

Dear Parents,

Congratulations on the birth of your baby! Our staff welcomes you and your family to The Mother Baby Center at United and Children's – St. Paul, and will strive to make your stay here comfortable. Our goal is to provide individualized, family-centered care. Please discuss any plans and wishes for your stay with your nurse. The following information is provided to answer some of the questions you may have.

To insure you receive the best care possible during your hospital stay, we ask you to be our partner in your care. If you have questions or concerns about your care, please discuss them with your nurse or physician.

Education

You may have many questions about yourself and your baby once you get home. The following are helpful resources:

Beginnings Book

Pregnancy, Birth and Beyond has information about parenting and care of mother and baby in the first weeks after birth.

Now available as a mobile app

Beginnings: Pregnancy, Birth & Beyond has been converted into a mobile application for the Apple iPad, iPhone or iPod touch.

Available at the website:
allinahealth.org/ac/pregcc.nsf

Baby Café

This free drop-in center offers support and assistance for pregnant and breastfeeding moms. Call 651-241-5088 for more information.

Classes

Other classes of interest to new parents:

Infant CPR

Infant Massage

For registration information call Allina Class Registration at their toll free number: 1-866-904-9962 or on line at: <http://wellness.allinahealth.org/events>.



AFTER YOUR BABY IS BORN



DELIVERED BY:



TheMotherBabyCenter.org
[Facebook.com/TheMotherBabyCenter](https://www.facebook.com/TheMotherBabyCenter)



DELIVERED BY:



Birth Certificates

You will be contacted for information to complete your baby's birth certificate, which will then be sent to the Minnesota Department of Health so the birth can be registered. You will receive a letter from the Health Department in a few weeks to verify this information, with an application and information for ordering copies of the certified legal birth certificate.

Family-Centered Care

Look for your Care Plan handout. It has been designed as a step-by-step guide to help you plan for a smooth transition from hospital to home. Following the guide will help you have time in the hospital to get acquainted with your baby and her/his care while still allowing time for you to rest and begin your recovery.

The nurse who cares for you will also take care of your baby unless the baby requires special nursery or intensive care. We encourage you to keep your baby in your room. Your baby has been close to you for many months and thrives on the security of your familiar presence. As parents this gives you a wonderful opportunity to get to know your infant and learn about and participate in his or her care.

Your nurse is here to help you and your family learn to care for yourself and your baby.



Feel free to change your baby's clothes and diapers or bathe the baby. Baby supplies and clothes are in the crib drawer. All hospital baby clothes, swaddles and blankets need to remain here when you are discharged. Call your nurse for help if needed.

Your baby can sleep in your room even when you need to rest -- just close your door and privacy curtain, and place your baby's crib on the side of your bed farthest from the door. Remember, your nurse will be available to assist you whenever you need her.

Babies who need special nursery care or are in the intensive care nursery will be cared for by nurses in those areas. Please call the nursery (16226) or NICU (9-220-6210) to talk to your baby's nurse.

The book, *Beginnings*, which you received at your clinic, also contains information about parenting and care for mother and baby.

Feeding your Baby

We encourage flexible feeding times for babies. Your nurse will assist you in learning to understand your baby's hunger signs and the "how-to's" of feeding. Further information can be found in *Beginnings*. Lactation consultants are available to assist with breastfeeding concerns during your hospital stay and after your return home.

Hand Washing

It is very important to protect you and your baby from exposure to infection. Please wash your hands carefully before handling or caring for your baby. Your family and visitors must also wash their hands before holding the baby.



Identification and Transport

For you and your baby's safety information, please refer to the Newborn Safety document.

Parking

You will be given an envelope with tickets for reduced rate parking. The tickets can be used in any of the parking ramps.

Pictures

Photographers are available to take pictures of your new baby. They will also take pictures of your family. Be sure to sign the consent form so a representative from the photo company can explain the details about ordering.

Smoking

The Mother Baby Center at United and Children's St. Paul are smoke-free to comply with the Minnesota Indoor Clear Air Act.

Tests and X-rays

If blood work, X-rays or other special tests are ordered for your baby, the doctor and your nurse will discuss them with you. Tests may be

done in your room, Nursery, or in some other area of the hospital. If blood work has been done, you may see a bandage on the baby's arm or finger or heel.

Newborn screening helps find problems early and is required in Minnesota. Your baby's blood will be tested for more than 50 rare, hidden disorders. A hearing test will also be done. Your baby's doctor will get the test results. Be sure to ask for the newborn screening results at your baby's first check-up. For more complete information, please refer to the brochure in this folder or go to: www.health.state.mn.us/newbornscreening

All infants are tested for jaundice. Based on the results of this test, lab work may be ordered to check the level of bilirubin in the baby's blood. You will be notified if special treatment is needed.

Visiting

Family members and friends are welcome to visit at your convenience. There are no set visiting hours. We hope this flexibility will help you plan time for rest, learning and family togetherness.

Going home

We wish the best for you and your family as you enter this new phase of your lives.

Sincerely,

The Mother Baby Center Staff
United Hospital
St. Paul, MN