

# Welcome

SPRING 2017

## GREETINGS FROM THE TALLAHASSEE MEMORIAL ALEXANDER D. BRICKLER, MD WOMEN'S PAVILION



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Having a baby is one of the most exciting experiences in your life. At Tallahassee Memorial HealthCare, patient- and family-centered care is very important to us. During our brief time together, our goal will always be to involve you in your care and encourage family closeness during your stay. As our facility continues on the path towards being recognized as a Baby-Friendly hospital through the World Health Organization, you will find that we support your bond with your baby every step of the way.

One in every 10 babies requires higher-level specialized care. Having the region's only Newborn Intensive Care Unit, we are committed to providing you and your little one every opportunity to receive the care you need.

In this packet, you will find some key information to prepare you for delivery. However, we suggest that you go ahead and familiarize yourself with our website, [TMH.ORG/Women](http://TMH.ORG/Women), to learn more about our complete services.

On behalf of the entire TMH team, thank you for choosing Tallahassee Memorial as the location to grow your family. We are delighted to be part of your birth experience.

If we can assist you before, during or after the birth of your baby, please do not hesitate to ask.

Sincerely,

Connie Styons

YOUR HOSPITAL FOR *life*



# Before You Get to the Hospital

## Online Registration

- Before your baby's arrival, please pre-register for the hospital. To complete this form, visit [TMH.ORG/OBReg](http://TMH.ORG/OBReg). You can complete this form anytime in your second or third trimester.
- When arriving to the Women's Pavilion to complete the registration process, you will need your driver license and insurance card. Many families choose to do this ahead of time when they attend a Women's Pavilion tour.

## Choosing Your Baby's Doctor

### *Pediatrician or Family Care Physician*

- Make sure you select a pediatrician or family medicine physician prior to your arrival at the Women's Pavilion.
- Many community pediatricians have arranged for our TMH pediatric physicians to examine your newborn during the hospital stay. Your pediatrician will want to see your baby a few days after you leave the hospital. TMH will provide you a copy of your newborn's hospital discharge summary to take to your first pediatrician office visit.

## Car Seats

- You must have a car seat for your baby to be discharged from the Women's Pavilion. To make it easier on you and your support person, it is best to install your car seat prior to your hospital stay. For safety, please make sure the manufacturer has not recalled your car seat.
- Tallahassee Police Department-Traffic Unit  
850-891-4261  
Installation and Safety Seat Checks  
Wednesday 9 am - 11 am

## Birth Wish List

- Attached to this document you will find the Birth Wish List. We encourage you to take your time, do your research and fill out your preferences. Through a discussion with your OB, please indicate your wishes on the form and make copies for yourself, your support person and your care provider. While your health and the health of your baby come first, we will do everything we can to make your birthing experience unique to your preferences.
- The Birth Wish List can also be found at [TMH.ORG/Women](http://TMH.ORG/Women).



## Take a Women's Pavilion Tour

- Through a tour of the Alexander D. Brickler, MD Women's Pavilion, you and your support person will learn what to expect during your stay.
- Tours are limited to the expecting mother and one adult guest. Please refrain from bringing children. Each tour registration is for one "couple." To register, visit [TMH.ORG/Events](http://TMH.ORG/Events).
- If you are registered for the TMH Childbirth Class, you do not need to sign up for a separate tour, one will be provided during that class.

# Opportunities FOR YOU AND YOUR BABY

## Sweet Peas

Be fully prepared for the arrival of your sweet pea by joining Tallahassee Memorial's exclusive baby and toddler club with tips, perks and discounts for families throughout the Big Bend Region.

Membership is free of charge and benefits include:

- Complimentary HALO SleepSack Swaddle wearable blanket upon delivery at Women's Pavilion, a \$25 value
- A weekly e-newsletter tracking the progress of your pregnancy and newborn to toddler tips once your baby arrives
- Free text messages with helpful advice throughout your pregnancy

Join at [TMH.ORG/Sweetpeas](http://TMH.ORG/Sweetpeas)

## Mommy Market

Be sure to visit the Mommy Market located at A Woman's Place. The Mommy Market is an intimate shop for you to purchase breastfeeding supplies, including breast

pumps, bras, pillows, creams and covers, at affordable prices with the support of our knowledgeable staff. Our team includes certified bra fitters to ensure you select the proper size for your body.



## Milk with Mommy: Breastfeeding Support Group

- Commitment to breastfeeding is no small feat for a mom.
- Milk with Mommy is a free breastfeeding support group that meets twice a week and is led by a certified lactation consultant. Milk with Mommy is open to anyone in the community and offers a casual environment for moms and babies to connect with each other.
- Moms and babies are welcome to stop by A Woman's Place on Tuesdays and Thursdays between 10:30 am and 12 pm for the open group.

## Obstetrical Emergencies

If you have an obstetrical emergency and you are 14 weeks gestation or greater, please check in at the Women's Pavilion triage. If you have any questions, please call 850-431-0200.

