

WELCOME

to The Mother Baby Center
at United and Children's Minnesota



DELIVERED BY:

Allina Health
UNITED HOSPITAL

Children's
MINNESOTA

WELCOME!

We are delighted that you have chosen The Mother Baby Center at United and Children's Minnesota for your baby's birth.

Our staff is looking forward to working with you and your family during your stay in The Mother Baby Center.

Use the information on these pages to familiarize yourself with The Mother Baby Center.





OUR BOOK, *BEGINNINGS – PREGNANCY, BIRTH AND BEYOND*

You should have received this book at your doctor's or midwife's office. This book contains valuable information for you and your baby's care during pregnancy, at the hospital, and after you go home. Please take some time to review it before coming to the hospital. If you do not have a copy of this book, ask for one at your next prenatal appointment.

Beginnings is also available as a free app in both Apple and Google Play app stores (search for Beginnings by Allina Health). You can also view it online at allinahealth.org/pregnancycare.

THE MOTHER BABY CENTER WEBSITE

You may find it helpful to know all the services available to you. Information about our care and services can be found on our website at **TheMotherBabyCenter.org**.

CLASSES AND TOURS

Are you prepared for your birth experience?

Allina Health partners with Amma Parenting Center to offer pregnancy, parenting and newborn care classes to help you prepare for childbirth and healthy childhood development.

Amma teachers are current in the fields of obstetrics and perinatal education and strive to make classes fun and interactive. Classes are held throughout the Minneapolis/St. Paul area and you can take a class at any location.

For a class description, dates/times, locations, fees and registration, please visit Amma Parenting Center's website at ammaparentingcenter.com.

Take a tour

If you would like to become familiar with The Mother Baby Center before your baby's birth, please schedule a tour with Allina Health Class Registration by calling 1-866-904-9962.



PREPARATION BEFORE ADMISSION

There are a few tasks for you to complete before you have your baby.

Choose your baby's health care provider

Choosing your baby's health care provider is an important decision. Your choice can include a nurse practitioner, family medicine doctor, or a pediatrician. If you already see a family medicine doctor, you can ask him or her to care for your baby, as well. If you are cared for by an obstetrician or midwife, you will need to choose a different health care provider for your baby. On behalf of your baby, it will be our pleasure to notify your baby's health care provider once your baby has arrived.

More information about this topic can be found in our book, *Beginnings – Pregnancy, Birth and Beyond*. After you choose an infant provider, be sure to call and ask whether the provider is taking new patients.

If the provider you choose does not see patients at United, we will be happy to contact a physician who can see your baby during your hospital stay.

Call your insurance carrier

The Mother Baby Center recommends that you call your insurance carrier regarding your maternity benefits. In particular, ask about coverage for breast pumps and/or circumcisions.

Breast pump coverage

Ask if it is covered routinely or if there needs to be a medical indication for the pump to be covered. If there is coverage for a breast pump, ask if the coverage applies for a rented pump or a purchased pump.



Circumcision

If you expect a boy and choose to have him circumcised, ask your insurance carrier if the procedure is covered. Also, ask if there is a difference in coverage if the procedure is done during the hospital stay or in a doctor's office after discharge.

ABOUT YOUR HOSPITAL STAY

Parking

The Red Ramp is closest to The Mother Baby Center. You will receive six discount parking tickets during your stay. The charge for parking with a discount ticket is \$4.

Check In to The Mother Baby Center

The Mother Baby Center offers a convenient main entrance and drop-off location that is separate from United Hospital's main entrance.

The Mother Baby Center at United and
Children's Minnesota
345 Smith Avenue North
St. Paul, MN 55102
651-241-6290

Map and directions: TheMotherBabyCenter.org

Pain Management

There are many options available to help you manage pain or discomfort during and after your baby's birth. Choices include nitrous oxide, massage, aromatherapy, hydrotherapy, relaxation techniques, medications and others. While none of these methods alone will take away all of your pain during and after birth, our goal is to help you be as comfortable as possible. Please talk with your provider about pain management options.



Rooming-in

While you are with us in The Mother Baby Center, we encourage you to “room-in” with your baby. Rooming-in keeps your baby where he or she feels safest, which is with you.

Research supports that when babies room-in, they feed better, cry less, and lose less weight. Parents go home with more confidence in their ability to care for their baby and report more positive feelings toward their baby. Mothers who keep their babies with them at night actually have better-quality sleep than those whose babies are in the nursery between feedings.

First Hour Care

The first minutes and hour after your baby's birth are a very special time for you and your baby. It is a time for you to get to know each other and spend private time together as a new family. Immediately after your baby is born, if neither mom nor baby require any special care, we will give you an opportunity to have uninterrupted quiet time with your baby. We will help you cuddle with your baby by placing him or her skin-to-skin with you. Cuddling with your baby skin-to-skin has many benefits for both mother and baby.

The benefits include:

- keeps baby warm
- helps regulate baby's blood sugar
- reduces crying
- promotes bonding
- improves milk supply.

During the first hour, your baby will have his or her first feeding. Whether you choose to breastfeed or feed your baby infant formula, the nurses in The Mother Baby Center will provide you with education and expert support to get off to a good start.

Breastfeeding Support

Your nurses are very skilled at helping you with breastfeeding. We have certified lactation consultants from our Breastfeeding Resource Center to help with complex breastfeeding issues. If you are having difficulties with breastfeeding when you leave the hospital, our lactation consultants will give you a written feeding plan for your baby and set up a follow-up appointment for you in their clinic. To reach the Breastfeeding Resource Center call 651-241-6250.

Your Length of Stay in the Hospital

Most families are ready to go home 28-36 hours after a vaginal birth or 48-72 hours after a cesarean birth. When you arrive at your postpartum room, your nurse will discuss the date and time you can expect to go home. Together you and your doctor, along with your baby's doctor will make a final decision about your going home day. Allina Health offers a specialized home care agency that can provide additional nursing support after your hospital stay. Community programs, such as a public health nurse, are other options to support you at home.

BRINGING YOUR BABY HOME

Do you have a car seat for your baby? State law requires that children ride in a car seat. It is a good idea to set up your car seat before coming to the hospital. There are community agencies, such as your local fire department, that can help install your car seat properly.

It's a good idea to have someone at home to help you during the first few days after your hospital stay.

CARE COORDINATION/ SOCIAL WORK SERVICES

If your baby's birth is expected to be different from a typical birth — perhaps a previous loss, you have had a traumatic birth experience in the past, or have a baby with a serious prenatal diagnosis, and are wanting additional support — birth planning and education is also offered.



If you have further questions or concerns about your stay or caring for your baby at home, you can call our Nurse Case Manager for help. Her number is 651-241-2858.

The Mother Baby Center's social worker can help you with emotional support, baby care items and financial resources from the community. Her number is 651-241-2419.



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Facebook.com/TheMotherBabyCenter