

FAMILY BIRTH PLACE

Preparing for your baby's delivery



Adventist Health
Portland



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Preparing for delivery



As your pregnancy grows toward its final month, you are beginning to think about the birth of your baby. Knowing what to expect helps make a better birth experience. This booklet explains how we can help you prepare for birth and caring for your newborn.

You'll learn what steps you can take before your delivery to enter motherhood with the knowledge and understanding you need to feel confident. You'll also find out what to expect during your delivery and recovery at the Family Birth Place and how to plan now for breastfeeding, a safe drive home and more.

You want the best start for your new baby, and we are excited to be part of your new family's story.

Before your baby is born

Before birth is the time to prepare you and your home for your new little one. Here are some ways you can get ready and set before you go!

Prepare yourself

Asking questions and learning more about birth before the big day helps you focus on the amazing experience of meeting your child. To help you go into delivery with lots of information, be sure to:

- Go to all your appointments with your provider.
- Read books and blogs about childbirth.
- Attend classes now to make you more confident later.

The Family Birth Place at Adventist Health Portland offers both on-site (when possible) and online classes covering:

- Childbirth
- Breastfeeding
- Newborn care

To register for a class, visit our website at www.adventisthealth.org/portland. To schedule a tour of the Family Birth Place, call 503-251-6324. Virtual tours are available when in-person visits are restricted.

Pick your baby's provider

Your baby gets their own checkup during your hospital stay, so try to choose their provider before your birth. If you picked a pediatric provider that comes to Adventist Health Portland, your baby will be seen by this provider while you are in the hospital as well as while your baby grows up.

You can also choose a provider who doesn't come to Adventist Health Portland. Our pediatric providers will care for your baby while you're in the hospital. After you go home, your baby will see the provider you chose.

Pack your hospital bag

Having your hospital bag ready ahead of time makes it much easier to get out the door when labor is underway. Remember to pack for yourself, your baby and your support partner (if needed). We provide diapers and wipes for your baby and feminine care products for you throughout your stay with us.

Sleep and car safety

Your baby's safety starts with safe sleeping and the right car seat. OHSU Doernbecher Safety Center offers free virtual infant safety consultations and can help you get a car seat. Call them at 503-418-5666 and visit doernbecher.com/childsafety.

Get an infant car seat and practice using it now, before your baby comes. The OHSU Doernbecher Safety Center offers a free virtual or in-person car seat inspection prior to your arrival at the hospital. Also refer to "Infants: A safe ride from the start" on page 11 for how to correctly install a car seat.

Your hospital stay and baby's arrival



Scheduled inductions

If you are planning a scheduled induction, your provider will probably encourage you to be well-rested and to eat before coming in. Also, on the day your induction is scheduled, multiple patients could have already come in ready to deliver, which could make for a full schedule. If this happens, for your safety and the safety of your baby, your induction may need to be delayed and rescheduled.

During your stay

Knowing when to come in: No matter how you've prepared it is normal to feel nervous or uncertain about labor. Your provider can help you decide when it's time to come to the hospital. For sure come to the hospital if you:

- Are having regular, strong contractions about five minutes apart.
- Have a sudden gush of fluid.
- Have bleeding, decreased fetal movement or other concerns.

If your provider asks you to head to the hospital, please call us at 503-251-6399 and let us know you're on the way.

Arrival at the hospital: We recommend preregistering for your birth by at least your 28th week of pregnancy. If you are preregistered, you may come directly to the Family Birth Place on the second floor of the main hospital building. If you come after 7 p.m., you will need to enter through the emergency room entrance. If you are not preregistered and are comfortable enough, stop at patient registration on the first floor of the main hospital building before coming to the Family Birth Place on the second floor. Note: The Family Birth Place is a locked unit. Use the phone outside the entrance and ask to be let in.

Your preferences: Your birth is a unique and special experience. We welcome you and your family to let us know your preferences. Our nursing staff and providers are here to support you through each step of your delivery. Please share with us your birth plans, including about:

- Pain management.
- Coping with contractions.
- Any other decisions about your labor, delivery and after-birth experience.

Birthing suites: We offer comfortable, secure birthing rooms with a whirlpool bath (great for labor) and a daybed for your partner or support person. We also have rocking chairs, birthing balls, birthing stools and squat bars to help with comfort and movement during your labor. Our wireless fetal monitoring allows you to move around during labor. You will labor, deliver and recover in the same room.

