

FAMILY BIRTH PLACE



HANDBOOK FOR
MOMS



ENGLEWOOD
HEALTH

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You've Arrived!

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Welcome to the Family Birth Place

The Family Birth Place at Englewood Health features award-winning maternity care services. Our board-certified obstetricians and nurses work with expectant mothers to create individualized care plans to meet families' labor and delivery expectations. Englewood Hospital is ranked in the top 10 percent of hospitals evaluated nationally for clinical excellence in labor and delivery, and has been a 5-Star recipient for vaginal delivery and C-section delivery for four years in a row. Health and wellness for both mother and baby are our priority; our comprehensive maternity services—including specialized education and support classes, nutritional support, and access to advanced medical care and our neonatal intensive care unit—help make the experience of giving birth the best it can be.



FAMILY BIRTH PLACE | 201-608-2550 | englewoodhealth.org/maternity

Noteworthy Features



Comfortable couches turn into sleeper beds



Overhead mirrors for moms to watch baby's birth



healthgrades™

*Healthgrades Labor and Delivery Excellence Award™ for 4 Years in a Row (2016-2019)

*Healthgrades Top 10% of Hospitals Evaluated for Labor and Delivery for 4 Years in a Row (2016-2019)

*Healthgrades 5-Star Recipient for Vaginal Delivery and C-Section Delivery for 4 Years in a Row (2016-2019)

Some noteworthy features of our Family Birth Place



- ❖ Complimentary valet parking
- ❖ Free wireless internet
- ❖ In-room music docking stations and satellite radio in the operating room
- ❖ **24** Postpartum rooms with sleeper sofas for partner/support person
- ❖ Postpartum massages available (inquire about pricing and availability)
- ❖ **8** Spacious labor and delivery rooms with infant resuscitation stations and private bathrooms
- ❖ Squat bars upon request
- ❖ **3** Step down rooms
- ❖ **7** Hydrotherapy tubs for labor support
- ❖ Wireless fetal monitoring for moms who want to walk around during labor
- ❖ Room service menu, including Kosher and Korean specialty items
- ❖ **2** Operating rooms in Labor and Delivery for C-sections
- ❖ **18** Neonatal intensive care unit beds

Prior to Your Stay

SCHEDULE A TOUR

If you have not already done so, please schedule a tour of The Family Birth Place and meet some of your caregivers by visiting englewoodhealth.org/calendar. Questions? Email community@ehmchealth.org.

REGISTER FOR A CLASS

See page 12

PRE-REGISTER

Fill out your pre-registration form, available at your doctor's office or at our hospital, by calling Labor and Delivery Admissions at 201-894-3000, ext. 4115, or Hospital Admitting at 201-894-3015.

SELECT A PEDIATRICIAN

To find a pediatrician, visit www.englewoodhealth.org or call 833-234-2234.

INFANT BUCKET CAR SAFETY SEATS

Install the base of the bucket car safety seat three weeks prior to your due date to be sure you are prepared for the day you are discharged. On the day of discharge, bring only the bucket infant carrier to the Maternity Unit. Do not remove the base from the car.

Read your car seat manual to ensure proper usage.

"GO AS YOU GROW" CAR SAFETY SEAT

At least three weeks prior to your due date install the car safety seat. Once installed, do not remove it from your vehicle. It is not necessary to bring your "Go As You Grow" Car Safety Seat to the Maternity Unit. If you are having difficulty, you may have it installed and/or checked by a certified child passenger tech (available by appointment through your local police station) or visit the National Highway Traffic Safety Administration (NHTSA) website at: www.nhtsa.gov.

Read your car seat manual to ensure proper usage.

It is important to note that any infant car seat should be fully functional and have all original parts. It is recommended that car seats should be six years old or less from the date manufactured.

The NHTSA recommends that car seats be replaced following a moderate or severe crash, to ensure a continued high level of crash protection for child passengers.



COME IN FOR BLOOD WORK (FOR SCHEDULED C SECTIONS)

Two days prior to your scheduled C-section, please come to the hospital for blood work. No appointment is needed, but you will need an order from your obstetrician. The outpatient lab is open Monday – Friday, 7 a.m. – 6 p.m.; Saturday, 7 a.m. – 2:30 p.m.

WATCH AND LEARN

Expectant parents can prepare in advance by watching the channel/ programs at www.thenewbornchannelnow.com, using code 00059.

ARRIVING AT THE HOSPITAL

If arriving between 11 p.m. and 6 a.m., please enter through the Emergency Department. At all other times, please enter through the main hospital entrance.

