parker Adventist Hospital. We strive to deliver an amazing experience for our moms and families, providing the highest level of care, comfort and confidence. We welcome you to become part of our growing family and look forward to celebrating this amazing experience with you.

Our BirthPlace guide is a resource and workbook that includes important information about your pregnancy, your delivery and your baby. As an active partner in your pregnancy, our BirthPlace team will guide you through every stage, from baby preparation to delivery and recovery. We know this is an exciting time for you and your family, and we look forward to supporting and caring for you on your journey.

OUR MISSION

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

OUR CUSTOMIZED CARE

At The BirthPlace, we believe your birthing experience should be personal and tailored to your needs and preferences. Our dedicated team will strive to honor your birthing vision as best and safely as possible.



Our Extraordinary Health Care

Our highly skilled team uses state-of-the-art technology and is ready to handle high-risk pregnancies, multiples, and premature babies.

- World-class perinatologists, neonatologists and OB/GYNs are ready to support you and your baby. Leading experts in perinatology from The Parker Perinatal Center care for patients with maternal or fetal care needs.
- Our OB nurses are dedicated to participating in continuing education and all staff members are certified in electronic fetal monitoring and neonatal resuscitation, and use state-of-the-art simulators in training to ensure the highest level of care.
- 24/7 anesthesia coverage is available for all your pain management needs.
- Dedicated surgical suites for cesarean births are reserved just for moms.
- Newborn Intensive Care Unit (NICU) patients are cared for by experienced neonatal specialists from Children's Hospital Colorado.

Our Amenities

Our BirthPlace is designed with you in mind—to feel more like home than a hospital—and to provide the highest level of care and comfort.

- Private birthing suites and postpartum recovery rooms.
- Babies room-in, but have access to the WellBaby nursery when mom needs to rest.
- HUGS Infant Security System provides 24/7 controlled access to the unit.
- Comfortable in-room sleeping accommodations for your spouse or support partner.
- Spacious family-friendly lounge and children’s activity area.
- Gourmet room service provided by the Peakview Café.



Family-Centered Approach to Baby Care

We strongly encourage and support the active participation of your family in the care of your newborn.

- Parker Adventist Hospital offers comprehensive childbirth and parenting classes, including: Childbirth Preparation, Daddy Bootcamp, Happiest Baby on the Block, Infant/child CPR, Baby Care, Adoptive Babycare, Breastfeeding Basics and much more. Learn more at parkerhospital.org/birthplace.



YOUR PREGNANCY



Working with You for a Healthy Pregnancy

Our nutritional recommendations to encourage a healthy pregnancy and baby include:

- Concentrate on foods high in nutritional value.
- Drink 8 to 10 glasses (64 ounces each) of water per day.
- Limit caffeine intake (coffee, tea, soda, etc.) to 200–300 mg per day.
- Consume Splenda and other artificial sweeteners in moderation, or avoid them altogether.
- No smoking, alcohol, or recreational drug use.

HEALTHY FOOD OPTIONS

Olive, nut, grapeseed oils
Low fat milk
Eggs
Salmon*
Lean meats
Beans
Sweet potatoes
Popcorn
Whole grains
Walnuts
Greek yogurt
Dark green, leafy vegetables
Colorful fruits and vegetables

FOODS TO AVOID

Junk food (candy, soda, chips)
Soft cheese
Pâtés
Meat spreads
Raw milk
Uncooked hot dogs or lunch meats
(cook in microwave until steaming)
Raw or undercooked meats
Shark, swordfish, tilefish, mackerel,
marlin, orange roughy*
Lard

*When it comes to fish, limit yourself to 8–12 ounces per week of the following: cooked salmon, shrimp, crab, catfish, anchovies, and sardines. Limit canned light tuna (albacore) to one 6 oz. serving every week. Recommendations may change because the mercury content of fish is constantly under investigation. Visit womenshealth.gov and fda.gov, and search for “fish facts.”

Working Out

We encourage you to stay active according to your comfort level. Unless instructed otherwise by your provider, continue your normal routine including your usual work and school schedule until your delivery.