After baby arrives

Family bonding: After birth, your baby will be placed on your chest, skin-to-skin. This will help your baby to stay warm, breathe well and relax from the stress of birth. They even cry less! We will encourage

you to hold your baby skin-to-skin for at least an hour or until after the first feeding is completed.

Keeping your baby close: Keeping your baby in your room allows you to get to know your baby before you go home. For breastfeeding babies, this closeness allows for frequent feedings and helps mom's milk to come in. We encourage parents and babies to remain together for the entire hospital stay. If your baby needs to be taken to the nursery, you and/or your partner are welcome to accompany your baby.

Additional care for sick babies: Some babies have a harder time after birth. This can be due to preterm birth, low birth weight, special needs or illness. When a baby needs additional care or support after delivery, our teleNICU works with our trained staff to stabilize the baby and safely transport them to the OHSU neonatal intensive care unit (NICU) if necessary.

Helping your baby sleep safely: Safe sleep for babies means ALWAYS on their backs, in their own crib with no pillows or loose blankets. The following set of instructions are very important to the safety of your baby.

If you are sleepy or feeling unsteady, do not put your baby in your hospital bed with you. Instead, put them in the crib so they stay safe. We're happy to answer your questions about safe sleep practices and will remind you to put your baby in the crib whenever you are sleepy so they stay safe.

Family-centered care

You and your baby get the benefits of family-centered care at the Family Birth Place. After delivery, we give you and your partner time to bond with your baby. We will care for you and your baby together in the same room and will teach you how to care for yourself and your baby while keeping you close to each other.



I sleep safest...

- A** **Alone.** No bed sharing with baby.
- B** **On my back.** Tummy and side positions are not safe, put baby on a firm and flat mattress.
- C** **In a safe crib** with no fluffy or loose items. Baby should only be in one swaddle blanket or sleeper.

Feeding your baby

Breastfeeding basics

Our Breastfeeding Basics class offers an opportunity to learn what to expect during the first few weeks, how to achieve a successful latch, establish and maintain your milk supply and understand your baby's cues. This class is offered in person and is taught by board-certified lactation consultants. We also offer an online breastfeeding class, Understanding Breastfeeding, which can be accessed in place of the on-site class when visitor restrictions are in effect.

For more information visit AdventistHealth.org/childbirthclasses.

Your breast milk is made for your baby and has everything your baby needs to grow.

Breast milk may protect your baby from illnesses like:

- Asthma
- Ear infections
- Respiratory infections

Breastfeeding is good for you too! Mothers who breastfeed have a lower risk of type 2 diabetes and certain types of breast and ovarian cancers. Breastfeeding can help you feel close to and bond with your baby.

Experts say breast milk is all your baby needs for their first six months. Breast milk continues to be important after six months even while your baby is eating other foods.

We are passionate about breastfeeding because of all the health benefits for families and their communities. Our certified lactation consultants and trained nurses help you learn to breastfeed during your stay. They're also available after you go home if you need more help.

Because we respect your interests and choices regarding your baby, please let us know right away if you have other plans for feeding your baby.

Breastfeeding beginnings

Feeding your baby as soon as possible: Most babies want to eat within the first hour of birth. We will help you breastfeed your baby in a good position and check for a good latch-on. Although some tenderness is normal in the beginning, pain with feedings may indicate your baby is not attached properly. Babies get the most to eat when they are well-attached.

Learning when your baby is hungry: We encourage feeding whenever your baby is hungry. We will help you learn signs that your baby is hungry, including:

- Licking.
- Sticking out their tongue.
- Putting their hand to their mouth.
- Turning their head with an open mouth looking for your breast.

Most babies want to eat eight times or more in 24 hours, especially during the night. During this early stage, night feedings are very important.

Latch and positioning: The feeding position should be comfortable for you and your baby. Try holding your baby at breast level facing towards you. Use your hand to support baby's neck and shoulders. Their nose should be in line with your nipple. Support your breast with your other hand. When your baby opens their mouth wide, bring your baby to your breast. Once attached, your baby's lips should be rolled out with the chin pressed into the breast and cheeks touching the breast. You will know your baby is feeding well when you see wide jaw movements, notice consistent sucking and hear swallows (you may only hear swallows after your milk comes in.)

