

BONDING

All rooms are private to support rooming in for you, baby and your support person. Rooming in with your baby promotes bonding and helps you to learn the baby's feeding cues. This will

help you to get ready to go home with your newborn.

- One support person is planning to stay overnight with us to help. No children may stay overnight
- I will be relying on the Pregnancy & Birth Center staff to assist me

POST DELIVERY PAIN MANAGEMENT OPTIONS

- Avoid narcotic pain medication
- Heating pad Witch Hazel
- Tylenol (Acetaminophen)
- Motrin (Ibuprofen) ~ for cramping and swelling

- Lidocaine
- Stool softeners to avoid constipation and straining
- Walking to prevent gas
- Narcotics for severe pain as prescribed by doctor (not controlled by any of the above therapies)

UNPLANNED CESAREAN SECTION

One support person is allowed in the operating room with you.

I would like:

- To make sure all options are exhausted before decision for cesarean birth
- Partner to be present as much as possible and remain with me

- Lowering the drape to see baby delivered
- My hands left free to touch my baby
- Surgery explained as it happens
- My partner to hold the baby as soon as possible
- Place my baby skin to skin and begin breastfeeding as soon as possible

REQUESTS

I will discuss the following requests with my doctor and share them with the Nurse Navigator at 860-358-6699.

For additional information, please email: nursenavigator@midhosp.org or visit: middlesexhealth.org/baby

28 Crescent Street
Middletown, CT 06457
Phone: 860-358-2500



Design Your Birth Plan @ Middlesex Hospital

The day your baby is born will be one of the most important and most memorable days of your life. Our goal is to keep you and your baby safe.

Name: _____

Date of Birth: _____ Due Date: _____

Support Persons: _____

We welcome your support person in labor and one person during a cesarean birth and recovery.

Please complete this questionnaire and return it via email to nursenavigator@midhosp.org

Creating a Birth Plan will make your wishes known by your care team at the Pregnancy & Birth Center. We do our best to honor your wishes. Our goal is to have a healthy mother and baby after delivery. In certain circumstances, it may be necessary to change course from the originally intended Birth Plan. Your physician & nurse team will communicate with you throughout your labor so that you are aware if any changes must be made with you specific birth plan.

As a Baby Friendly Hospital, these practices are our standard of care:

- ♥ Skin to skin for the first hour of life
- ♥ Initiating breastfeeding within the first hour
- ♥ Delay baby's medication administration for the first hour of life
- ♥ Rooming in (baby stays in the room with mom)
- ♥ Visit from the certified nurse or APRN lactation consultant
- ♥ Breastfeeding on demand based on hunger cues
- ♥ Delayed bathing greater than 12 hours after delivery

Mother's doctor

Baby's doctor **(required upon admission to hospital):**

DURING LABOR

My room

- Intermittent monitoring to allow walking and moving around freely
- Use my personal music play list
- Have relaxation music on the hospital's TV channel
- Dim lighting, if possible
- Use of aromatherapy
- Labor in a tub (you may bring your own, new tub for use). Please contact Nurse Navigator for specific rules and accommodations.

Positioning

- Use birthing ball / peanut ball
- Walking telemetry (monitors baby while you move around the unit)
- Walking/standing
- Squatting
- Birthing stool

Frequent position changes are very important for the progression of labor - expect that your nurses will be assisting you into different positions every hour.

Labor pain relief options

- Bring music playlist
- Dancing
- Distraction
- Breathing
- Massage
- Meditation
- Cold packs
- Heating pad
- Warm shower

Drinking clear liquids (water, ice chips or Ensure Clear) is helpful for most women in labor.

Labor medications available for pain relief

- I would prefer no medications be given to me
- Only if I request them
- I am open to suggestions from nurses and doctors
- Nitrous Oxide - self administered
- Stadol (given every hour for a maximum of 2-3 doses)
- Epidural (you will not be able to get up out of bed)

DELIVERY

Pushing

The nurses will advise you and your support person when it's time to push. You will be asked if you or your support person, if applicable, would like to cut the baby's cord at delivery.

I would like to:

- Push when and how I feel comfortable
- Get coaching on when and how to push
- View the baby's birth in the mirror
- Touch baby's head when crowning
- Apply warm compresses to perineum
- Perineal massage
- Avoid episiotomy
- Privately bank my baby's cord blood (parents make arrangements prior to stay)
- Take my placenta home (we will ask you to sign a consent form and remove your placenta in a cooler within 2 hours of delivery).

The American Association of Pediatrics (AAP) recommends placing your baby directly on your skin at birth. This is called skin to skin and is a good way to bond with your baby. We will support you with skin to skin unless you instruct us otherwise.

BABY'S FEEDING

We support your feeding choice. We encourage breastfeeding as it is best for baby. You will be given a Feeding Guide on admission which provides detailed feeding information, as well as a worksheet to track your baby's feedings and diaper changes.

- Breastfeeding
- Formula feeding
- Combination of both

BABY'S CARE

It's standard that baby receives Vitamin K and Erythromycin eye ointment after delivery. It's also recommended by the AAP to have the first dose of Hepatitis B vaccine given to baby before discharge.

Please give my baby:

- Vitamin K (preservative-free)
- Erythromycin
- Hepatitis B vaccine

If you decline Vitamin K or Erythromycin, you must have a discussion with the Neonatal APRN/PA and sign a refusal form as these are state-mandated medications for your child at birth.

Circumcision for baby boys

- Before discharge home
- No circumcision

Circumcised babies will be monitored closely in the first few hours for bleeding.

Baby's bath to be provided

- In the presence of myself and partner
- By me
- By my partner
- Do not bathe my baby while in the hospital

Baby's first bath will occur approximately 12 hours after delivery. Your nurse will provide education at this time for you to be best prepared for when you go home.