We recommend you exercise 30 minutes per day, while keeping your pulse lower than 140 beats per minute. If you are unable to carry on a comfortable conversation, you are doing too much. Regular exercise helps prevent gestational diabetes and may reduce your risk of postpartum depression. Avoid activities that could injure your abdomen. Walking, yoga, and swimming are excellent forms of exercise. Although it is safe for you to go to the mountains, do not exercise in extreme environments.

Staying Safe

During pregnancy, you may need to slightly adjust your everyday routines both for comfort and to avoid potentially toxic chemicals.

- **Lay on your side:** Avoid lying flat on your back after 20 weeks. The pressure of the uterus interferes with normal blood flow. If you feel nauseated or light-headed after lying on your back, roll to your side.
- **Sleep and sex:** Get at least eight hours of sleep each night. Sex and orgasms are safe during pregnancy unless otherwise instructed by your physician.
- **Beauty treatments:** After your first trimester, you can get your hair colored and have your nails done (acrylic). Avoid hot tubs, saunas, and tanning beds during your entire pregnancy.
- **Paint:** Latex paint is generally safe during pregnancy. Use paint or cleaning solutions in a well-ventilated room and do not use a sprayer. Avoid lead- and oil-based paints.
- **Chemicals and infections:** Wear gloves when gardening and using cleaning supplies. **Avoid changing kitty litter.**
- **Travel:** Discuss all travel plans in the third trimester (after 28 weeks) with your provider. Traveling itself does not cause problems, however, the concern is that you may not have immediate access to medical care. If you must travel, please discuss plans with your doctor beforehand. Search Zika Virus at [cdc.gov](https://www.cdc.gov) for updates regarding travel advisories.

Your Changing Body

During pregnancy, your body changes in ways that may alarm you if you're not prepared. Here's what to expect.

Vaginal Discharge/Bleeding

During pregnancy, it is normal to have thicker vaginal discharge. Do not douche. Light spotting of blood is common during pregnancy, especially after intercourse. However, any **flow** of blood or leaking of a clear watery fluid may be a sign of a problem. In either case, please notify your doctor right away.

Fetal Movement

Expect to feel fetal movement between 18 and 20 weeks. Some women have described the sensation as butterflies fluttering or popcorn popping. The first few times you feel this movement you might attribute it to gas or gurgling in your belly, but once they happen more frequently you will learn the difference. Try sitting or resting quietly to feel these early movements of your baby.

After 26–28 weeks, you may do “kick counts” by making note of 10 movements in one–two hours. Baby is most active after you have eaten. If you feel fewer than 10 movements in a two-hour period, please call your doctor immediately to schedule a same-day appointment or speak to an on-call physician after office hours.

Pre-Term Contractions

Pre-term is considered less than 37 weeks. Stay hydrated and rested. If, in spite of rest and fluids, you experience six or more contractions, menstrual-like cramps, lower back pain, or pelvic pressure in one hour, please call your doctor immediately to schedule a same-day appointment or speak to an on-call physician after office hours.



Health Care Do's and Don'ts

Dental Care

Keep regular dental checkups and schedule a visit early in your pregnancy if you have not had a recent checkup. Dental work is OK with local anesthesia only—no nitrous gas. Dental x-rays are permitted with use of a lead shield, preferably during the second trimester. Tell your dentist that you're pregnant.

Vitamins and Supplements

Begin taking a prenatal vitamin with DHA immediately and continue until delivery through breastfeeding. Over-the-counter prenatal vitamins are acceptable. Additional folic acid is recommended for a multiple birth pregnancy or if you are taking certain medications. Talk to your provider before taking additional supplements and herbs.

Vaccine Recommendations

Flu shots (not mist) are appropriate at any point in pregnancy during the flu season. Tetanus, diphtheria, and pertussis (Tdap) is recommended in every pregnancy between 28–36 weeks, during the third trimester of your pregnancy. This helps protect your newborn from pertussis (whooping cough).