What to Bring

WHEN TO PACK YOUR HOSPITAL BAG

We recommend packing your “go-bag” three weeks ahead of your due date, or when your nesting instinct begins to set in. You may want to keep the bag in your car. However, if it contains items that are sensitive to hot or cold temperatures (e.g., cord blood collection kit), you will want to keep the bag inside, near the door.

WHAT TO PACK IN YOUR HOSPITAL BAG

Less is More

If you’ve been combing social media sites or crowd-sourcing, you’ve probably noticed the countless lists on Pinterest; or maybe your relatives and friends have been weighing in on Facebook. We hope these recommendations will help you narrow down your list of must-haves and nice-to-haves, so you don’t end up packing too much (or too little). When it’s go-time, you’ll want to easily grab that bag and head right over to the hospital.

YOUR GO-BAG CHECKLIST

- ✓ Comfort tools for labor (e.g., your favorite pillow, massage oils, music listening device)
- ✓ Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant, etc.)
- ✓ Camera and/or video camera with empty memory cards (remember to charge cameras and read instruction booklets beforehand, so you don’t miss a single moment!)
- ✓ Going-home outfit for mom and partner (select something comfortable)
- ✓ Going-home outfit for baby, weather appropriate
- ✓ Car seat (already installed in car with instruction book, if needed)

YOUR PURSE CHECKLIST

- ✓ Driver’s license or identification card
- ✓ Insurance card

WHAT WE PROVIDE

We will provide medical necessities for your use during your hospital stay.

For Mom

- ❖ Patient gowns
- ❖ Sanitary pads
- ❖ Postpartum underwear
- ❖ Towels and washcloths
- ❖ Breast pump

For Baby

- ❖ Formula if formula feeding
- ❖ Diapers
- ❖ Diaper rash ointment
- ❖ Blanket and newborn hat
- ❖ Baby thermometer

Your support person and another significant other (if you wish) are encouraged to be with you for the birth of your baby.



During Your Stay

WELCOME TO THE MATERNITY UNIT

After your baby is born, you and your newborn will be cared for in our beautiful family-centered Mother/Baby Unit, where you will remain for the duration of your stay.

The suite includes 21 private rooms and 3 semi-private rooms. A sleeper sofa is available for your significant other, a friend, or an adult family member.

Each room features modern furnishings in soothing earth tones, hardwood floors, flat-screen televisions, sleeper sofa, storage space, and upholstered chair with ottoman.

Special attention has also been paid to the lighting, in an effort to eliminate disruptions to mom and baby and to provide the appropriate ambience during the day, evening, and feeding

times. Ceiling lights are on a dimmer switch, and smaller lights have been installed a few inches from the ground near the door and along the walls, to ensure less intrusive late-night entry by our staff.

Our spacious rooms can accommodate the important people in your life who wish to be present for this memorable occasion. During your stay, one guest meal tray will be provided at mealtimes.

All of this is complemented by round-the-clock care from our knowledgeable and compassionate nurses and patient care team, who will do everything they can to ensure that you and your family enjoy a comfortable first few days bonding together.

LENGTH OF STAY

Vaginal Delivery

Plan on going home on the second day after the birth of your baby.

Cesarean Section (C-section)

Plan on going home on the third or fourth day after the birth of your baby.

We encourage you to plan your discharge by 11:00am

VISITING HOURS

Visiting hours are
8:00 a.m. to 8:00 p.m. daily.

FAMILY AND FRIENDS

Four visitors are allowed in your maternity room at a time, in addition to your significant other. In an effort to eliminate any potential health risks to your baby, only brothers and sisters of the new baby, and children ages 12 and older with no signs of illness, are permitted onto the Mother/Baby Unit.

For information on visiting in Labor & Delivery, please see your nurse.

In the event that flu restrictions are in place, visitors under the age of 18 and any sick visitors, will not be permitted in the Labor and Delivery, Maternity, NICU, and Pediatrics Unit.

DRAPKIN FAMILY CAFE

The Drapkin Family Cafe offers a variety of delicious and healthy meal options, including a fruit bar, salad bar, panini and sandwich station, and grill, as well as soups and entrees. We also offer Kosher and Korean specialty menu items.

Hours of operation are
6:30 a.m. to 8:00 p.m. daily.

Light snack from
8:00 p.m. to 11:00 p.m. daily.

GIFT SHOP

The hospital gift shop is stocked with newspapers, magazines, snacks, keepsakes, flowers, balloons, stuffed animals, clothing, accessories, and more.

