



WELCOME *Baby*

A guide for expectant parents

Family Education

Programs and classes

Signs of Labor

Know what to expect

Your Hospital Stay

What to plan for


POMONA VALLEY HOSPITAL

MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch

imagine.
believe.
expect.

It's Time to Prepare!

Childbirth is a family celebration and a time for preparation.

Let us help you with your experience.

Physician Referral: We offer you a selection of outstanding Obstetricians and Pediatricians from our medical staff. **909.865.9782**

Sweet Success Program: We offer help to the diabetic women to reduce the likelihood of certain complications in pregnancy associated with the disease. **909.865.9754**

Family Education: We offer a wide range of classes for every member of the new family: mom, dad, brother and sister; not to mention traditional classes such as Childbirth Preparation, Breastfeeding and Baby Express. **909.865.9858**

Maternity Tours: We offer tours several times each month. The tours are an introduction to our beautiful Women's Center, the comfortable, home-like environment of our birthing rooms and our philosophy of family centered care. **909.865.9858**



MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch

On the Cover: Abigail, 5 months, enjoys a kiss from Mommy. Photography by True Emotions Photography for Pomona Valley Hospital Medical Center.

WELCOME *Baby*



A guide for expectant parents

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Richard E. Yochum, *President/CEO*

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Your birth experience

Preparing for your baby and your Hospital stay

Having a baby is one of life's most memorable experiences. It is a time for making many decisions. We can assist you by referring a doctor and offering classes to help you and your family prepare for childbirth. You can feel confident in knowing that at the Women's Center at Pomona Valley Hospital Medical Center (PVHMC), one of the region's premier medical centers, our outstanding doctors and caring nurses and staff have met the expectations of parents for more than 100 years with excellent maternity care. With our millionth baby being born in 2008 and thousands more each year, we are dedicated to providing a meaningful, fulfilling family experience.

To help you through the exciting and challenging days ahead, use this as a personal guide to help prepare you for what you will need to get ready for the big day. Please speak with your doctor about anything in this guide that you don't understand. Your care, determined by you and your doctor, is based on your specific needs during your Hospital stay.

The Staff at Pomona Valley Hospital Medical Center



Parent resources

Bedrest

Sidelines is a non-profit organization providing international support for women and their families experiencing complicated pregnancies and premature births. www.sidelines.org

Birth Ball Purchase

PVHMC Family Education and Resource Center
909.865.9858
Hours: Monday to Friday
8:30 am – 7:30 pm Monday-Thursday
8:30 am – 5:00 pm Friday

Birth Certificate Information

PVHMC Birth Clerk Office
909.865.9865

Breastfeeding Support, Breast Pump Rental and Purchase

PVHMC Breastfeeding and Lactation Center
Information Line
909.623.6455

Multiples

National Organization of Mothers of Twins
505.275.0955
Twins Magazine
www.twinsmagazine.com
Triplet Connection
www.tripletconnection.org

Physician Referral

Pomona Valley Hospital Medical Center
909.865.9782
Hours: Monday to Friday
8:30 am – 7:30 pm Monday-Thursday
8:30 am – 5:00 pm Friday

Unexpected Outcomes

PVHMC Caring Connection Support Group
909.865.9858 (see page 12)

Nutrition

How many calories should I eat per day?

Eating the right number of calories lets you and your baby gain the proper amount of weight. During the first 3 months of your pregnancy, you do not need to change the number of calories you are eating.

Normal-weight women need an extra 300 calories each day during the last 6 months of pregnancy. This totals about 1,900 to 2,500 calories a day. If you were underweight or overweight before you became pregnant, or if you are pregnant with more than one baby, you may need a different number of calories. Talk to your health care provider about how many calories you need.



Listed below are snack options that may help you feel satisfied:

- 1 apple and 1 cup of non-fat fruit yogurt
- 2 oz. piece (1 slice) of cheese on 1 piece of whole wheat toast
- 1 whole wheat English muffin with 2 tbsp. of peanut butter
- ½ ounce cheddar cheese sprinkled on 1 cup of beef and bean chili
- 1 cup of bran cereal with raisins with ½ cup of non-fat milk and a small banana
- 1 oatmeal raisin cookie with 1 mozzarella string cheese and 1 cup of blueberries

How much weight should I gain during my pregnancy?

Talk to your health care provider about how much weight you should gain during your pregnancy. General weight gain recommendations listed below refer to pre-pregnancy weight and are for women expecting only one baby:

- If you are underweight, you should gain about 28 to 40 pounds.
- If you are normal weight, you should gain about 25 to 35 pounds.
- If you are overweight, you should gain about 15 to 25 pounds.
- If you are obese, you should gain about 11-20 pounds or less.

Mom 2Mom

Fatigue

Q “Why do I feel more tired than usual and need extra sleep since I’ve been pregnant?”

A During the early months, fatigue is caused by natural hormonal changes as your body adjusts to pregnancy. During the last month or two, carrying the extra weight of the baby can be tiring. Fatigue is an important sign from your body that you need extra rest. Listen to your body, and try to rest during your busy day.

Suggestions:

- Sit down and put your feet up. Take naps when you feel tired.
- Eat small, well-balanced meals several times a day.
- Avoid taking on extra responsibilities during this time in your life. Learn how to say “NO.”
- Exercise may help make you less tired.
- Be sure to consume enough calories, iron, folic acid and your prenatal vitamins.

If the above suggestions do not work for you, discuss your concerns with your doctor.

My Endless Pregnancy

Q “Finally, my due date comes and goes. Nothing. I’m still pregnant! I’m tired, edgy, and feel like I’m going to be pregnant forever. I was sure that I was going to deliver my baby early. Wrong. Not only have I made it to my due date, but I’m still pregnant days later. I’ve listened to everyone on how to go into labor. My husband and I had sex, it didn’t work. I ate a spicy meal. Nothing. We’ve drove over bumpy roads, but my water won’t break. Is this normal? Is there anything I can do?”

A You are likely feeling more and more miserable by the time you reach your due date or even pass it. Your trips to the bathroom are more frequent, you are getting more and more Braxton-Hicks contractions, your back hurts and sleeping is nearly impossible. Remember that babies have their own calendar.

As much as we would like to naturally induce labor, as soon as “we” are ready, labor starts often unpredictably and sometimes later than what mothers would like for their own comfort. Your due date is only a target date; which is why it is called an EDD—estimated due date. Your baby will most

likely come within a period of four weeks between 38-42 weeks. Only about 3-5% of women actually give birth on their due date not to mention that the majority of women don’t go into labor until after their estimated due date! Unless there is a medical reason, an induction or cesarean section will not be performed prior to 39 weeks gestation. This helps to ensure you have a better labor and birth outcome.

Discuss with your doctor natural and medical options that you might consider to nudge your body. If your body isn’t ready, neither method will work.