Medications

Some medications are not safe to take during pregnancy. Use the list at right for help in choosing over-the-counter medications. Please consult your provider before taking any medications and supplements. Follow the directions on the labels unless otherwise instructed by your physician.



ACCEPTABLE OVER-THE-COUNTER
MEDICATIONS/REMEDIES

Allergies/Itching: Benadryl, chlorpheniramine, Chlor-Trimeton, Claritin, Clemastine, Robitussin CF, Tavist D, Zyrtec.

Cold/Congestion: Benadryl, Tylenol Cold,* Tylenol PM, Tylenol Sinus.*

*Avoid products containing phenylephrine and pseudoephedrine in the first trimester.

Constipation: Increase fluids, warm prune juice or plain hot water, dried prunes; increase dietary fiber or supplement (Metamucil, Fibercon, Citracel), Colace, Milk of Magnesia.

Cough: Cepacol spray, cough drops, Robitussin DM, Trind-DM, Vicks Cough Syrup (consult your provider prior to taking cough syrup).

Diarrhea: Eat bananas, rice, applesauce, tea, or toast. Imodium may be helpful (do not use longer than 24 hours).

Fever: Tylenol Extra Strength (two every eight hours) call your doctor if temperature is greater than 100.4° F.

Gas: Mylicon 80, Phazyme 125.

Heartburn: Antacid, Gaviscon, Maalox, Mylanta, Pepcid, Rolaids, Tagamet, Tums, Zantac.

Headache: Tylenol Extra Strength (three times a day), acupuncture, drink plenty of water, ice pack on the neck (helpful for migraine headache), massage, warm towel/heat to neck (helpful for tension headache). If your headache is one-sided or associated with blurred vision, please call your doctor.

Hemorrhoids: Anusol, hydration, ice pack, Preparation H, sitz baths, Tucks Pads, Wet Wipes.

Motion Sickness: Benadryl, Bonine, Dramamine.

Nasal congestion: Benadryl, humidifier, saline nasal spray. Actifed, Sudafed after the first three months of pregnancy.

Nausea: Eat small amounts of food several times throughout the day. Sip liquids constantly—it is very important to stay hydrated. If vomiting is continuous, call your doctor immediately. Vitamin B6 (50mg two to three times per day up to 200mg) or ginger (250mg four times per day) may be helpful, as well as Unisom with doxylamine.

Side pain: Many women experience side pain during pregnancy, especially while exercising, stretching, and lifting. This is usually caused by a growing uterus pulling on ligaments. For relief, rest and take Tylenol. A maternity support belt may also be helpful in relieving side pain.

Sore throat: Cepacol spray, salt-water gargle, and throat lozenges. See your primary care provider if symptoms last more than three days.

DO NOT TAKE

Ibuprofen (Advil, Motrin)

Naproxen sodium (Aleve)

Alka-Seltzer products

Pepto-Bismol

Phenylephrine

Phenylpropanolamine

If you have questions regarding these or other medications, or if symptoms persist, please call your doctor.

*For more information on medications during pregnancy, please visit [cdc.gov/pregnancy/meds/treatingfortwo](https://www.cdc.gov/pregnancy/meds/treatingfortwo).

Morning Sickness: Dealing with Nausea/Vomiting during Pregnancy

It is not clearly understood why morning sickness occurs. It is estimated that most women experience nausea and at least one-third of women experience vomiting.

Morning sickness:

- Usually begins between your first and second missed period.
- Typically eases by the end of your third month, but occasionally lasts throughout pregnancy.
- Can occur at anytime of day, and can last a few minutes to many hours.
- **Does NOT mean there is something wrong with your baby.**

What causes morning sickness?

Experts believe a combination of factors contribute to nausea. For example:

- Women have heightened sensitivity to sights, smells, motion, temperature changes, fatigue and stress during pregnancy.
- Abundant pregnancy hormones and low blood sugar increase your risk of developing nausea.
- Pregnancy related changes to your digestive system may cause nausea.
- Routine medications such as prenatal vitamins and iron may cause nausea.

