

Your Guide to Be Happily Nested

Childbirth Education

For additional resources, class information and more, visit:

nestedbaby.com

Important things to remember during your pregnancy:

CALL YOUR MEDICAL PROVIDER IF:

5-1-1 Rule:

Contractions are 5 minutes apart, lasting for 1 minute each, for 1 hour. This could be labor starting and should be evaluated. Call your medical office first, so they can prepare for your arrival.

Decreased Fetal Movements:

10 movements within a two-hour period are normal. If you don't feel movements try to eat something, drink a cold, iced beverage and lay down on your left side to monitor the baby.

Call your medical provider if you feel the baby is less active than your normal pattern.

If your water breaks:

Note the time, as well as the color and odor of the fluid.

Other things:

Vaginal bleeding

Burning with urination

Blurry vision

Intense headaches unrelieved by Tylenol

Itchy skin

Leg swelling

If you fall or are in a car accident, call immediately

Phone Numbers for RHJN Offices:

DC office (202) 331 - 1740 CC office (301) 654 - 5700 VA office (703) 533 - 9211



TO DO LIST BEFORE BABY COMES

- ☐ Choose a pediatrician by 36 weeks
 - Click here for RHJN's referral list for pediatricians
- ☐ Pre-register at your hospital for delivery by 37 weeks Click here for Sibley's pre-registration forms
- ☐ Install car seat and have it inspected
- □ Pack your hospital bag
- ☐ Review your birth plan (reference RHJN's birth plan in your OB packet)
- ☐ Be familiar with pregnancy and postpartum resources

Remember the Life Savers?

...Key terms:

Effacement

Cervical Dilation

Station

Click to learn more



Preparing for the hospital-- your packing list:

The hospital will provide: **gowns, mesh underwear, diapers, wipes, socks, toiletries, towels and an outfit for the baby**. Pack lightly.

Please label your belongings especially if you put things in the fridge on labor and delivery.

Mom		Partne	r
	Insurance cards, ID and wallet		Extra sweatshirt/sweater
	Lounge pants and shirt, open in front		Directions to hospital
	Slippers or flip flops 1 pair		Snacks
	Sweatshirt/cardigan, open in front		Change of clothes
	Nursing tank top or nursing bra		Toiletries
	Bathrobe & your own pillow		Medications
	Toiletries & Chapstick		Camera, video, batteries
	Cotton loose undies		Cord blood kit if plan to collect or donate
	Hairbrush & rubber band		Cell phone and charger
	Eyeglasses & contacts		Phone number list
	Deodorant		Music list
	Advance Directive		
	Snacks for postpartum	Baby	
			Installed & inspected car seat
			Going home outfit
			Socks
			Extra hat
			Baby book (for footprints)

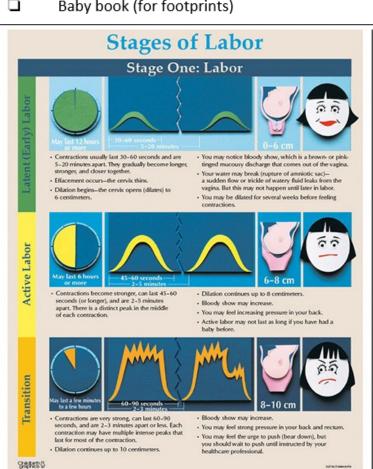
Signs of Labor

Braxton Hicks contractions
Losing your mucus plug
Lightning
Nesting
Cramps or back pain
Joints loosen
Diarrhea
Fatigue

Increased vaginal discharge

Sibley Memorial Hospital

5255 Loughboro Road, N.W. Washington, D.C. 20016



Birthing Positions



What a partner can do to support mom:

- Stay calm
- Offer reassurance and support
- Time contractions

(App Store: 'Full Term- Labor Contraction Timer')

- Update friends and family so mom can rest
- Remind her to urinate
- Backrubs
- Hand and foot massages
- Offer ice chips, chapstick, warm or cool compresses
- Keep track of the baby book (for footprints later!)
- Help coordinate cord blood collection (if applicable)

Post Partum

The Stuff that No One Tells You....

Bottom hurts It takes time to pass gas Your body needs lots of rest Food never tasted so good
Sleeping in the hospital is not restful
Your postpartum nurse and you will become close
Showering will make you feel like magic
Pack everything you can from the hospital to take home

Help After Delivery:

Breastfeeding:

Sibley Lactation Services

202-243-2321 or email <u>sibleylactation@jhmi.edu</u> (You can have a breast pump delivered to hospital room.)

RHJN has a list of lacation consultants (<u>click here</u>). If you have any questions, do not hesistate to call your doctor.

Post Partum Depression and Support Groups:

Contact your doctor or Heather Ross, RHJN's Patient Care Coordinator, at 301-654-5700 ext 1232 or hross@rhjn-obgyn.com.

RHJN has a great page of resources (<u>click here</u>) including support groups, therapists and medical information.

When to Call Your Doctor:

Lochia

Lochia is uterine discharge postpartum. It is normal. Call the office if you're <u>bleeding heavily (changing more than a pad per hour for 2 hours)</u>, notice an odor or have a fever.

Mastitis

Call the office if you have signs of a breast infection: fever > 101°F, breast redness or streaking, moderate to severe breast pain, the breast feels warm or hot, chills and weakness.

Other Reasons

Incision concerns (redness, pain or fever), urinary symptoms (painful urination, urinary urgency), pelvic pain, depression/anxiety. **Never hesitate to call!**

Links: rhjn-obgyn.com sibley labor & delivery nestedbaby.com