Not Now, We’re Bonding

Q “After I had my baby, I felt I had to put on my ‘everything’s great’ face. I had to be dressed and be the hostess, for anyone who walked through the door. I knew I had to let go of doing it all when I found myself sobbing while nursing. Any suggestions?”

A New moms underestimate the toll giving birth and caring for a new baby takes. Your hormones and your emotions are fluctuating, your needs shift as your milk supply increases and your body adjusts to a post-pregnancy state—but rest should be number one on the list.

Require Quiet Time

New moms can take a “babymoon”—like a honeymoon, with scheduled alone time for mom and baby to explore their relationship. Sleep when the baby is sleeping.

Put Visitors To Work

New moms need to ask for what they need, and it’s OK to be very specific. Make a list of household chores to occupy your mother/mother-in-law during her stay. Include meals in your list of ways visitors can help.

Enlist Dad’s Help

Dad can accept the role of gatekeeper. You need someone to run interference when visitors number too many or overstay their welcome. Dad also needs to have some time with baby while mom rests or takes a bath.

There is an option.

Don't abandon your baby.

Safely Surrender your baby.

The Safely Surrendered Baby Law

- ✓ Permits the parent(s) or surrendering person to safely and confidentially surrender a baby within three days of birth to any Hospital or other designated Safe Surrender Sites in California.
- ✓ Provides a safe place for babies.
- ✓ Protects the parent(s) or surrendering person from prosecution for child abandonment.
- ✓ Does not require that names be given when the baby is surrendered.
- ✓ Allows the parent(s) or surrendering person at least 14 days to reclaim the baby.

State of California
Health and Human Services Agency
Department of Social Services
PUB 401 (5/06)

www.babysafe.ca.gov

Family Education Programs and Classes

● Maternity Tour

Expectant families are invited to take a complimentary tour of our beautiful Women's Center. You will have the opportunity to visit the place where your baby will be born before that special day arrives. You will be introduced to the comfortable, home-like accommodations of our Birthing and Postpartum Suites, and our philosophy of family-centered maternity care.

- Tours are offered weekly. You must register to participate.
- Tours in Spanish and Chinese are also available.

Cost: Free

● Childbirth Preparation

This five week class prepares expectant parents for the birth process and parenting skills. Parents will learn:

- What to expect during childbirth
- Comfort measures in labor
- Breathing and relaxation techniques
- Pain management
- Postpartum and parenting issues
- CPR

Cost: \$80 per couple or \$100 with Birth Ball

Note: this is a non-certified CPR class

● Childbirth Preparation - Weekend Express

This weekend version of our Childbirth Preparation Class is designed for parents who are unable to attend the weeknight series. The labor and birth process will be emphasized. This class is offered on weekends as a two day session.

Cost: \$80 per couple or \$100 with Birth Ball

● Childbirth Preparation - One Day

This 3-hour class is designed for the parent on the go. It prepares the parent with hands-on learning. The class will emphasize:

- Comfort measures in labor
- Breathing and relaxation techniques
- Role of the support person

Cost: \$80 per couple or \$100 with Birth Ball

Parents will receive a DVD which includes a lecture portion to watch prior to attending class. Call to schedule your DVD pick up.

Our Family Education Program, offers a variety of classes to help make your childbirth and parenting experience a positive one.

Select classes to prepare for your

- Childbirth Experience
- Parenting Experience
- Family Experience

● Cesarean Birth Preparation

This class is designed especially for the family that has been advised to anticipate a cesarean birth. The class prepares families for what to expect for their special delivery.

Cost: \$20 per couple

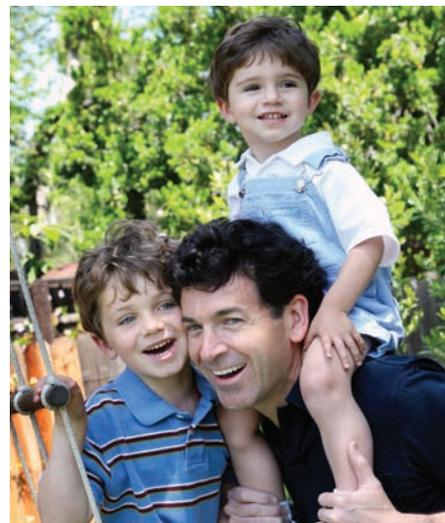
● Baby Express

This class is designed to help parents get ready for the new baby experience including:

- Car seat safety
- Baby care
- Breastfeeding basics
- Bathing and diapering
- How to calm and soothe a baby with The Happiest Baby®

Cost: \$40 per couple

Parents will receive a kit which includes: The Happiest Baby on the Block DVD and Soothing Sounds CD, a \$40 retail value.



"It felt great to receive all this knowledge and helped calm some fears. Very helpful."

- CRISTINA

● Breastfeeding

This class is designed to give expectant parents the knowledge and skills necessary for a successful breastfeeding experience.

Benefits to baby:

- easy digestion
- perfectly matched nutrition
- antibodies that protect against infection

Benefits to mom:

- convenient
- exclusivity
- economical
- best start for mom & baby
- helps uterus return to normal size

It is a beautiful, intimate way to bond and create a loving relationship.

Cost: \$20 per couple

● Lactation Center

Located in the Women's Center Lobby. Please check in at the Security Desk. You must arrive 30 minutes before closing.

Monday: 9 am - 12 pm **Thursday: 9 am - 12 pm**
Tuesday: 12 pm - 3 pm **Friday: 9 am - 12 pm**
Wednesday: 12 pm - 3 pm

Cost: FREE

Breastfeeding Information Line: 909.623.6455

The Pomona Police Department offers...

● Car Seat Safety

They will teach you how to safely and properly install your child's car seat. Meets once a month on a Saturday.

Cost: Free Call 909.865.9858 for date information

● Boot Camp for New Dads™

At Boot Camp for New Dads, veterans (new dads who bring their babies along) orient rookies (dads-to-be) on the realities of parenthood. Topics include:

- Are you ready to be a dad?
- What kind of dad will you be?
- What does your partner need from you before and after the baby arrives?

Cost: \$20 per person (includes a continental breakfast)

The class is offered once a month on a Saturday.

● Family and Friends CPR

This class provides CPR instruction for parents, grandparents and babysitters of infants and toddlers. Topics include:

- Accident prevention techniques
- Treatment of infant/child choking
- How to handle additional emergencies

Cost: \$20 per person (includes workbook and CPR completion card)

Note: This is a non-certified CPR class.

● Big Brother/Big Sister

Children, three to six years of age, are prepared for their first meeting with their new baby sibling in the Hospital. They will also learn to help care for him/her at home. Designed for one parent to be in attendance.

Cost: \$10 for one child, \$5 for each additional child

● Safe-Sitter Class®

This two day class has received national recognition by the American Academy of Pediatrics. The small class size and interactive learning environment includes: role-playing, games, childcare, age appropriate activities and setting up a babysitting business. Students get hands-on practice in basic lifesaving techniques. Please bring a sweater! For boys and girls ages 11-14.