What can you do about it?

Discover what triggers your symptoms and make changes that help you feel better.

For example:

- Avoid or decrease sights, sounds, and smells that produce symptoms.
- Get out of bed slowly and avoid sudden movements.
- Eat saltines and whole wheat crackers before getting out of bed in the morning, at bedtime and when making a trip to the bathroom in the middle of the night.
- Try taking your prenatal vitamins and iron before going to bed.
- Adjust room temperature to a cooler setting and have good airflow to reduce odors.
- Go outside for some fresh air.
- Get adequate sleep and rest.
- Practice relaxation techniques.
- Talk to your provider about unconventional measures (acupressure wristbands, acupuncture, or hypnosis).
- Get help and “budget your energy.” Ask friends or family to help until you feel better.
- **Notify your provider if you lose weight, vomit more than three times a day, or cannot keep anything down.**

What about eating and drinking?

- Carbohydrates, such as crackers, toast, and cereal, tend to digest easily and can help ease nausea.
- Consume food either very warm or very cold.
- Avoid greasy, fatty and spicy foods.
- Try small amounts of a single food and add variety as you feel better.
- Avoid highly seasoned food.
- Weak tea, ginger tea, very cold carbonated drinks, fruit juices, crushed ice, and ice-pops may sit easier on your stomach.
- Try not to eat and drink during the same meal; sip fluids between meals.
- Sit upright after meals.
- Consider taste (salty, sweet, sour, bland); one might be easier to tolerate than another.
- Consider texture (soft, hard, crunchy); one might be more appetizing to you.
- Keep a food diary. You may find that eating certain foods at certain times of the day will help you break the cycle of nausea and vomiting.

What medications are used to manage morning sickness?

You and your doctor can discuss the use of Diclegis to relieve your symptoms. Diclegis is a combination of pyridoxine (vitamin B6) and doxylamine. Both are available over the counter and are considered low risk in pregnancy in any trimester. If symptoms don't go away or worsen, your physician will decide what medications will provide the most benefit for you and your baby.



Prenatal Care Schedule

Pregnancy generally lasts 40 weeks. This is calculated from the first day of your last period. Your prenatal visits will be scheduled monthly up to 28 weeks. You will then be seen every other week until 36 weeks. Once you have reached 36 weeks, you will visit your doctor weekly until delivery. Adjustments will be made throughout your pregnancy to fit your individual obstetrical (OB) needs.

This worksheet provides an overview of the typical prenatal care schedule and provides space for you to write notes about appointments and results.

Your Due Date: _____

6–8 WEEKS Appointment Date: _____

- ▶ First Prenatal Visit
 - ▶ 1st ultrasound to confirm pregnancy and due date
Estimated Date of Delivery: _____
 - ▶ Discuss medical history
 - ▶ Pap smear if indicated
 - ▶ Blood work and screening tests
 - ▶ Prenatal counseling
-

12 WEEKS Appointment Date: _____

- ▶ Listen to baby’s heartbeat
 - ▶ Additional screening tests (optional)
-

16 WEEKS Appointment Date: _____

- ▶ Listen to baby’s heartbeat
-

20 WEEKS Appointment Date: _____

- ▶ Anatomy ultrasound to:
 - Take baby’s measurements
 - Evaluate growth and development
 - Find out the baby’s gender (if you choose)
-

24 WEEKS Appointment Date: _____

- ▶ Listen to baby’s heartbeat
 - ▶ Measure the size of your uterus
-

28 WEEKS Appointment Date: _____

- ▶ Test for gestational diabetes and anemia
- ▶ Test for antibodies if Rh negative
- ▶ RhoGAM administered if you are Rh negative

28–35 WEEKS

- ▶ Call **(303) 269-4090** or visit **parkerhospital.org/birthplace** to schedule your BirthPlace tour

Tour Date: _____

- ▶ Call **(303) 269-4980** or visit **parkerhospital.org/birthplace** to complete your BirthPlace pre-registration

