Dear Expectant Mom,

Thank you for registering for your expected delivery! Enclosed you will find information that will be helpful to you as you progress through your pregnancy. There is also information about all of the educational services Hunterdon Medical Center offers expectant families. Classes such as Lamaze and Hypnobirth will help you have a more relaxed labor and birth, and the Breastfeeding and Hi, New Baby classes will teach you all you need to know about caring and feeding your baby. If you wish to register for any of these classes, please use the enclosed registration form (page 25) to choose your classes and send it to the address listed on the form, or email to the address below. Feel free to call me if you have any questions, or to discuss class dates.

Many insurance companies cover all or part of the cost of classes, as they are considered wellness education. Childbirth Education Classes help moms to work with their bodies during labor, thus possibly preventing problems, and saving insurance companies money. Call your insurance company to check to see if these classes are covered under your plan.

Watch your emails around your 35th week of pregnancy! We will be sending you a personalized code to download our customized Discharge App to any of your devices! Once you receive your code, you can go ahead and establish a login, and begin to learn all about mother and baby care. There is great information on this app, which is unique to Hunterdon’s Maternity Newborn Care Center! You may continue to access the app for 6 months after you first log in, so it will continue to be a support to you as you move through those early months at home. Please be sure to bring your device with you when you are admitted, as we will be referring to it frequently, and demonstrating all its features, while you are here.

Please be sure to read page 26, entitled “Insurance Information”, and call the Precertification Department prior to your admission to check on any copays that are required.

If you need to change any of your registration information, or want to check to see if your admission registration was processed, please call Admitting at 908-788-6167.

If you have any questions about pregnancy, our services, or the Maternity Newborn Care Center, please don’t hesitate to call or email me. We are looking forward to meeting you!

Sincerely,

Jean Jamele, MSN, RN, NE-BC, LCCE, FACCE, IBCLC
Director
Perinatal and Childbirth Education Services
908-788-MOMS
bjamele@hhsnj.org
Parenting and Childbirth Education Classes at Hunterdon Medical Center

The event of a lifetime takes lots of preparation. At Hunterdon Medical Center, we share your excitement and your concern. Our staff of nurses, who are also certified childbirth educators or certified lactation consultants are here to help. Whether this is your first baby or your third, we have classes especially suited to your needs. From childbirth education to breastfeeding, we'll answer all your questions, make the unknown familiar and help you through this exciting time.

For registration and schedule information, call 908-788-MOMS (6667).

Your personal Birth Consultant is a free service offered exclusively at Hunterdon Medical Center. She can help you with a wide range of concerns, from finding a doctor or midwife to caring for a newborn and everything in between. This service is very personalized and can consist of phone consultations, a tour of the Maternity Newborn Care Center or periodic appointments to address your needs.

The Maternity & Newborn Care Center
A Special Place for You and Your Baby
Childbirth Education

CHILD BIRTH PREPARATION: These are classes for expectant mothers and their partners as they prepare for their first birth experience. Childbirth classes give mothers all the information they need to be prepared to give birth. At Hunterdon, we offer two types of childbirth preparation classes: Lamaze classes in several formats; and HypnoBirthing® classes.

LAMAZE CLASSES: Hunterdon Medical Center's Lamaze classes are for anyone expecting a baby! In the classes you will learn all about labor and birth. Comfort measures, a hospital tour, medical interventions, medications and anesthesia are all covered! Couples are encouraged to use the comfort measures and breathing techniques that work for them. Whether you choose to use medications or not, these classes provide you with the information you will need to be able to relax and work with your body as it does the work it knows how to do. Working with your body helps the process to go faster and easier.

WEEKEND LAMAZE: These classes run monthly on a Saturday, 8:30 a.m. – 6:00 p.m., and provide all the information you need in a live class. Lunch is provided.

UNDERSTANDING BIRTH eCLASS: Our online childbirth class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedule, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.

Our online childbirth class will help you:

• Understand pregnancy – what's happening to your body, discomforts, warning signs, nutrition, exercise, and more.
• Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more.
• See how the stages of labor unfold – watch amazing real-life birth stories.
• Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more.