Cost: \$40 per child

● Mommy n Me

Come to our next meeting to interact, share experiences, and make new friends. All moms and babies are welcome! This group is held weekly on Wednesdays.

10 am - 11am — Ages newborn to 13 months

Cost: Complimentary

For class locations and schedules or to register call 909.865.9858 or visit www.pvhmc.org.

● Pregnancy and Postpartum Stress Group

This is an emotional support group for pregnant and new moms. Lunch and childcare provided. Held at Pomona Valley Health Center, 1770 N. Orange Grove, Suite 210.

Cost: Free

Call Anna Pavlov, PhD, at 909.469.9491 for more information.



Please call 909.865.9858 or visit pvhmc.org for all class locations and schedules

Sleep Savers During Pregnancy

**Back pain.
Leg cramps.
Heartburn.**

The majority of expectant mothers say they have trouble sleeping. These are just four of the many discomforts you might have during your pregnancy.



You're getting up several times a night to use the bathroom.

- Drink at least 8-10 glasses of water a day. Drink often, but don't drink before you go to bed. Also, because of the baby's position, the baby pushes up against the bladder causing frequent urination.

You can't get comfortable with your back hurting and your belly in the way.

- Use as many pillows as it takes to get you into a comfortable position including a full size body pillow. Place a pillow between your legs and one under your head.

Your mind is racing about childbirth and what it will be like? How are you going to get through the contractions? When do I know when to go to the Hospital?

- Begin a sleep ritual to help you slow down and get your mind to rest. Take a warm bath or shower, read, get a massage, and put on a white noise machine or soft music.

The nightly heartburn is uncomfortable.

- Try smaller, more frequent meals. Be sure to eat slowly and avoid spicy or fatty foods. Try not to lie down after eating. Going for a walk may help with digestion.

Benefits of baby wearing



"I get shopping and housework done while my baby sleeps close to me. I love the adjustability and the great comfort of the shoulder padding of the Slingezee™."

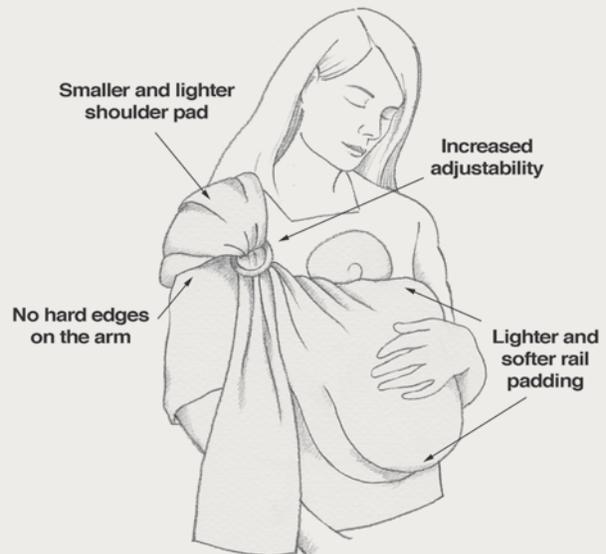
Wendy Rizzo, Upland, CA

**Purchase
your sling now at:**

Pomona Valley Hospital Medical Center
Family Education and Resource Center

Cost: \$60

909.865.9858



- Baby wearing helps babies feel content and safe. One study showed that worn babies cried 40 - 50% less than the norm. Not carrying infants may predispose them to crying and colic.
- Baby wearing is convenient for outings. Wearing your baby means there is no heavy carrier to lug around and no bulky stroller to navigate with. Baby wearing feels better for the parent. Carrying baby in your arms without a sling is tiring. Worn properly, a sling provides much needed support.
- Baby wearing gives parents a boost in confidence. A happy baby makes parents feel more competent and at ease. Parents are able to sense what is wrong with baby when they stir, because baby is right next to them. Meeting needs before baby becomes upset results in a more relaxed parent.
- Baby wearing allows parents to have two free hands for day to day tasks while providing comfort to baby. With baby more content, parents are free to go about their tasks without as many interruptions. For parents of older children with baby content in the sling, mom or dad are free to parent older children while bonding with the new baby.



The Unexpected

Sweet Success

PVHMC's Sweet Success program is dedicated to diabetic education for pregnant mothers. It is designed to assist mothers with diabetes during their pregnancy. The program is located on the first floor of the Women's Center. **This service is available by doctor referral only.** Services include:

- Gestational Diabetes education and counseling
- Monitoring of mother's sugar levels

For more information, call 909.865.9858

Perinatal Center

The Perinatal Center is an outpatient service for high-risk expectant mothers offered by San Gabriel Valley Perinatal Medical Group. It is located on the first floor of Pomona Valley Hospital Medical Center near the Women's Center Lobby. The center evaluates each pregnancy individually and recommends a plan of care to your doctor. **This service is available by doctor referral only.** Services include:

- Amniocentesis
- Ultrasound
- Nonstress Testing
- Prenatal Diagnosis
- Genetic Counseling

For more information, call 909.865.9858

Neonatal Intensive Care Unit (NICU)

Should your baby require specialized care, you will be comforted to know that we have a fully equipped Neonatal Intensive Care Unit. The NICU is a special care nursery devoted to babies born pre-term or who may face medical problems after delivery. The NICU is located on the first floor of the Women's Center. A special group called The Caring Connection provides support for families with infants in the NICU.

For more information, call 909.865.9858

California Maternity Leave

With the addition of Paid Family Leave Law that passed in 2004 as well as Federal laws, the California maternity leave laws are some of the best in the nation.

As most employers are now aware, the Family and Medical Leave Act (FMLA), which was passed in 1993, requires covered employers to provide 12 weeks of job-protected unpaid leave to eligible employees within a 12-month period without pay while maintaining the employee's health coverage under any "group health plan." FMLA leave can be taken for any of the following reasons: the birth or adoption of a child; the foster care of a child; the care of a seriously ill child, spouse, or parent; or an employee's own serious illness. Upon return from FMLA leave, most employees must be restored to their original or equivalent position with equal pay, benefits, and status will be given.

The FMLA provides eligible employees with 12 unpaid work weeks of job-protected leave during any 12-month period for the birth or adoption of a child; the foster care of a child; the care of a seriously ill child, spouse, or parent; or an employee's own serious illness. To be eligible to receive the benefits the parent must:

- Have worked for the same company for 12 months
- Have worked at least 1,250 hours in the previous 12 months
- Have worked for an employer who employs at least 50 people within a 75-mile radius of the employee's work site

The state of California has several laws that give women and their spouses better options when it comes to family leave due to pregnancy and childbirth. The Leave under the California Family Rights Act (CFRA) may total up to 12 workweeks in a 12-month period to bond with your new baby. Sources: www.dfeh.ca.gov and www.dol.gov

Top 5 signs of labor

Know what to expect

One of the biggest questions pregnant women have is, "Am I in labor?" The signs of labor can be confusing. While you might only have one or two of these, or all of them, these are the basics of labor. Be sure to discuss with your doctor when you should go to the Hospital after labor begins. Here are some of the top signs that labor is either coming soon or starting...