## GETTING HERE

To access the Women's Pavilion, please use the parking garage located on Medical Drive between Miccosukee Road and Surgeons Drive. This parking garage is also shared with the Bixler Trauma & Emergency Center.

Once you enter the garage, please follow signs to the entrance of the Women's Pavilion. The cost to park is \$1 per day.



## TAKE ADVANTAGE OF CLASSES

At Tallahassee Memorial, we offer a wide variety of classes to prepare you and your family for the birth of your newest addition. To register for any of the following classes, please visit [TMH.ORG/Events](http://TMH.ORG/Events).

### ABCs of Babies

This class teaches expecting parents and family members the basics of caring for a new baby. The course will include diaper changing, bathing, dressing, bonding, swaddling, burping, feeding, carrying, soothing and the appearance of newborns, as well as some essential tips for surviving the first few months of parenting.

\$35.00 *Cost of class is per couple.*

### Prepared Childbirth

This five-week course will cover stages of labor, positions during labor, breathing & pushing techniques, medication options, anatomy of pregnancy, nutrition, vaginal & cesarean deliveries and post-partum care. A tour of the Women's Pavilion is included in this class.

\$80.00 *Cost of class is per couple.*

### Infant and Child CPR

The CPR for Family & Friends program teaches rescue skills in CPR and relief from choking. The course presents information on the American Heart Association infant & child chain of survival, signs of choking, how to reduce the risk of sudden infant death syndrome (SIDS), prevention of the most common fatal injuries in infants and children and basic first aid.

This course does NOT provide certification.

\$35.00 *Cost is per couple.*

### Prenatal Breastfeeding

This course concentrates on providing current, researched-based information about breastfeeding your baby. The curriculum includes the importance of breastfeeding, benefits for mom and baby, how breastfeeding works, getting the best start and the importance of support. The instructors of this course are the same lactation consultants you will see in the Women's Pavilion.

\$30.00 (non-CHP members) *Cost is per couple.*

Free for CHP members.

### Online Childbirth Classes

The Gift of Motherhood E-learning Childbirth Education Program is an alternative for those who cannot attend a conventional childbirth class due to bed rest, scheduling conflicts or time constraints. The online class is an interactive, web-based program that includes animated illustrations, videos and hospital information.



# Ten Steps to Successful Breastfeeding

This facility upholds the World Health Organization/UNICEF “Ten Steps to Successful Breastfeeding” published in a joint statement entitled: “Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services”.



Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in—allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

*The Ten Steps to Successful Breastfeeding form the basis of the Baby-Friendly Hospital Initiative, a worldwide breastfeeding quality improvement project created by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).*

*Baby-Friendly hospitals and birth centers also uphold the International Code of Marketing of Breast Milk Substitutes by offering parents support, education, and educational materials that promote the use of human milk rather than other infant food or drinks, and by refusing to accept or distribute free or subsidized supplies of breastmilk substitutes, nipples, and other feeding devices.*

[Spanish version of document](#)

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## Baby-Friendly

During your stay with us, you may hear the phrase “baby-friendly.” What does that mean?

Tallahassee Memorial is on its way towards becoming recognized by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF) as a hospital that “offers an optimal level of care for infant feeding and mother/baby bonding.” This process is one that features many different steps and benefits for both mom and baby. We are excited for our high performing Women's Pavilion staff to receive the recognition they deserve through this accreditation. Here are just a few of the programs we have implemented along this journey:

### Skin-to-Skin

Skin-to-skin contact, also known as “kangaroo care,” benefits premature and full-term babies. Following delivery, your baby is placed naked onto your chest. Studies have shown that babies who are placed skin-to-skin on either mom or dad following birth have better weight gain, less stress and crying, enhanced bonding, improved sleep and improved brain development. These babies are calmer and warmer as they begin bonding and get their breastfeeding journey off to a good start.

### Delayed Bath

The time immediately following birth is precious for mom and baby. At Tallahassee Memorial we delay

newborns baths 8 to 24 hours postpartum. This delay has limited the stress on baby, therefore increasing breastfeeding rates. Now bath time is a teachable moment for the new family.

### Rooming In / Rest and Recovery

Now mom and baby will have a 24 hour period focused on bonding, relaxation and recovery immediately following the birth. This time is invaluable - so we want you to enjoy it. Research shows that mothers and babies rest better when in the same room. This is called rooming in. Rooming in helps you learn how to care for your baby, your baby's feeding cues, how to feed your baby on demand and helps your baby to recognize you.

### Lactation Consultants

As part of the Baby Friendly requirements, all registered nurses who work in the Women's Pavilion and Children's Center have extensive education and training in breastfeeding. This surrounds mother and baby with the upmost support. Should you require additional assistance, we are also home to three of the regions top lactation consultants. Additionally, the support doesn't stop when you leave. Mother and baby can attend a weekly breastfeeding support group offered at A Women's Place.

Along with our ten steps for successful breastfeeding, it is our hope to encourage mom/baby bonding in every moment possible.