Done? _____

30–34 WEEKS Appointment Date: _____

- ▶ Listen to baby's heartbeat
 - ▶ Measure the size of your uterus
 - ▶ Tdap vaccine recommended in third trimester
 - ▶ Select a pediatrician
-

35–36 WEEKS Appointment Date: _____

- ▶ Determine baby's position
 - ▶ Vaginal culture to test for beta strep
 - ▶ Discuss when to call your provider
 - ▶ Cervical exam if indicated
-

FINAL FOUR WEEKS: 37, 38, 39, AND 40 WEEKS**37-WEEK** Appointment Date: _____**38-WEEK** Appointment Date: _____**39-WEEK** Appointment Date: _____**40-WEEK** Appointment Date: _____

- ▶ Listen to baby's heartbeat
 - ▶ Measure the size of your uterus
 - ▶ Cervical exam if indicated
-

Flu vaccine is recommended anytime in pregnancy.

Nasal flu mist is considered **unsafe** in pregnancy.

Baby Preparation Checklist

Use the following checklist to make sure you are ready for the big day!

- Take a tour of The BirthPlace. Call **(303) 269-4090** or visit **parkerhospital.org/birthplace** to schedule.
- Pre-register for your baby's birth. Call **(303) 269-4980** or visit **parkerhospital.org/birthplace**.
- In your second trimester, enroll in our childbirth and baby classes. Class availability is limited. Visit **parkerhospital.org/child-birth-classes** to view the full list of options and enroll. Classes include:
 - Baby Care
 - Daddy Bootcamp
 - Sibling Class
 - Infant/Child CPR
 - Breastfeeding Basics
- Contact Patient Financial Services to verify your insurance and review any questions you may have about your coverage at **(303) 269-4949**.
- Select a pediatrician. Review the list of our expert physicians at **parkerhospital.org/pediatrician**.
- Purchase a car seat, install it in your car, and have a car seat safety check performed at your local fire department. To schedule an appointment with South Metro Fire Rescue Authority, visit **www.southmetrofoundation.org** and search for "car seat." Families can also call our trauma department at **303-269-4809** to schedule an appointment. To learn more, visit **nhtsa.gov** and click Laws & Regulations > Child Passenger Safety.

Hospital Bag Checklist

For Labor

- Bathrobe, nightgown, slippers, and socks
- Toiletry items for you and your partner
- A comfortable change of clothes for your partner
- Massage oils or lotions
- Pillows if you prefer your own
- Music and player of your choice
- Camera
- Suckers or hard candy for mom

For Mom after Delivery

- Nursing bra for breastfeeding moms and/or a good support bra
- Hands-free pumping bra/breast pump bustier
- Going home outfit—something comfortable and roomy, plus a pair of comfortable, flat shoes

For Your Baby

- Infant car seat—your baby can't leave the hospital without one
- Going home outfit for baby (remember a cap, socks and newborn mittens)
- Receiving blanket
- Diaper bag (stocked)





YOUR DELIVERY

WORKING WITH YOU FOR A SAFE AND
HEALTHY DELIVERY



The BirthPlace at Parker Adventist Hospital delivers an amazing experience for moms and families immersing you in the utmost of safety, comfort and confidence. Putting a plan in place will help ensure you understand when to go to the hospital, where to go when you arrive and the accommodations we have available to you.

When to Go to the Hospital

If you think you are in labor, call your doctor's office when your contractions are **5 minutes apart, lasting 30–40 seconds each for 1 hour.**

After hours, head straight to the hospital.

Call your doctor's office anytime if:

- You are having regular contractions, menstrual-like cramping, and/or dull backache and you are preterm or less than 37 weeks.
- You are leaking fluid or have vaginal bleeding similar to a period.
- You feel your baby's movements have significantly decreased.
- You are vomiting and it does not subside, especially if you are unable to keep fluids down.
- You have a fever of 100.4° F or more.
- You have a headache unrelieved by Tylenol, visual changes, pain or pressure under ribs, swelling of hands and/or face, or a weight gain of 5 pounds or more in 1 week.