1. Bloody Show

Bloody show is a pink, brown or red tinged mucous discharge from your vagina that can be found when wiping while going to the bathroom or sometimes on your underwear. This is a sign that your cervix is changing and preparing for labor. It is not a bloody show if you see this after sex or a vaginal exam in late pregnancy.

When will I go into labor? This can vary from hours to weeks.

2. Mucous Plug

The cervix is "plugged" with a thick piece of mucous that helps protect your baby during pregnancy by blocking the entrance to the uterus. As your cervix changes and dilates, part of the mucous plug can be released from your vagina. How much you see depends on how quickly these changes occur. You might only notice stringy pieces or you may find the whole "plug" at once during a trip to the bathroom. A small amount of blood sometimes mixed with mucous is normal. If you have a large amount of blood, call your doctor.

When will I go into labor? This can vary from hours to weeks.

3. Rupture of membranes

You may feel fluid gush or trickle from your vagina indicating that your water has broken.

When will I go into labor? This can vary from minutes to hours. Call your doctor and go into the Hospital.

4. Contractions

Contractions help the cervix to dilate and open for your baby to be born. Many women will have contractions throughout the end of their pregnancy. The difference between labor contractions and Braxton-Hicks (false labor) contractions are the strength, frequency and intensity of labor contractions. Labor contractions get stronger, longer and closer together. You may be having cramp-like discomfort that gets closer together, stronger and becomes regular. Walking, changing activity or position does not affect intensity or frequency of contractions.

When will I know if this is labor? If you are not sure call your doctor or come to the Hospital to be evaluated.

5. Back Ache

A back ache that seems to come and go may be a sign of labor. Usually this is really contractions that you're feeling in your back. If your back ache becomes constant or changes, you may be experiencing back labor, usually caused by the position of your baby.



LABOR
AHEAD

Getting Ready for the Hospital

your to-do list

There is so much to do to get ready for the baby; it's no wonder you sometimes feel overwhelmed with things you need to remember! Before you know it your baby will be here. We would like to remind you of some very important things "to do" to make it easier for you during your last minute preparations.

1

■ Choose a Pediatrician

The Pediatrician does more than tend to a child's illnesses—they also monitor the overall health and well being of your child. For these reasons, it is important to find a Pediatrician whom you trust, and with whom you and your child feel comfortable.

Get recommendations

The first step in your search for a Pediatrician is to ask around. Ask other parents—your friends, neighbors and/or coworkers—who they would recommend. If you are expecting, try to begin this process at least three months before the baby's due date. If you do not have a Pediatrician, please call our Physician Referral Line at 909-865-9782. We can offer you a selection of outstanding Pediatricians available on our Pomona Valley Hospital Medical Center's medical staff.

Make an appointment to visit the doctor's office. Most Pediatricians' offices are happy to schedule a complementary visit to meet and greet a potential new patient. While there, look around the office. Are you comfortable with the environment? Is it clean and inviting? Meet the staff. Are they responsive, pleasant and personable? Meet with the doctor. Is he/she knowledgeable, communicative and assuring?

Some questions you might want to ask as you interview for a Pediatrician:

- What hospital do you use? Do you have privileges at Pomona Valley Hospital Medical Center?
- How do you feel about breastfeeding?
- What is your opinion on circumcision?
- What are your office hours?
- What do I do after hours?
- When should I go straight to the Emergency Room?
- Who are the "on call" doctors?
- Do you have a well child room and a sick child waiting room?
- Can you describe your care plans for my baby during the first year?
- If you are a partner in a group practice, do other members of the group share your philosophy?
- How soon will you see the baby after birth?
- Will you take same day appointments if needed?

Your Pediatrician's full name should be submitted as part of your **Obstretical Information Packet**.

If you are not happy with your choice

If, down the road, you are not happy with the Pediatrician you have chosen, you can always make a change. First, discuss your concerns with your Pediatrician, but if the problem cannot be resolved, feel free to choose a different doctor. After all, this is your child's health care provider, and you and your child should be happy with your choice.

2

■ Register for the Maternity Tour

You should call to register for a tour of the Hospital at least 6-8 weeks prior to your due date. Refer to the education section of this guide for details.

3

■ Fill out and turn in your Obstetrical Information Packet for your Hospital stay

We strongly recommend that you fill out and turn in your Obstetrical Information Packet for your stay upon arrival at the Hospital to deliver your baby. This will reduce your admitting time. You will need to bring the following with you:

- Identification
- Insurance/medical card and social security card
- Work address and phone number
- Name, address, and telephone number of an emergency contact
- Complete the Obstetrical Information Packet
- Obstetrician and Pediatrician information

Our Admitting offices are conveniently located throughout the Hospital:

- The Admitting North department: located by the main lobby of the Hospital, open Monday-Friday 6 am to 6 pm
- The Admitting South department: located in the Radiology Department, open Monday-Friday 6:30 am to 6 pm and Saturday 7 am to 2 pm

No appointment is necessary. If you have questions, please call 909.865.9725 to reach an admitting representative.

4

■ Pack for the Hospital

We suggest that you pack two bags; one for labor and one for after delivery. Labor can begin without notice, so we recommend packing your bags early. The following is a suggested packing list. Your childbirth educator can give you more ideas.

Your labor and delivery bag (used while in labor) should include:

- Obstetrical Information Packet
- Comfort items to use during labor (birth ball, tennis ball, rice pack, focal point, music)
- Lip balm
- Snacks for partner
- Contact lens case, solution & glasses
- Band for long hair, comb, brush & hair clips
- Change for vending machines
- Extra pillows with colored pillowcases
- Camera (check batteries)
- Address book and phone numbers
- Flat-bottomed, rubber-soled slippers, or warm socks

Your after delivery bag (leave in your car until you are moved into your postpartum suite) should include:

- Clothing for mom to wear home
- Bathrobe, nightgown (with front closures if you plan to breastfeed)
- Nursing bras and panties
- Clothing for baby (sleeper or pajamas)
- Baby blankets (one or two)
- Outfit for baby's first picture
- Toiletries: toothpaste, toothbrush, shampoo
- Cosmetics

Remember: Please leave valuables such as your purse, cash, credit cards and jewelry at home, if possible.

Remember!

Don't forget your infant's car seat!