Your eClass registration includes:

• Online access for 45 days.
• One on-site labor rehearsal class which will answer your questions and provide more important information as well as a tour of the Maternity Newborn Care Center. This is to be attended after completing the online program.

Please try to register for all classes by your sixth month of pregnancy so you may completely finish your class in time for your baby's arrival.

REFRESHER LAMAZE: A class for couples who have completed Lamaze Preparation for Childbirth with a recent pregnancy. The refresher class includes a review of breathing, relaxation, comfort and pushing techniques, recent developments in maternity care, how this labor and delivery may differ from before, medical interventions and Cesarean and VBAC (vaginal birth after cesarean) information, as needed. If a couple has never completed a full childbirth preparation class with a previous
pregnancy, they should plan on taking a full series rather than a refresher. We request that you register by the sixth month of your pregnancy. Your class will be scheduled on the month prior to your due date.

Please check out our eClass option, which is also great for refresher couples unable to attend class.

**HYPNOBIRTH® CLASSES “Taking the Birthing World by Calm”:** HypnoBirthing® is a different approach to childbirth education that uses hypnosis. Hypnosis is a naturally induced state of relaxed concentration in which suggestions are made to the subconscious mind. The subconscious mind influences choices we make, and what we think and feel. This profound state of deep relaxation can be achieved through daily practice. You will be totally relaxed, fully in control and aware of the birthing process and will be able to determine the extent to which you feel the uterine contractions. Birth will be experienced in an atmosphere of calm and relaxation, free of fear and tension that cause pain. Your body’s natural endorphins (pain killing substances) replace the stress hormones that create pain. You are fully awake and involved during your baby’s birth.

HypnoBirthing® is the choice you will want if it is important to you to have birth progress as naturally and intervention free as possible. The cost of HypnoBirthing® is slightly higher than our regular Lamaze classes because of the special materials used, and the smaller, more personal classes involved. HypnoBirthing® classes are only offered on weekday evenings. Private classes are also available if desired.

**Parenting Education**

**“HI, NEW BABY!”**: If you are expecting or planning to adopt a baby, we know you have all sorts of questions. Come join us at “Hi, New Baby!”—our baby care class. We’ll tell you what to expect in the first weeks, from bathing and feeding to finding time for yourself. Prospective grandparents are also welcome.

**THE HAPPIEST BABY ON THE BLOCK™: MAGIC? A MIRACLE? NO, IT’S A REFLEX!™** Learn an extraordinary way to calm your crying baby. Expectant and new parents of babies younger than three months will learn step by step how to help their babies sleep longer and how to soothe the fussiest infant in minutes… or less!

**PARENTING CLASSES:** Once your baby arrives, join us in our weekly parenting classes.

- Babysteps I: For parents and infants, birth to six months, meets weekly on Thursdays.
- Babysteps II: For parents and infants six to 12 months, meets the 1st and 3rd Thursday of the month.
- Toddler steps: For parents and toddlers ages 12 months to 3 years, meets the 2nd and 4th Thursday of the month.

**INFANT MASSAGE:** For babies birth through one year. Infant massage nurtures the loving, touching contact between caregiver and infant and has a positive effect upon subsequent development.
Breastfeeding Services

Experts agree that breast milk is best because it is human milk for human babies. Our Lactation Consultants will assist you in beginning breastfeeding with:

MONTHLY PRENATAL BREASTFEEDING CLASSES: If you are planning to breastfeed or if you are not sure about breastfeeding, this class will provide you with the information needed to make an informed decision.

BREASTFEEDING SUPPORT GROUP: This program provides nursing mothers a place where information, knowledge and experience can be shared in a relaxed and caring environment.

ONCE YOUR BABY IS BORN: Our certified Lactation Consultants can provide inpatient, outpatient and telephone consultation. (Fee involved with some services)

BREASTPUMP SALES AND RENTAL: If you find you have a need to buy or rent a breast pump, you will be able to do so here.

Car Seat Services

Our goal is to make sure all children are safe in cars! Our certified car seat technicians will show you:

- How to correctly install your car seat in your car
- How to correctly secure your baby in your car seat

This service is provided to new and expectant parents even if you are not having your baby at Hunterdon Medical Center. Due to technician availability, appointments are necessary. Call 908-788-MOMS (6667) to find out more information or to schedule to have your car seat checked.