WORKING WITH YOU FOR A SAFE AND HEALTHY DELIVERY

Where to Go Once You Arrive

- The main lobby entrance is located on the northwest side of the hospital and is open daily from **6 a.m.–8 p.m.**
- Enter through the emergency room if you arrive after 8 p.m. The emergency room entrance is on the southeast side.
- Go directly to The BirthPlace unit located on the third floor. If you have not yet pre-registered, one of our staff will register you once you arrive.
- Convenient and free valet parking is available Monday–Friday, 8 a.m.–5 p.m. After hours, park in any available space near the Emergency Room entrance.

Your Birth Plan

A birth plan is a statement of preferences for the birth of your baby. If you choose to develop a birth plan, please remember to be flexible because deviations may be necessary. **You will need to discuss your birth plan with your provider—prior to labor—to assure agreement with the plan, discuss any questions, and work through any changes that need to occur before labor.** Remember, the goal of labor and delivery is a safe, healthy birth of your child.

My Name: _____

Due Date: _____

Provider's Name: _____

MY BIRTH PLAN

My main support person is: _____

Relationship of support person to me: _____

I would like to have the following people present during birth:

For pain control/positioning during labor and birth, I would like to:

- Walk in rooms/halls
- Sit in recliner
- Use shower
- Use foot pads on bed
- Use spa
- Use heat/cold/massage
- Use squat bar

Other: _____

After birth, I would like to:

- Place baby skin to skin
- Breastfeed my baby
- Keep baby in my room as long as he/she is stable

Additional requests for my labor or delivery:

Your Baby's Birth

The safety of both you and your baby is our number one priority at The BirthPlace. With 24/7 coverage from perinatal and neonatal specialists, our unique partnership with Children's Hospital Colorado, and access to the latest medical technologies, The BirthPlace prides itself on being ready for anything.

- **Internet-Based Physician Access:** Our OBIX perinatal fetal monitoring system provides your doctor access to vital information about fetal and maternal heart-rate, contractions, and maternal blood pressure in real time.
- **24/7 Anesthesia Coverage:** Round-the-clock anesthesia coverage is available for your pain management. No matter what pain management plan you choose, our team is available to support you.
- **Newborn Intensive Care Unit (NICU):** Our NICU provides comprehensive care to our smallest patients—high-risk newborns and multiples age 28 weeks gestation and up. The unit is equipped with the latest technologies in caring for fragile and premature babies, including our state-of-the-art Giraffe Isolette beds that simulate the uterine environment. Our NICU nurses will educate you as you transition home with your baby. They are experts at balancing the medical needs of the baby while helping mom and baby bond.
- **High-Risk Pregnancies and The Perinatal Center:** Sometimes a pregnancy may be considered high-risk or require perinatal care. The Parker Perinatal Center is staffed by leading experts in perinatology who care for patients with maternal or fetal care needs. Their office features state-of-the-art equipment capable of providing 3-D and 4-D imagery. For more information on The Parker Perinatal Center, visit parkerhospital.org/perinatal-center.





Your Stay

The BirthPlace strives to be your home away from home during your birthing experience. We provide the care you need with the comforts you will love.

- **HUGS Infant security:** Security is one of our top priorities. Our Hugs Infant Security System, 24/7 controlled access to the unit and hallway video surveillance, ensures the safety of our newborns and families.
- **Length of stay:** On average, hospital stays are 2 days after a vaginal birth and 2–4 days following a cesarean birth. If you are interested in an early discharge at 24 hours, please speak with your obstetrician and pediatrician for approval.
- **In-room sleeping accommodations:** A pullout couch is available in each room for your support partner or overnight guest.
- **Gourmet meals:** Meals at The BirthPlace are a long way from “hospital food,” with recipes prepared by our executive chef. We welcome you to enjoy wood-fired oven pizza, gourmet soups, salads, sandwiches, and the barista bar. Our culinary staff members can honor any special dietary requests you might have. In-room guest trays are available 7 a.m. to 7 p.m. daily. New dads and support partners enjoy a complimentary meal from our Peakview Café during your stay at The BirthPlace.
- **Visiting friends and family:** Some parents want to share their baby’s birth with friends and family, while others prefer privacy. It’s your choice. Children are welcome, but must be supervised by an adult other than the new mom. Up to two overnight guests are welcome, and quiet time is observed every day from 2 to 4 p.m. (NICU visitors are limited to two at a time.)
- **Gift boutique:** The Parker Hospital Gift Boutique not only provides an appealing selection of unique merchandise, but also supports various community programs with its proceeds. Purchase flowers, baby items, and much more. Visit them in the main lobby near the elevators.