A car seat is needed for your baby's ride home. And keep plenty of gas in your car during the last few weeks—just in case. (See page 23)

Your Hospital Stay

labor & delivery

Arriving at the Hospital

The day is finally here! It's time to go to the Hospital. Drive safely and know we are here waiting for you, eager to share in your special experience. Enter the Women's Center Lobby (see map on back of this booklet). You can temporarily park your car in the fountain circle so your partner can accompany you to Labor & Delivery admissions. Leave your bags in your vehicle until you are admitted to your room. Take elevator "B" to the second floor and sign in at the reception desk. A nurse will be called to assist you.

Observation Unit

- You will be taken back by yourself to an observation room and a basic assessment will be made by your nurse.
- You will be monitored to evaluate contractions and labor progression.
- The minimum assessment time is approximately one hour although it could last longer.
- After assessment, you will either be admitted to your labor and delivery room or you will be sent home depending on your progress.
- While you are in the Observation Unit, your partner can move the car from the front of the Women's Center to a designated parking space.

After you have been admitted and brought to your Birthing Suite, your partner may bring in your items needed during your delivery.

Your baby is coming

The delivery of each baby is treated individually. You and your baby's well-being is our number one priority.

If a vaginal birth is planned:

- Be sure to take a Childbirth Preparation class. Refer to the Education section in this guide for details.
- Your birthing suite offers a comfortable home-like atmosphere and is equipped with a special bed to accommodate your delivery.
- Equipment is discreetly kept out of sight until it is needed.
- Feel secure knowing your room is designed to handle complicated as well as uncomplicated deliveries.

If birth is induced:

- Sometimes, for specific medical reasons, labor may be induced.
- If this is recommended, your doctor and nurse will thoroughly explain this procedure to you.

If a Cesarean birth is planned:

- Be sure to take the Cesarean Birth Preparation Class. Refer to the Education section in this guide for details.
- Have your blood drawn two days before your scheduled surgery.
- Don't eat or drink anything after midnight before your surgery.
- Arrive at least two hours before surgery.
- One support person can be with you throughout the birthing process.





Golden Hour: Skin-to-Skin

Once your baby is born he/she will be dried off, placed skin-to-skin on your chest, belly down, and covered with a light blanket for at least one hour. Cuddling and snuggling during this crucial early period allows mother and baby to grow accustomed to one another. Familiarity with sounds, smells, touch and feel help establish bonds and create lasting health benefits.

During this special time, "The Golden Hour," we would encourage you to ask all visitors to leave you and your partner alone for one to two hours. This will help you have a special bonding experience with your baby. You should also begin to breastfeed during this time.

In some cases this initial skin-to-skin contact may need to be delayed. As soon as you or your baby are able you may begin skin-to-skin.

Research shows that skin-to-skin contact has the following positive benefits for your baby:

- more likely to latch on
- more likely to latch on well
- higher blood sugar
- less likely to cry
- more likely to breastfeed exclusively longer
- more stable and normal skin temperature, heart rate and blood pressure

Skin-to-skin contact remains important for both you and your baby. Warmth, comfort, familiarity, security and feelings of well being for both mother and baby are important benefits. Close contact also enhances interest in nursing.



Photographs

Video cameras are not allowed until after the birth of your baby. Snapshot and digital cameras are permitted with your doctor's permission during a vaginal birth.

- Surgical Suites: Cameras are permitted with your doctor's permission, but video recording is not allowed.
- Newborn Nursery: If your baby is in the nursery, you may take pictures and videotape only while in the nursery not from outside the windows.



Your Hospital Stay

Welcoming Baby

After your baby is born, you will remain in your Birthing Suite until you are doing well and feeling comfortable. The staff will monitor you and your baby's progress and will let you know when you are ready to transfer to your Postpartum Suite (approximately two hours after delivery).

Support Person and Visitor Guidelines before your baby is born

This is a special experience for you and your family. Please follow the guidelines below for a safe and comfortable birth experience.

- We encourage you to have a labor partner. This might be your spouse, partner, friend or family member who can help you feel calm and relaxed. You will determine your visitors, including any siblings of the baby, during labor, delivery and postpartum. We do ask that the hall not be used as a gathering place for your visitors to insure your safety and that of the other mothers. Visitors can be inside the patient room or in our waiting room. During labor, you may be asked to limit the number of visitors due to medical reasons.
- Phone calls can be made into your Birthing Suite. Due to Hospital policies on our patient's confidentiality, concerned family members will not be able to get information about you from our Labor and Delivery staff. We suggest that you let your family and friends know that someone from the family will contact them with any exciting news. Less interruption will give you more time to focus on your labor. Incoming calls are limited from 7am until 10pm. Refer to the Telephone section of this guide for details.

General Visitor Guidelines:

- One Support Person may visit at anytime and may spend the night.
- All visitors must wash hands and arms before touching/handling the infant.
- Children visitors are limited to siblings only. Again, please be sure that there is always another adult, other than yourself, to supervise your children.
- Other visitors, including siblings, may visit only during the hours of 10:00 am to 8:00 pm.

If your baby goes to the Newborn Nursery:

- Visitors are limited to the baby's father or designated adult.
- No children are permitted.
- Visitors must be free of infection.
- Visitors must wash hands and arms according to the posted procedures.

Caring for baby

After birth your baby will remain with you so you can bond together as a family. Our staff will answer your questions, offer support and give you guidance so you can go home feeling more confident in knowing how to care for your baby.



Breastfeeding

A helpful way to prepare for your breastfeeding experience is to increase your knowledge about breastfeeding before your baby is born.

- Register for our Breastfeeding class by visiting pvhmc.org or call 909.865.9858. Refer to the education section on page 9 of this guide for details.
- While in the Hospital, assistance with breastfeeding will be available from your nurse. A Lactation Consultant, from the Lactation Center is also available to help you during and after your Hospital stay. Be sure to ask for help if you need assistance!
- Once at home, the Breastfeeding Information Line, **(909.623.6455)**, answers questions and concerns related to breastfeeding, including pump rental and sales.

- The Lactation Center is available for follow-up visits for assistance with breastfeeding. Call the Breastfeeding Information Line for hours of operation.
- Attend our Mommy n Me group on Wednesdays from 10:00 a.m. to 11:00 a.m. at the Hospital. Refer to the education section on page 9 of this guide for details.

The 10 Steps to Successful Breastfeeding

PVHMC is working toward implementing these 10 steps in support of the World Health Organization & UNICEF guidelines to promote, protect and support successful breastfeeding:

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 the 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 breast milk, 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 birthing center.

Newborn Channel



During your stay in the Hospital, you can view 24-hour programming on the Newborn Channel. A variety of topics are presented including baby care and parenting. Your nurse can help you if you have questions about this service.

Watch the Newborn Channel programs anytime, anywhere!

- Visit www.thenewbornchannelnow.com
- Enter this password: **04448**
- Watch videos and access program transcripts for free



Your Hospital Stay

Security/Safety

Identification bands are placed on every baby and mother at the time of delivery. Please do not remove these bands until after you and your baby are discharged. Each time the baby is brought to your room these bands will be checked to verify that they match.