The gift shop also offers breast pump rentals and carries nursing supplies.

Hours of operation are:

Monday–Friday

8:00 a.m. to 8:00 p.m.

Saturday

10:00 a.m. to 8:00 p.m.

Sunday

11:00 a.m. to 7:00 p.m.

For inquiries about in-room deliveries, please call the gift shop at 201-894-4118 or ext. 3165, or call Volunteer Services at 201-894-3066 for assistance.

BIRTH CERTIFICATE

You will need to complete the paperwork for obtaining a birth certificate prior to discharge. If you would like a Social Security card issued for your baby, please check the appropriate box on the form. If you have any questions, please speak with the birth registrar during your hospital stay, or they may be reached at 201-894-3250.

VACCINATIONS

The birth dose of Hepatitis B vaccine will be given to your baby with your approval.

BONDING WITH YOUR BABY

We encourage family members to be involved and participate as an integral part of the team caring for your baby. Parents are encouraged to practice skin-to-skin, or “kangaroo care,” which facilitates bonding and connection with their newborn. A child life specialist is available to help siblings adjust to the new family dynamic.

TRANSITION TO HOME

Our relationship with you doesn’t end at discharge. We will assist you with following up with your doctors, to provide complete continuity of care.

In addition, premature and high-risk infants are followed by neonatologists in our High-Risk Neonatal Follow-Up Program, to ensure that babies receive all of the support, therapies, and services they may need for optimal infant development.

Childbirth Education Classes

For more information or to register, visit us at englewoodhealth.org/calendar.
Questions? Email community@ehmchealth.org.

Note: You should schedule your childbirth class by the seventh month of your pregnancy.

CHILDBIRTH CLASS

\$150 PER COUPLE

This five-week program includes childbirth education, introduction to the labor process, relaxation and breathing techniques, tour of The Family Birth Place, baby care basics, and group conversation with an Englewood Health pediatrician. Registrants should be in their third trimester. Classes are offered on Monday and Tuesday evenings, as well as on weekends.

ACCELERATED CHILDBIRTH CLASS

\$150 PER COUPLE

Three-week program, same as above in a more intensive format. Classes are offered on weekends only.

CHILDBIRTH REFRESHER

\$50 PER COUPLE

Review of childbirth education, the labor process, relaxation and breathing techniques, and baby care basics, along with a tour of The Family Birth Place.

BREASTFEEDING CLASS

\$45 PER COUPLE

This class covers the basics of breastfeeding, including latch and positioning, tips for pumping, and what to do when encountering problems such as low milk production. Participants will also learn strategies for transitioning back to the work place.

INFANT CPR

(FRIENDS AND FAMILY CPR)

\$35 PER PERSON / \$65 PER COUPLE

Learn valuable lifesaving techniques with a certified instructor.

CPR for NICU parents will be offered at no charge prior to NICU discharge.

PRENATAL YOGA

\$75

Learn safe and effective yoga postures and incorporate breathing exercises and meditation.

TOUR OF THE FAMILY BIRTH PLACE FREE

Offered Wednesday evenings, as well as Saturday and Sunday afternoons. Registration required.

DISCHARGE INSTRUCTION CLASS

Held daily. Ask your nurse for details.





Breastfeeding

The Family Birth Place is committed to a warm, nurturing approach to educating parents about the benefits of breastfeeding and to ensuring that a patient's breastfeeding goals are met. We support and assist patients with the goal of exclusive breastfeeding during their hospital stay. Per the recommendation of the American Academy of Pediatrics and the World Health Organization, healthy newborns require only breast milk in the first six months of life unless medically indicated.

BENEFITS OF BREASTFEEDING

Breast milk is rich in nutrients and antibodies to protect your baby. It changes to fit your growing baby's needs.

- ❖ Breast milk is rich in nutrients and antibodies to protect your baby.
- ❖ It changes to fit your growing baby's needs.
- ❖ Research shows breastfed babies have a lower risk of developing asthma, obesity, type 1 and type 2 diabetes, lower respiratory infections, childhood leukemia, and more.
- ❖ For mothers, research has shown that breastfeeding can lower the risk of type 2 diabetes and breast

ROOMING IN

Mothers and babies will be encouraged to remain together throughout the hospital stay, including at night. Hospital staff make frequent rounds to support the care of your newborn. Skin-to-skin contact will be encouraged as much as possible.