CARING FOR YOUR BABY

The first few hours after birth are extremely important as your newborn adjusts to life outside the womb. The BirthPlace has specially trained transition nurses who carefully monitor and assess your newborn at your bedside. The nurses identify potential issues, promote skin-to-skin contact and initiate first feedings. We work with you to protect the health and wellness of your baby in the hospital and once you return home.



Newborn Testing and Vaccinations

During your hospital stay, we take steps to protect your baby's health:

- After delivery, we screen your baby's hearing, bilirubin, and Newborn Genetic Screening.
- After your baby is 24 hours old, we perform newborn pulse oximetry screenings for critical congenital heart disease. The screening is not painful and only takes a few minutes.
- Depending on your pediatrician and your wishes, most babies will get their first dose of hepatitis B vaccine at birth and will complete the vaccine series between 6–18 months.
- Keep your baby away from crowds and people who are sick. Babies are especially vulnerable to colds, the flu, and pertussis.

Award-Winning Breastfeeding Program

The lactation program at The BirthPlace is a proud winner of a Colorado Can Do 5! Breastfeeding Excellence Starts Today (B.E.S.T.) award. We provide expert and caring breastfeeding support every step of the way, in the hospital and when you return home.

- International Board Certified Lactation Consultants (IBCLC) are available to share their advanced training in breastfeeding support and education.
- Breastfeeding Support Group: This weekly breastfeeding support group will assist you in reaching your breastfeeding goals. In the group, an International Board Certified Lactation Consultant will present up-to-date information on breastfeeding. You will have the opportunity to share your experience with other breastfeeding mothers and have your questions answered.
- Mothers' Milk Bank: The BirthPlace is a milk depot for the Mothers' Milk Bank of Denver. Through this partnership, we offer human donor milk to all NICU and healthy term infants requiring breast milk supplementation.

Benefits of Breast Milk and Breastfeeding

- Colostrum, the first milk, seals the gut and promotes good bacteria.
- Breast milk provides optimal nutrients that your baby needs for the first six months of life.
- Breast milk protects against illnesses, such as respiratory issues and ear infections.
- Breast milk-fed babies may have a decreased risk of Sudden Infant Death Syndrome (SIDS).
- Breastfeeding helps your uterus return to its normal size faster and helps to control postpartum bleeding.

Caring for Yourself

Once you arrive home with your baby, it's normal to feel a little overwhelmed. Even though you are no longer surrounded by your BirthPlace team, you are not alone. We encourage you to call your doctor with any questions or concerns you may have.

Staying Healthy

To stay healthy once you arrive home, we suggest the following:

- Limit visitors so you and your baby have time to rest.
- Continue with quiet time from 2–4 p.m. daily.
- Eat nourishing foods and drink a lot of fluids.
- Let people help you with housekeeping, meal preparations, sibling care, etc.

Watch for Postpartum Depression

Tell your doctor if you experience any signs of depression and anxiety that interfere with daily life. Giving birth is a joyful experience and can make a new mom feel overwhelmed, stressed, and even sad. About 75% of women will experience “postpartum blues” within the first few days after delivery, those feelings typically subside within several weeks. Postpartum depression produces severe symptoms, which include:

- Feelings of guilt, hopelessness, or worthlessness
- Fatigue, lack of interest in normal activities, or social isolation
- Sleeping too much or too little
- Lack of interest or over concern for the baby

Please schedule an appointment with your doctor if you experience any of these symptoms as you may require additional treatment and support.