We have a state-of-the art infant security system in our facility for added protection. Please do not give your baby to anyone who is not wearing a Pomona Valley Hospital Medical Center PINK photo identification badge. If you ever have questions or concerns, please immediately call for your nurse.

Telephones

All patient rooms have a telephone that may be used for your convenience. Incoming calls are limited from 7am to 10pm. Dial 75 to get an outside line when dialing a local number (excluding cell phone numbers). Long distance calls cannot be billed to your room, but must be made with operator assistance using a calling card or calling collect by dialing 75 + 0 then the number.

Smoking

To provide patients with a healthy environment, smoking is not permitted except in outdoor Hospital areas that have been designated for smoking. Please ask our staff for the locations.

Main Lobby

The Culinary Expressions Food Court, Subway and our Tender Touch gift shop are located on the first floor off the main lobby of the Hospital. An automatic bank teller machine (ATM) is located in the Food Court.

Wireless Internet

Wi-Fi access is available throughout the Hospital.

Hospital Stay

An average stay for a vaginal delivery is 48 hours; a Cesarean delivery is 96 hours.

It's time to celebrate!

You and a guest may share a delicious Celebration Meal together in honor of this wonderful occasion. A special birthday treat is also available to help brothers and sisters celebrate their new baby. Be sure to ask your nurse for details.



Going Home



Baby's First Picture (Mom365)

We want every new parent to celebrate the beautiful new life they've created, and as part of our commitment to families, we've created a way to help you do just that in your own way, from day one. A Mom365 staff representative will take your baby's picture before you leave the Hospital. If you have a special outfit which you would like your baby to wear for the picture, be sure to pack it. The optional photography service offers a variety of options and packages, including a free website which is available to share with family and friends.

Birth Certificate / Social Security Number

Please complete a birth certificate worksheet and bring the completed form with you to the Hospital. After your delivery, please give the completed worksheet to the Birth Certificate Clerk that will visit your Hospital room. Birth certificates are legal documents issued by the state. To comply with state regulations, it is very important that you have the baby's name selected prior to completing a social security registration form and birth certificate form. You may download a form at pvhmc.org.

If you have any paternity or birth certificate questions, please call the Birth Clerks Monday through Friday at 909.865.9865. (If you leave a message they will return your call.)

Discharge Process

Discharge frequently requires more time than expected. After your physician's release, our goal is to get you home as soon as possible. Your baby's nurse will check your baby's identification bands with yours before removing the baby's bands for the medical record. If you are going home, but your baby is staying in the Hospital for any reason, please do not remove your band from your arm until your baby is discharged.

Car Seat

Please be familiar with how to restrain your baby in his/her car seat; the Hospital staff and volunteers are not permitted to install the car seat for you. Points to remember include:

- Prior to bringing your baby home in your car from the Hospital, review your car seat instruction manual. Learn to use your car seat and properly place it in your car.
- Place the car seat in the back seat of your car, so that it faces toward the rear.
- Have the car seat in your car on the day you leave the Hospital.
- California law requires that your baby is placed in an approved car seat installed in your vehicle.
- Car seat safety checks are available. Call 909.865.9858 for details.

Who to call when home

Contact your Obstetrician for any emotional or physical post-partum concerns. Contact your Pediatrician for any concerns with your baby.



Buckling up for 2

Some basics to remember

- In the event of a crash, always have an evaluation done at your nearest emergency room. Your unborn baby could have been seriously injured, even if you have not been hurt.
- Be sure to use the lap-shoulder belt. Lap-only belts do not provide adequate protection.
- When driving, sit as far back away from the steering wheel as possible. This will give you added protection if the airbag is deployed.
- If possible, let others do the driving in the late stages of pregnancy.
- Back seat is preferred as long as you have a lap-shoulder seatbelt.
- Never ride with someone who is under the influence of alcohol or drugs.
- Be sure your vehicle is in good condition. Have your tires, brakes and lights checked often.

Make
every ride
a **SAFE**
ride

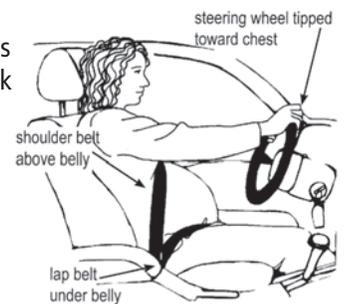
Protecting yourself protects your baby in a car crash

The right way to use a safety belt while pregnant

Keep lap and shoulder belts snug. Pull up on the shoulder belt to tighten the lap belt.

Push the lap belt down as far as possible below your belly. Check to make sure it stays low.

Keep the shoulder belt across the middle of your shoulder. Never put it under your arm or off your shoulder. That is very dangerous.



If you are wearing a heavy coat, open it and pull it to the sides, away from your belly. This helps the lap part of the belt stay low.

Did you know...

- Car crashes are one of the biggest dangers for your unborn child?
- More unborn babies are killed each year in crashes compared to those in their first year of life?
- By following some basic guidelines, you and your baby will be better protected?

Is your child safe?

- More than 90% of the safety seats inspected at checkups are being used incorrectly!
- Most children under age 10-12 need a booster.

Safety Seat Checkup

For a checkup appointment
call **909.865.9858**

Appointments are required to minimize your wait

Basics of Newborn Car Safety

Never carry a baby in your arms in the car.

It would be impossible to hold onto a baby in a crash.

Use a rear-facing car seat (child safety seat) as long as possible, up to at least 2 years. This is safest. It protects a baby from head or spinal cord injury.

Baby always rides in the back seat. The back seat is much safer than the front seat. The center the back seat is safest. If there is no space for baby's seat in back, turn the passenger air bag off. (See the car owner's manual)

Make sure the seat belt or LATCH attachments hold the car seat tightly. It should move less than one inch forward or side-to-side.

Buckle and tighten the harness snugly over your baby's shoulders. Do not swaddle baby. Put a blanket over the car seat harness if needed.

Always follow car seat instructions and vehicle manual to install and use the car seat correctly.

Before birth

1. Go to a car seat safety class. Call PVHMC to find one.
2. Practice installing the baby's seat in the car and adjusting the straps. Follow the instructions! All car seats do not work the same way.
3. Find a child passenger safety technician in your area if you need help.

What to take to the Hospital

- Baby clothes with legs; a blanket (if the weather is cold)
- Car seat, instructions, and locking clip (if needed for installing the seat)
- Two small blankets, a washcloth and two old towels for padding

California Laws

Requirements for parents and drivers:

- Properly buckle up children in a safety seat or booster in the back seat until they are at least 8 years or 4'9" tall. The driver and other passengers must be properly buckled up in all vehicles.
- A booster seat must be used with a lap and shoulder belt.
- Infants must be placed in the back seat in a rear-facing car seat until at least age one and 20 lbs.
- Never leave a child alone in the car ever.
- No smoking if a child under 18 is in the car.

