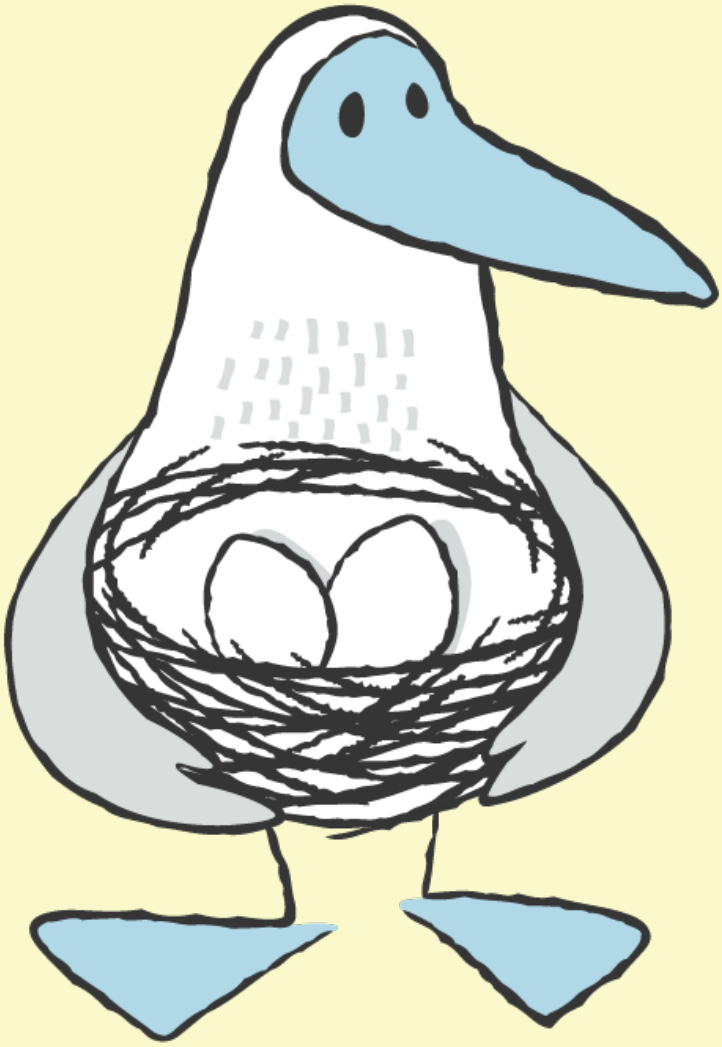


Your Guide to Be Happily Nested

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:	Decreased Fetal Movements:	If your water breaks:	Other things:
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.	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.	Note the time, as well as the color and odor of the fluid.	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

reiter, hill johnson + nevin

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

- ❑ Insurance cards, ID and wallet
- ❑ Lounge pants and shirt, open in front
- ❑ Slippers or flip flops 1 pair
- ❑ Sweatshirt/cardigan, open in front
- ❑ Nursing tank top or nursing bra
- ❑ Bathrobe & your own pillow
- ❑ Toiletries & Chapstick
- ❑ Cotton loose undies
- ❑ Hairbrush & rubber band
- ❑ Eyeglasses & contacts
- ❑ Deodorant
- ❑ Advance Directive
- ❑ Snacks for postpartum

Partner

- ❑ Extra sweatshirt/sweater
- ❑ Directions to hospital
- ❑ Snacks
- ❑ Change of clothes
- ❑ Toiletries
- ❑ Medications
- ❑ Camera, video, batteries
- ❑ Cord blood kit if plan to collect or donate
- ❑ Cell phone and charger
- ❑ Phone number list
- ❑ Music list

Baby

- ❑ Installed & inspected car seat
- ❑ Going home outfit
- ❑ Socks
- ❑ Extra hat
- ❑ Baby book (for footprints)

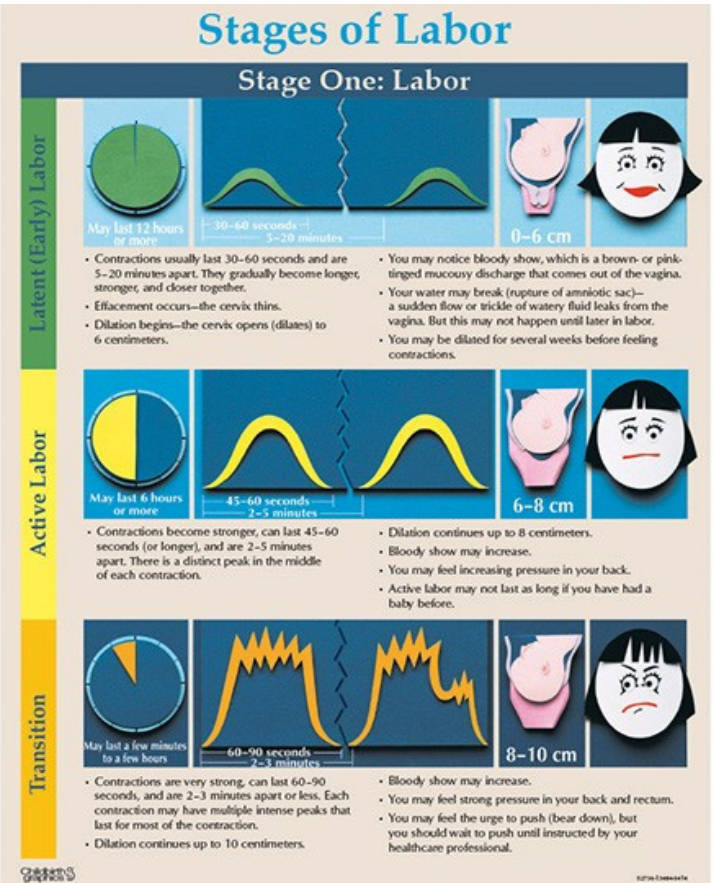
Signs of Labor

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

Main Hospital Number…… 202-537-4000
Admissions Department……202-537-4444



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 sibleylactation@jhmi.edu
(You can have a breast pump delivered to hospital room.)

RHJN has a list of lacation consultants (click here). 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 (click here) 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 bleeding heavily (changing more than a pad per hour for 2 hours), 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!**