Shaken Baby Syndrome

Shaking a baby is a serious form of child abuse that occurs mostly in infants in the first year of life. It is often the result of a parent's or caregiver's frustration or anger in response to a baby's or toddler's constant crying or irritability. Shaking or striking a baby's head can cause serious physical and mental damage, even death. Serious injuries associated with abusive head trauma may include blindness or eye injuries, lethargy (difficulty staying awake), tremors (shakiness), vomiting, seizures, difficulty breathing and coma. If you feel as if you might lose control when caring for your baby:

- Take a deep breath and count to 10.
- Put your baby in the crib or another safe place, leave the room, and let the baby cry alone.
- Call a friend or relative for emotional support.
- Give your pediatrician a call; perhaps there's a medical reason why your baby is crying.

Complete Your Baby's Paperwork

While you're still in the hospital, you and your family can start on your baby's important paperwork: birth certificate, Social Security number and health insurance.

Birth Certificate

Visit **colorado.gov** and search "order birth certificates."

Social Security Number and Card

Visit **ssa.gov** and search for "Social Security numbers for children" or call **1 (800) 772-1213**. You will need information from your baby's birth certificate.

Election of Group Medical Benefits for Your Newborn

You have a limited amount of time from the day your child is born to enroll your newborn with group health insurance benefits. The enrollment process is the sole responsibility of the parent. Here's how it works:

Having a child is considered a Qualifying Life Event. Enrollment for group medical insurance for most companies must be completed within 31 days from the date the child is born.

- Failure to complete the enrollment process will result in a lack of medical coverage for your newborn.
- If the child is not enrolled during your company's allowed time frame, the next opportunity will be your company's next open enrollment period or a subsequent qualifying event.
- Most employers require a birth certificate to accompany the election form. However, do not delay in enrolling your newborn for insurance if you have not yet obtained the birth certificate.

For more details, contact your company's benefits department. It is never too early to obtain benefit enrollment information regarding your newborn.

Paperwork Quick Reference

- Birth Certificate: **colorado.gov**
- Social Security Number and Card: **ssa.gov, 1 (800) 772-1213**
- Health Insurance: Benefits department at parent's company

Evaluate Your Care

We look for every opportunity to make the birth of your baby at The BirthPlace a cherished family experience, one that will bring lasting memories for each of you. You may receive a phone call requesting your evaluation of the care you received during your stay at The BirthPlace. Your responses will help us ensure quality care for our future patients.

CONTACT INFORMATION

When Parker Adventist Hospital opened in 2004, we set a new standard of care in the community. Our welcoming atmosphere, patient-centered approach to care, and community outreach have represented the hospital's mission from the beginning. With leading medical experts, cutting-edge technology, and a broad range of clinical services, Parker Adventist Hospital is committed to excellence in healthcare. Part of Centura Health, Colorado's largest healthcare network, Parker Hospital offers patients access to more than 55 medical specialties and advanced certified programs. These include our Joint Commissioned certified stroke, spine, and joint replacement centers, advanced minimally invasive surgery, cancer center, bariatric surgery center of excellence, and more. Parker Hospital is ranked among the top hospitals in the nation for patient satisfaction, providing patients with multidisciplinary and coordinated care teams. For more information about our full-range of medical specialties and programs, visit parkerhospital.org.

The BirthPlace Important Contacts

Parker Adventist Hospital: **(303) 269-4000**

The BirthPlace: **(303) 269-4300**

Parent/family baby classes and BirthPlace tours: **(303) 269-4090**

BirthPlace pre-registration: **(303) 269-4980, parkerhospital.org/birthplace**

Breastfeeding support: **(303) 269-4388**

Newborn Intensive Care Unit (NICU): **(303) 269-2250**

Gift shop: **(303) 269-4950**

Billing and financial services: **(303) 269-4949**

Online resources and education: **parkerhospital.org/birthplace**

My OB/GYN Provider: _____

My Pediatrician: _____

My Pharmacy: _____