The cost of a ticket is more than \$400!

If a safety seat is in use during a crash, the auto insurance company must pay to replace it.

Choosing a car seat

Try the car seat in your car. Make sure it can be installed tightly in the back seat using the seat belt or LATCH straps. If it does not fit, return it.

Good features to get:

- **Low shoulder harness position.**
Look for lowest slots less than 8 inches high.
- **Harness adjuster** that is easy to reach and use. A pull strap in front is usually easiest.

Tips for second-hand car seats:

- Newer seats are easier to use and may have better safety features. Try not to use a car seat over six years old, as they do expire.
- If the car seat has been in a crash, it should not be used again.
- Order missing parts and instructions from the manufacturer's web site.
- Car seat safety checks are available. Call 909.865.9858 for details.

Resources

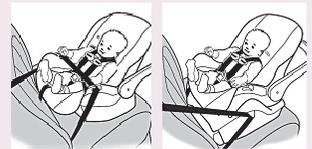
SafetyBeltSafe: 800.745.7233 or www.carseat.org

Four Types of Car Seats

The "best" car seat is the one that fits your child and fits in your car. Try before you buy! Then follow the instructions exactly.

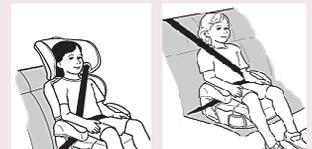
Rear-facing safety seats

Most fit from 5 to 35 lbs. Baby must face back of car. Never put a rear-facing baby in front of an air bag!



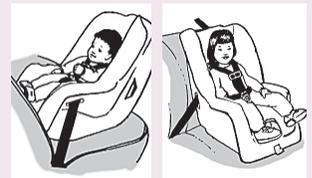
Booster safety seats

For children who have outgrown safety seats with a harness. See The 5-Step Test (other side).



"Convertible" safety seats

For children 5 lbs. up to 40–80 lbs. Child faces back of car until 35 to 45 lbs. Never use rear-facing seats in front of an air bag!



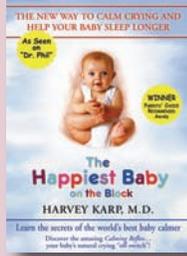
Forward-facing safety seats

Not for babies or toddlers. For children up to 50 to 90 lbs. Most have a removable harness so they can be used as a booster.



Are you ready to be a parent?

- Sleepless nights.
- Crying baby.
- Marital distress.



Learn an extraordinary approach to calm your baby in our Baby Express Class featuring **The Happiest Baby on the Block**.

New parents will learn step-by-step how to help babies sleep longer and how to soothe even the fussiest baby in minutes or less!

The class information includes:

- Car seat safety
- Breastfeeding basics
- Newborn appearance and procedures
- Bathing and diapering
- How to calm and soothe the baby with The Happiest Baby on the Block
- Baby wearing

Cost: \$40 per couple

Every parent will receive a parent kit which includes: The Happiest Baby on the Block DVD and Soothing Sounds CD, a \$40 retail value.

For class information or to register contact:
Pomona Valley Hospital Medical Center
Family Education and Resource Center
909.865.9858



What is Shaken Baby Syndrome?

If you are a parent or care provider of a new baby, there may be times when you feel angry or become frustrated when your baby cries. Shaken Baby Syndrome or SBS is when you “shake” a baby forcefully. Thousands of children each year are victims of abusive head trauma. SBS typically occurs when a young baby or child is shaken back and forth, and/or slammed to either a soft or hard surface. The movement of the baby’s head back and forth can cause bleeding and increased pressure on the brain. Many babies die. Many others have irreversible brain damage. Those who survive may be blind, paralyzed and have mental retardation.

How to cope with a crying baby:

- Check to see that the baby’s basic needs (food, diapering, clothing, burping, etc.) are met.
- Offer the baby a pacifier.
- Take the baby for a ride in a stroller or car.
- Play soft music or white noise.
- Call a friend, relative, or neighbor.
- If a baby’s crying becomes intolerable, put the baby in a safe place such as a crib, swing, or car seat and get yourself away from the baby. Take a break, cool down, and remember that it is the baby’s job to cry. It is your job to cope with this crying.
- Do not pick the baby up until you feel calm.

REMEMBER...never shake your baby!

If you or a caregiver has violently shaken your baby because of frustration or anger, seek medical attention IMMEDIATELY. Do not let fear or embarrassment keep you from making the call. Getting the necessary treatment may save your child’s life.

Source: www.shakenbaby.org

Fatherhood, the toughest job you will ever love

How would you answer our four question challenge:

1. Has sex changed your relationship?
2. Do you know what makes babies cry?
3. Do you know how to hold a newborn?
4. Do you know how to baby-proof your home?

Strengthen your fathering skills and get off to a great start by attending Boot Camp for New Dads.

Call for details/schedule: 909.865.9858

What does Safe Sleep environment look like?

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death:

- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on his or her back to sleep, for naps and at night.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby's sleep area is next to where parents sleep.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



