

What is Baby-Friendly?

Baby-Friendly® is a prestigious designation awarded to facilities that adhere to top breastfeeding standards set by Baby-Friendly USA, Inc. The initiative encourages and recognizes hospitals that offer an optimal level of care for breastfeeding mothers and their babies. Carson Tahoe is proud to be a Baby-Friendly Hospital and to support the 'Ten Steps to Successful Breastfeeding.' Our goal is to provide mothers with the information, skills, and confidence needed to successfully breastfeed their babies. Carson Tahoe also incorporates immediate 'skin-to-skin' mother-baby contact and 24/7 'rooming-in' to promote bonding and assure a happy, positive birth experience.





To learn more about Baby-Friendly® at Carson Tahoe, or our women & children's services, visit CarsonTahoe.com/womenandchildren

What Can I Expect in Labor?

We are here to help you achieve a safe delivery. Our biggest priority is a healthy mother and baby. We will support your labor choices including: movement, music, breathing techniques, focal points, position changes, the use of the shower or bath, birthing ball, oral fluids during labor, medication or epidural options. As long as it is safe for you and baby, we are happy to support your choices.

An IV is placed upon admission to help us keep you safe in the event of an emergency during the labor process. We will also use electronic fetal monitoring to help us keep an eye on how baby is tolerating labor. Intermittent monitoring for part of your labor is an option which gives you the ability to move around more. We can also use a monitor that allows you to move about the halls while still monitoring your baby.

Your nurse will be in frequent communication with you and your doctor throughout your labor. We encourage you to be an active participant in your care and welcome your questions.



Non-pharmacological Pain Management - The following is a list of comfort techniques that we support for the management of your labor pain.

- Create a calming environment by adjusting the lighting and playing music or other soothing ambient sounds. Turn off any distractions.
- Socus on your breathing by taking deep, cleansing breaths.
- Nave your labor partner massage your back, shoulders, legs, or whatever feels good to you.
- Mave your labor partner apply constant pressure with their hands on your lower back during contractions.
- Use different positions and movement such as standing, squatting, getting on your hands and knees, or sitting on a birthing ball and rocking your pelvis from side to side. Walking the halls is also encouraged in early labor.
- Taking a warm bath or a shower can be very soothing in the early stages of labor. Please discuss this option with your nurse before starting hydrotherapy.



Induction of Labor:

If your doctor has determined that delivery is necessary for the health of you and/or your baby, you will be admitted for an induction of labor. Induced labor is much different than a natural onset of labor and can take longer to progress.

Cytotec Induction – A Cytotec induction requires that placement of a small tablet of medication inside the vagina to help the cervix begin to soften. Multiple doses of Cytotec may be required to achieve this result. After cervical softening has occurred, your doctor may order Pitocin.

Pitocin – Pitocin is an artificial form of oxytocin, the hormone that causes the uterus to contract, and is given via IV. If you are induced using Pitocin, we will need to constantly monitor your baby with fetal monitoring, as well as your blood pressure every 15 minutes. This can limit the amount of movement you can do out of bed. Your nurse will provide support and alternative comfort measures during your Pitocin induction.

Artificial Rupture of Membranes (AROM) – Artificial rupture of membranes is a procedure that can be performed once the cervix is dilated enough that your doctor can break the amniotic sac. This can cause your contractions to begin.

What Happens After My Baby is Born?

All babies are placed skin to skin with mom as soon as possible after they are born. Skin-to-skin care with mother is very important. It helps your

baby stay warm and keeps heart rate, respiratory rate and blood sugar levels stable. We want your baby to stay skin to skin until after the first breastfeeding; science tells us that when babies are allowed uninterrupted skin to skin time until after the first breastfeeding, they latch more succesfully and nurse better during the following days. There will be lots of time later for your family and friends to hold your little one. We reserve the first two hours for you!

Your nurse will also be frequently checking on your baby in the first hour after delivery. She will be checking baby's vital signs and helping you get started with breastfeeding. She will also be checking your vital signs and massaging your uterus to monitor the amount of bleeding that you are having. We want to ensure that you are both safe and that you get the support you need.

Rooming In - It is policy at Carson Tahoe Health that our mothers and babies stay together in the mother's room throughout their stay. This provides lots of opportunity for bonding and breastfeeding to occur. Our goal is to provide you with the best opportunity to learn about your baby so you feel better prepared to care for him/her when you go home.

Cluster Care - After the first two hours, your nurse will be checking on you at least every hour between 6 AM and 10 PM. Between 10 PM to 6 AM she will be checking on you at least every two hours. This will decrease the interruptions to your sleep and rest. Please be sure to call your nurse if you need anything. We're here to help!

Medications and Side Effects - Upon admission, you will receive a handout listing the possible medications that can be used during and after labor. Your nurse will review this handout and answer any questions you may have.