While this service is free, a $5.00 donation is greatly appreciated and will be used to support this program.

How to Register for Classes

Please print and complete the registration form in this packet and mail to the address specified on the form. If you need more information, please call 908-788-MOMS (6667).

Classes fill quickly, so please try to register by your sixth month.
The Maternity & Newborn Care Center at Hunterdon Medical Center

Experienced Medical Staff and the Comforts of Home

At the Maternity & Newborn Care Center, you will be cared for by skilled physicians and a team of dedicated nurses, many of whom have received specialized training and hold advanced degrees.

Designed for your comfort throughout the birthing process, the Center provides spacious, private maternity suites where you can labor, deliver, recover and receive postpartum care in a single comfortable environment. Each spacious room can accommodate your partner staying, and keeps you close to our supportive caring staff. The Center also has a special care nursery, as well as a network of designated care facilities providing intensive newborn care.

Choices in Comfort during Labor

At the Maternity & Newborn Care Center, expectant mothers can utilize a wide range of therapies and techniques to help ease the labor, birth and recovery process. These include whirlpool water therapy, movement, aromatherapy, touch, music, breathing and relaxation techniques. Our wide range of classes assists in guiding a family through their birth experience.

At Hunterdon Medical Center, you and your physician or midwife make decisions about pain medication. If an epidural is indicated, our board-certified anesthesiologists are available 24 hours a day.
Skill of our Nurses and Special Training

At the Maternity & Newborn Care Center, many of our nurses have received multi-disciplinary training and hold advanced certifications. This specialized training gives our nurses the expertise needed to provide care to women throughout the birthing process, from labor and delivery to recovery and postpartum care.

Breastfeeding Services

If you choose to breastfeed, the staff of the Maternity & Newborn Care Center will lend you support and encouragement and help you get started. In addition, a Certified Lactation Consultant is available to help you. Once you take your baby home, the lactation consultant is available for telephone follow-up and one-on-one consultations if needed. (There is a fee involved for some follow-up services). There is also a monthly prenatal breastfeeding class and breastfeeding support group which meets regularly.

Postpartum and Infant Care Lessons

Before you take your new baby home, you will have the opportunity to learn the basics of infant care by accessing our closed circuit television channels. Topics include diapering, bathing, feeding your baby, as well as car seat safety, postpartum adjustment, breastfeeding and caring for yourself and understanding the changes in your body. Your nurse is always available for any questions you may have.

Car Seat Services

Our certified technicians will show you how to install your car seat(s). This service is available weekdays only. For inpatients, seat checks are held at 10:00 a.m. weekdays. For outpatients, call 908-788-MOMS for an appointment. This is a free service, but a $5.00 donation is much appreciated and is used to support this program.
Other Services Available to You during Your Pregnancy

During pregnancy, some women may need referral to other resources. Hunterdon Medical Center has a network of comprehensive programs and services to help women deal with specific issues that may occur. After proper diagnosis and referral from her physician, the Personal Birth Consultant can help a woman access the services she may need. Call 908-788-MOMS (6667).

The Comprehensive Services at Hunterdon Medical Center

**NUTRITION EDUCATION:** Nutrition counseling services are available to women who have specific nutrition or weight-related concerns during pregnancy.

**DIABETES EDUCATION:** Our comprehensive Diabetes Management Program includes individualized outpatient services for pregnant women who already have diabetes or who develop diabetes during pregnancy (gestational diabetes).

**COUNSELING SERVICES:** Individual, relationship and family counseling are available through Hunterdon Behavioral Health.

**HOME CARE SERVICES:** For women with specific complications during pregnancy, care is provided in the home through Hunterdon Medical Center’s Home Health Services.

**PRENATAL EXERCISE PROGRAMS:** Individualized exercise programs are available at the Hunterdon Health & Wellness Center in Whitehouse Station.

**PRENATAL TESTING:** During your pregnancy, your doctor will prescribe routine prenatal tests. Your doctor may also determine if you need additional prenatal tests, which may include blood work, ultrasound or amniocentesis. Your Personal Birth Consultant can help you to understand these tests.
Visiting Policy

Our visiting policy is designed to allow you the most time to get to know and care for your baby. Please be sure to discuss any special needs you have with your nurse.