Fast Facts about SIDS

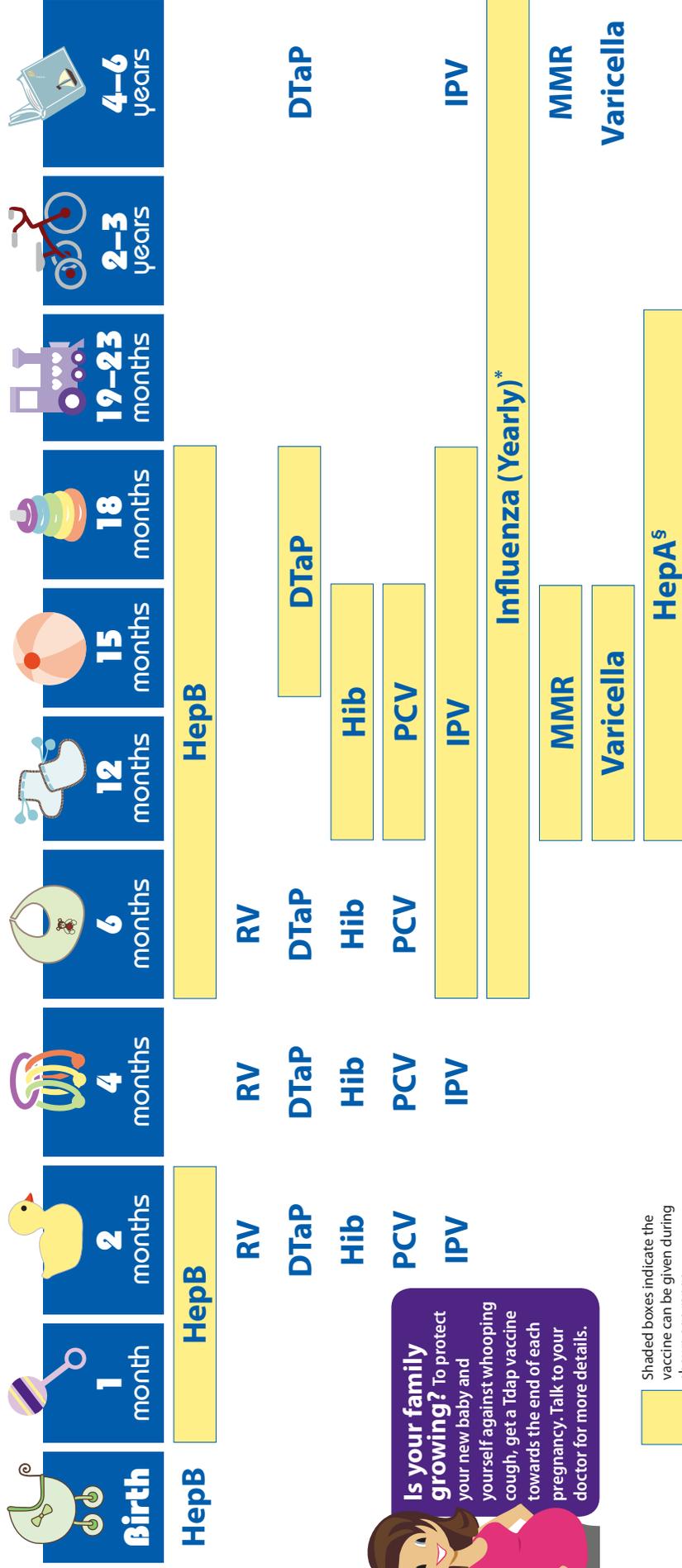
- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- Most SIDS deaths happen when babies are between 2 months and 4 months of age.
- African American babies are more than 2 times as likely to die of SIDS as Caucasian babies.
- American Indian/Alaskan Native babies are nearly 3 times as likely to die of SIDS as Caucasian babies.
- Some people call SIDS "crib death" because many babies who die of SIDS are found in their cribs, but cribs don't cause SIDS.

Spread the word!

Make sure everyone who cares for your baby knows the Safe Sleep Top 5! Tell grandparents, babysitters, friends, childcare providers and anyone who cares for your baby. Some babies don't like sleeping on their backs at first, but most get used to it quickly. Babies who are on their backs can move their arms and legs and look around more easily.

Source: <http://safetosleep.nichd.nih.gov>

2015 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine towards the end of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

^s Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
 or visit
<http://www.cdc.gov/vaccines>



U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention



AMERICAN ACADEMY OF FAMILY PHYSICIANS
 STRONG MEDICINE FOR AMERICA

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN™



**Warmth.
Comfort.
Secure.**



**Taking care
of our
youngest
patients**

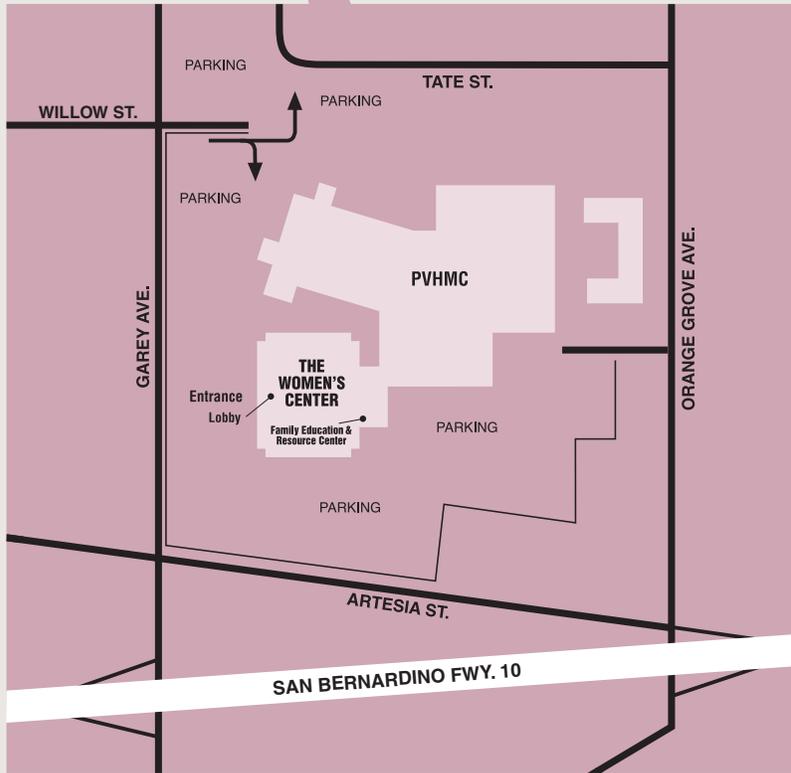
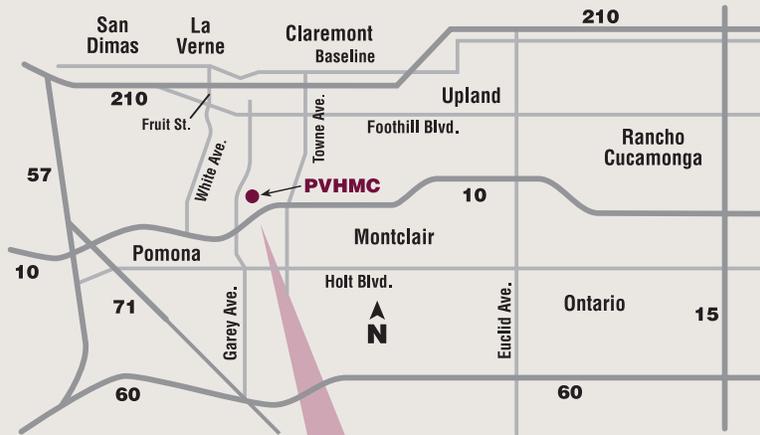
Physician Referral: We offer you a selection of outstanding Pediatricians from Pomona Valley Hospital's medical staff. **909.865.9858**

Neonatal Intensive Care Unit (NICU): We offer a state-of-the-art 53 bed facility for the treatment of sick or premature babies. **909.865.9703**

Caring Connection: We offer a support network for parents and families while their babies are in our NICU and after they have gone home. **909.865.9858**

Pediatric Unit: We offer a calm and healing environment specializing in state-of-the-art technology in every room. Touches of home provide happiness that can help children feel better and make a positive impact on their health. **909.865.9871**

Children's Outpatient Center: We offer specialty clinics, in a warm friendly setting, for infants and children who require further care or treatment after hospitalization. **909.865.9839**



POMONA VALLEY HOSPITAL

MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch

1798 North Garey Avenue • Pomona • California 91767 • 909.865.9858
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