Feeding Baby:

We LOVE breastfeeding at Carson Tahoe! We know how important it is for the health of both mom and baby for a lifetime! Science tells us that mothers who breastfeed have fewer incidences of breast and ovarian cancers, heart disease, diabetes, and obesity. We also know that breastfeeding helps create a strong bond between a mother and her

baby.

Breastfeeding provides your baby with the healthiest start. Science tells us that the breastfed baby has fewer incidences of SIDS, RSV, ear infections, diarrhea, and viral infections. Breast milk also helps build a stronger immunity when your child receives vaccines. As your child grows, they will be at lower risk of developing diabetes, heart disease, some cancers like leukemia and lymphoma, stroke, heart disease, and celiac or Crohn's disease.

Before you leave for home, your nurse needs to observe at least two feedings. This is to ensure that baby has a deep latch and is suckling and removing milk correctly. Just let your nurse know when baby is at the breast so an observation can be made.



If you want more support with breastfeeding once you have been discharged home, we have a breastfeeding group that meets three times a week. It is free of charge, and there is no registration required. All you have to do is bring your baby and a friend or family member if you want. It is fun and informative. If you need 1:1 help with breastfeeding we also have Internationally Board Certified Lactation Consultants (IBCLC) who can give you the help you need both in the hospital and after you have gone home.

We want to help you make an educated choice regarding how you feed your baby. We will provide you with the support you need whether your choice is to breastfeed or to feed artificial baby formula milk, we will show you how to feed your baby safely.

Visitors:

Visiting hours are 8 AM - 8 PM. Our policy is to have only three visitors at a time in a labor or postpartum room. This helps us monitor the number of people going in and out of the unit and helps us maintain the safety of our patients. Siblings may visit during normal visiting hours, but children under the age of 12, who are not the siblings of the baby, may not visit.

The father of the baby or another support person may visit at any time and is welcome to stay overnight in the room with you.



The Late Preterm Baby:

Babies that are born before 37 weeks of gestation require special observation. These babies are prone to breathing difficulties and often require supplemental oxygen and may need to be cared for in the special care

nursery. They also can have problems with

regulating their temperature and blood sugar. To keep your baby safe, we will need to check your baby's blood sugar every hour until it is stable. Baby will also need frequent feedings in the first hours and day of life. We will teach you how to hand express your colostrum and feed it to your baby, as this is the best food for keeping blood sugar stable. If your baby's blood sugar levels are not stabilized by breastfeeding or colostrum, then artificial formula or IV fluids may be necessary and will require a doctor's order.

The hospital stay of a late preterm baby is usually a few days longer than that of a full-term baby. If your baby needs to stay in the hospital, we like to have mom and dad stay in the room and continue to care for baby.

Baby Care:

Bath - Science tells us that it is better to delay bathing your baby for a few days or even up to a week after birth. The vernix and amniotic fluid that is on your baby's skin helps to create a perfect pH that can help repel bacteria and viruses. By delaying the first bath, baby is also at lower risk of developing skin problems like eczema.

Diapers - It is important that we keep track of how often your baby is peeing and pooping. Please let your nurse know when you have changed a diaper and if it was urine or stool.

Safe Sleep - We ask that you place your baby on his/her back in the bedside bassinette when you are sleeping. This ensures baby's safety and keeps baby close to you.

Pacifiers - We here at Carson Tahoe, along with the American Academy of Pediatrics (AAP) and the World Health Organization (WHO), are not recommending the absolute avoidance of pacifier use if you have chosen to breastfeed your baby! Part of our mission is to protect breastfeeding and ensure that you and your baby get off to a great start. In order to do that we want to educate you on the importance of delaying the introduction of a pacifier until breastfeeding is well established.

Car Seat - your baby must go home in a car seat. Please bring it to the hospital the morning you plan to go home.



Before You Go Home:

On the day of discharge your doctor and your baby's pediatrician will stop in to see you both and write an order for your discharge. Your nurse will review basic information about caring for yourself and your baby. She will also check the oxygenation level of your baby's blood and perform a heel-stick blood test. If your baby falls into the late preterm parameters then a 90-minute car seat check will also be required before discharge. These tests and paperwork take time, so please understand that it can take a few hours to send you on your way. We know this is a special day and we do our best to get you home in a timely manner.

Education - We want you to be confident when you go home with your baby. We will be teaching you many ways to care for your baby through verbal, video, and paper education. Please take advantage of what we have to offer. This will help you feel more confident in caring for yourself and your baby once you go home.

Birth Certificate - This form must be filled out by the mother and signed before you are discharged home. If you are not legally married to the father of your baby, an "Affidavit of Paternity" can be filled out and witnessed by your nurse before discharge.

Follow-Up Care - It is very important that you see both the pediatrician with your baby and your OB doctor after you have gone home. These appointments check on your healing and your baby's growth. You will be given instructions on contacting your doctor, or an appointment will be made for you before you leave. Make sure you continue to see the pediatrician for well checks and immunizations as your child grows.