Avoiding pacifiers and bottles at first: Experts say it is best to wait to give your baby a pacifier or bottle until breastfeeding is going well (usually around 4 weeks old). You can learn a lot from paying attention to your baby's cues, so we do not provide pacifiers for soothing a healthy newborn. Ask your nurse about other techniques to soothe your baby.

Ask for help: While you're in the hospital is a great time to get support. Our trained providers and staff are here to help you successfully care for and feed your baby. We also have lactation consultants available Monday through Friday.

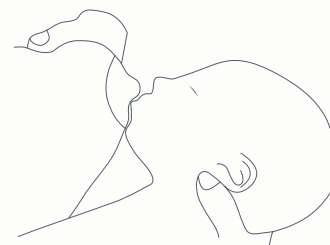
Prepare for successful breastfeeding

Please watch FirstDroplets.com, an online 15-minute video, prior to delivery for early breastfeeding success.

For other YouTube videos search for the following:

- **Deep Latch Technique (by Fit Pregnancy)**
How to breastfeed, deep latch technique
- **Global Health Media Project**
Attaching your baby at the breast (in several languages)
- **IABLE**
Sandwich hold/asymmetric latch, fitting breast pump flanges, paced bottle feeding (also in Spanish)

Hold your baby at breast level facing towards you. Use your hand to support his head and shoulders.



When your baby opens his mouth wide, bring your baby to your breast.



Once attached, your baby's lips should be rolled out with the chin touching the breast.



If you have already purchased a pump, please bring it to the hospital when you come for delivery so we can help you successfully use your pump.

Family Birth Place at Adventist Health Portland has Medela or Spectra breast pumps available to labor patients upon admission. Partnered with Synergy Medical, all insurance companies can be billed.

Going home from the hospital

If you have questions or need help after going home, please call your provider or your baby's provider.

There's a lot to do as you head home. Don't worry — we will help you with everything you need to do.

We will assist you in completing important documents for your baby, including:

- Birth certificate
- Social Security request
- Recognition of paternity (if needed)

We recommend you make an appointment within a few days after going home for your baby to be seen by the pediatric provider you've chosen. This first appointment is very important. We encourage you to make this appointment before you leave the hospital.

Local support services

- **WIC**
Clackamas County: 503-655-8476
Multnomah County: 503-988-3503
- **Mother and Child Education Center**
Referrals and classes on parenting, relationships, birthing, budgeting, infant safety.
503-249-5801 | In Spanish: 503-913-9360 | momchild.pdx
- **Crisis lines (mental health)**
Clackamas County: 503-655-8585
Multnomah County: 503-988-4888 or 800-716-9769
- **La Leche League of Oregon**
Helpline: 877-452-5324 | lalecheleagueoforegon.webs.com
- **Nursing Mother's Counsel of Oregon**
503-282-3338 | nursingmotherscounsel.org
- **OHSU lactation and infant feeding services**
503-418-4500
- **Adventist Health Family Birth Place breastfeeding services**
503-251-6262 | adventisthealth.org/portland
- **National Domestic Violence Hotline**
800-799-7233
- **Baby Blues Connection**
Peer-to-peer support focusing on emotional changes after baby is born.
800-557-8357 | babybluesconnection.org

Infants: A safe ride from the start



Questions?

OHSU Doernbecher Safety Center can help. Call to schedule an appointment to have your car seat checked by a certified child passenger safety technician.

503-418-5666 | safety@ohsu.edu
www.doernbecher.com/carseatoutreach

10 tips for installing your infant's car seat right the first time

1. Oregon law requires children **under 40 lbs** to use a car seat with a harness and remain **rear facing** until at least 2 years old.
2. Be sure your child meets the **height and weight limits** of the car seat.
3. **Expecting multiples?** Choose a car seat with a minimum weight of **4 lbs or less**.
4. **NEVER** place a rear-facing car seat in front of frontal airbag.
5. The safest place for your child is in the **back seat** until at least 13 years of age.
6. Always install a rear-facing car seats **in the back seat using vehicle seat belt or LATCH**.
7. Ensure your car seat is at the correct recline angle. **Check your owner's manual** for that and other important info.
8. **Fit the harness snugly** so it isn't loose. You should not be able to pinch any extra harness strap at the shoulder.
9. Harnesses must be **at or below** shoulders for **rear-facing** seats.
10. Place the chest clip at **armpit level**, away from the neck.

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Adventist Health
Portland

OHSU Health accepts most health plans.
OHSU Health is an equal opportunity,
affirmative action institution.