

## 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 pediatric provider 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

### Baby's bath to be provided

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

## BABY'S FEEDING

We support your feeding choice. We encourage breastfeeding as it is best for baby. My feeding plan is:

- Breastfeeding
- Formula feeding
- Combination of both

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

*Baby's first bath will occur approximately 12 hours after delivery. Your nurse will provide education and instruction to prepare you for going home.*

## REQUESTS

I will discuss the following requests with my doctor and share them with the Nurse Navigator at 860-358-7324.

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For additional information,  
please email: [nursenavigator@midhosp.org](mailto:nursenavigator@midhosp.org)  
or visit: [middlesexhealth.org/baby](http://middlesexhealth.org/baby)

28 Crescent Street  
Middletown, CT 06457  
Phone: 860-358-7324

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# Create Your Birth Preferences @ Middlesex Hospital

The day your baby is born will be one of the most impactful and memorable days of your life. Our goal is to help you achieve a healthy birth memory while maintaining the safety of you and your newborn.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Due Date: \_\_\_\_\_

Support Person: \_\_\_\_\_

*We welcome your support person in labor, cesarean birth, and recovery.*

**Please complete this questionnaire  
and return it via email to:  
[nursenavigator@midhosp.org](mailto:nursenavigator@midhosp.org)**

*Creating your birth preferences will make your desires 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 adjust your plan of care. Your provider & nurse will communicate with you throughout your birth experience so that you are informed.*

**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) twenty-four hours a day
- ♥ Exceptional breastfeeding support from our highly trained staff
- ♥ Breastfeeding on demand based on hunger cues
- ♥ Delayed bathing greater than 12 hours after delivery

Mothers doctor:

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Baby's doctor (**required for discharge home**):

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## DURING LABOR

### Environment

- I would prefer intermittent fetal monitoring
- Use my personal music playlist
- Have relaxation music on the hospital's TV channel
- Dim lighting
- 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)
- 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

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

## PUSHING & DELIVERY

Your care team will advise you and your support person when it's time to push.

- 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
- My support person will cut the baby's umbilical cord
- 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.

## UNPLANNED CESAREAN BIRTH

- To make sure all options are exhausted before decision for cesarean birth
- Support person to be present as much as possible and remain with me
- Surgery explained as it happens
- Lowering the drape to see your baby being delivered
- My hands left free to touch my baby
- My support person to hold the baby as soon as possible
- Place my baby skin to skin and begin breastfeeding as soon as possible

## BONDING

All rooms are private to support twenty-four hour 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
- I will be relying on the Pregnancy & Birth Center staff to assist me

## POST DELIVERY PAIN MANAGEMENT

In order to minimize your pain post delivery, your care team will provide you options for medications and other measures to keep you comfortable.