NURSING STAFF

Nursing staff are specially trained in assisting breastfeeding families and encouraging skin-to-skin contact with mothers after delivery, to help promote bonding and breastfeeding. Our Lactation Consultants attempt to call mothers a few days after discharge, to see how things are going and to provide any additional support or information.

LACTATION CONSULTANTS

International Board Certified Lactation Consultants (IBCLCs) assist breastfeeding mothers during their hospital stay and offer individualized teaching sessions in patient rooms.

BREASTFEEDING CLASS

A breastfeeding class is offered to expectant mothers. Register by visiting englewoodhealth.org/calendar.



BREASTFEEDING SUPPORT WARM LINE

This is a designated help line (201-894-3354) for mothers to call with non-urgent breastfeeding questions and concerns. New mothers can call after they have been discharged, and a Certified Lactation Consultant will return the call within 24 hours.

BREAST PUMPS

Many health plans now cover breastfeeding support and supplies. Please check with your individual insurance carrier prior to the delivery of your baby to see what services are covered. Hospital-grade electric breast pumps are available for use if needed during your hospital stay.



Monitoring the Health of You and Your Baby

GIVING YOU PEACE OF MIND

Englewood Hospital is prepared to handle any expected or unexpected complications that may arise before, during, or after your baby is born. Families can feel confident and reassured that mom and baby will receive expert care and attention.

MATERNAL AND FETAL MEDICINE CENTER

Parents can rest easy knowing their baby's health is in the best hands through every stage of pregnancy. Our Maternal and Fetal Medicine Center combines medical expertise with advanced technology to diagnose and manage maternal or fetal problems.

Our Maternal and Fetal Medicine Center is accredited by the American Institute of Ultrasound Medicine and performs approximately 10,000 ultrasound procedures every year.

Meet Your Team

Our center is staffed with board-certified maternal-fetal medicine specialists, registered perinatal sonographers, and certified genetic counselors. If necessary, we will connect you with other appropriate pediatric subspecialists prior to your delivery.

If you're at high risk for complications, your obstetrician will work with our specialists to identify those complications, discuss them with you, and begin to coordinate treatment and care plans to ensure the best possible outcome for mom and baby.

Tests We Offer

- ❖ 1st, 2nd, and 3rd trimester ultrasound
- ❖ Complete fetal anatomic assessment
- ❖ Nuchal translucency screening
- ❖ Endovaginal ultrasound
- ❖ Genetic ultrasound
- ❖ Amniocentesis
- ❖ Chorionic villus sampling
- ❖ Biophysical profiles
- ❖ Doppler velocimetry
- ❖ 4-D ultrasound
- ❖ Perinatal consultation
- ❖ Certified obstetric genetic counseling and testing

Receiving Your Results

Test results are typically available immediately. A physician with specialized training in maternal-fetal medicine will analyze and explain those results to you and share them with your obstetrician. We will communicate those results to you clearly and take as much time as necessary to address any concerns you may have. No question is too big or too small, so please don't hesitate to ask.



Monitoring the Health of You and Your Baby

NEONATAL INTENSIVE CARE UNIT

When touring potential delivery facilities, it's important to know if and how your hospital is equipped to handle high-risk pregnancies and birth.

Our neonatal intensive care unit (NICU) is prepared to handle high-risk mothers and newborns and ensure they will have access to high-quality care.

We have nurtured some of the smallest, sickest babies back to health, giving guidance and hope to families during times that can often feel overwhelming, exhausting, and stressful.

Our goal is to give every baby the strongest possible start and empower parents with educational opportunities during their baby's stay. Parents leave feeling prepared for the next phase when it's time to bring their newborn home.

Englewood Health's, NICU is state-of-the-art and staffed 24/7 by board-certified neonatologists.

Meet Your Team

Neonatologists (NICU doctors) will coordinate with other specialists, based on your baby's needs or condition. Neonatal nurses, lactation consultants, social workers, child life specialists, surgeons, cardiologists, pediatric hospitalists, and pediatric anesthesiologists are among the team members who will execute the care plan and treat complications.

High-Tech Experience

Our labor and delivery unit is equipped with specially designed infant radiant warmers, featuring oxygen, oxygen monitoring, suction, and continuous positive airway pressure, which means we are prepared to transfer your baby from point A to point B safely.

If your baby's next stop is the NICU, our unit combines the latest technology in incubators, monitors, and ventilators in a modern, comforting space.

Our neonatal nurses provide a high level of personalized, round-the-clock care for your baby. From sponge baths to feedings, to swaddling and rocking, your little one will be on the receiving end of their clinical expertise and compassion.

Important Contact Information

TO SCHEDULE A TOUR OF THE FAMILY BIRTH PLACE

Please visit
englewoodhealth.org/calendar.

CHILDBIRTH EDUCATION PROGRAM

201-608-2550

MATERNAL AND FETAL MEDICINE CENTER

201-894-3669

PASTORAL CARE OFFICE

(for religious accommodations)
201-894-3228

POSTPARTUM BEDSIDE MESSAGES

201-608-2377

ROOM SERVICE

201-894-4095

BIRTH REGISTRAR

201-894-3250

BREASTFEEDING WARM LINE

201-894-3354

NURSE MANAGER –

Labor and Delivery
201-894-3313

NURSE MANAGER –

Mother/Baby Unit
201-608-2329

DIRECTOR OF NURSING –

Maternal Child Health
201-894-3318

ASSISTANT NURSE MANAGER –

Maternal Child Health
201-894-3137
or 201-894-2776

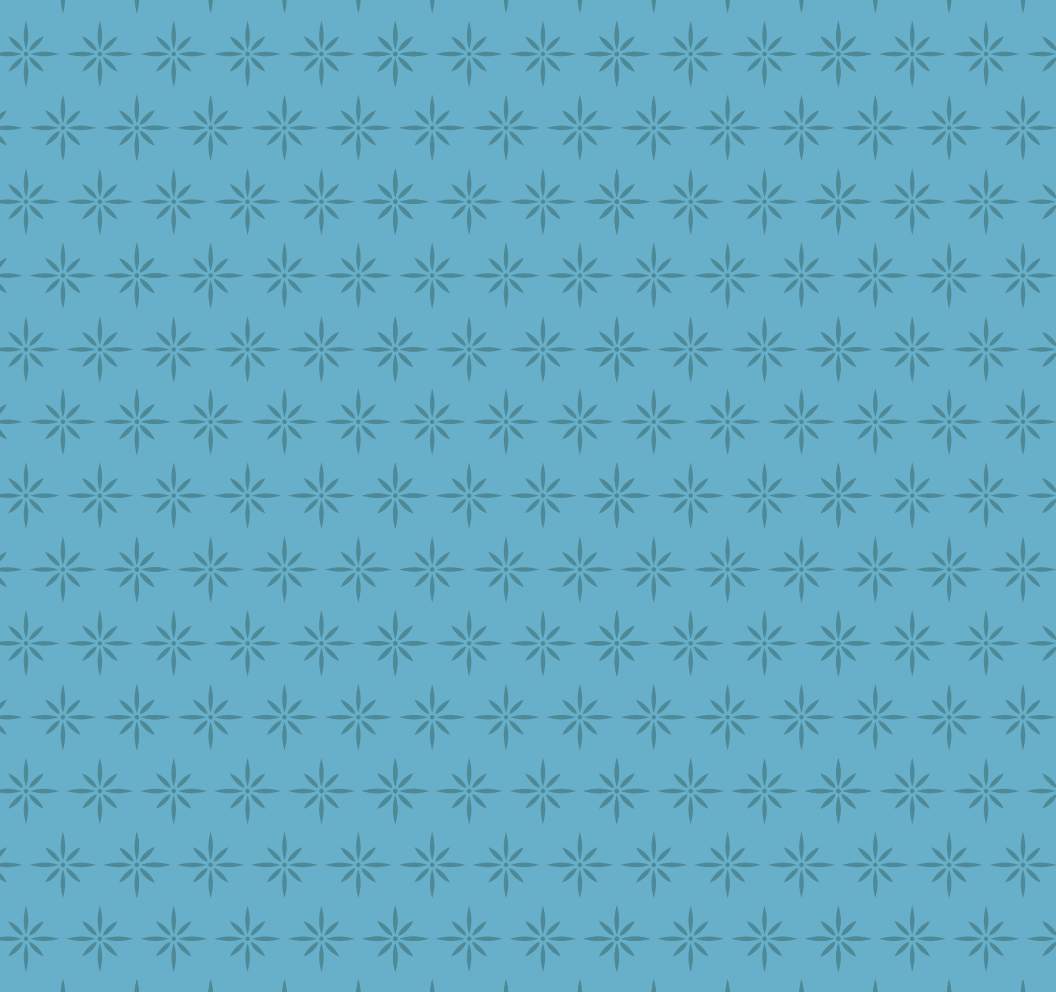
ADVANCED PRACTICE NURSE

201-894-3319

Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para asistencia lingüística gratuita, llamar al 201-894-3368.

무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.



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