Your Support Person

Who is usually, but not always, the father of the baby, may visit anytime. There is a sleep chair in each room for his/her sleeping convenience. Children may not stay overnight.

When You’re in Labor

Visitors during your labor may distract from the necessary work you need to do. While we understand that you may have special needs at this time, the doctors and midwives have requested that you have only your labor partner and possibly one other support person with you. These support people should remain in your room. Doulas are welcome. Since labor may take some time, other family members may be more comfortable if they wait at home. You may provide your room extension so they may keep in touch by phone, or they may call your cell phone. If family members wish to wait here they may wait in the main lobby on the first floor or the small waiting room outside the unit near the elevators on the fourth floor. Due to patient confidentiality regulations, and the priority of providing the laboring mother with care, maternity unit staff will be unable to provide waiting family members with updates on patient status. You may, however, designate one family member to receive updates from staff. Please speak with your nurse when you are admitted to make these arrangements. We ask that visitors have their meals in the L.A. Café or the cafeteria on the first floor.

The Maternity & Newborn Care Center

A Special Place for You and Your Baby
Once Your Baby is Born

Grandparents and brothers and sisters of the new baby are welcome to visit. The birth experience is exhausting, and new mothers need time to rest, learn how to breastfeed and care for their new baby and themselves. Because of this, we ask that you try to stay within this time frame. If these times are inconvenient please speak with your nurse to make other arrangements. Because you will need to rest and get to know your new baby, you might suggest to visitors that they keep their visits brief. Visitors will be asked to sign in at the Maternity desk and given a room card before visiting. Four visitors may visit the new mother at a time (not including her partner or her children). The room card should be returned to the Maternity desk as the visitors are leaving.

Some Guidelines for Everyone...
All visitors need to follow these rules:

- We follow the World Health Organization Baby Friendly protocols to support exclusive breastfeeding and bonding: placing your baby skin to skin with you after delivery up to the first feeding. This process of adjusting to the outside world can take over an hour, so we ask that any visitors wait until after this time to see your new baby.
- Visitors should not visit if they are sick, even with the common cold.
- Visitors should always wash their hands before touching the baby.
- We respect patient privacy. Patients are often walking while in labor, and do not want visitors watching. Therefore, we ask that visitors stay in your room at all times.
- Children under the age of 12 may not visit, unless they are siblings of the new baby. We also ask that any siblings who have been exposed to a communicable disease in the last two weeks remain home.
- Cell phones may be used in patient rooms only. Please ask any visitors to either use their cell phone in your room, or off of the unit. Using cell phones in the hallway on the maternity unit is disruptive to our other patients. In the event of a cesarean birth, cell phones are not permitted in the operating rooms.

Security Issues

It will be reassuring and helpful for you to know some basics that will keep your child safe while you are here. Please make yourself familiar with these facts before you have your baby, and let staff know if you have any questions or concerns:

- The Maternity Newborn Care Center is a locked unit. Visitors must be admitted into and out of the unit. Parents may enter the special care nursery to visit and care for their baby, but the staff must unlock the door for you.
- Security sensors are placed on the baby’s ankle after birth, as are 2 identification bands. Mother and her partner are given matching ID bands as well. You will be asked to show your band whenever your baby is separated from you and is brought back to you.
• Become familiar with the hospital personnel who are taking care of you and your baby. Know your nurse’s name. A white coat, uniform, or scrubs are not adequate identification. HMC employees are required to wear photo identification badges with the photo showing. Hospital staff will welcome your request to show their photo ID badge.

• Feel free to question anyone who comes into your room. Hospital employees will welcome your concern.

• Rooming in with your baby is encouraged, because it enables you to get to know and care for your new baby. Most procedures can be done in your room, but if your baby needs to go to the nursery for any reason, ask questions about why and how long your baby will be away from you. If you are uncomfortable with anyone who requests to take your baby, or are unable to clarify the reason, please call your nurse.

• While your baby is in your room, be sure to keep the bassinet away from the door, and be able to see your baby all the time. If you need to use the bathroom, bring the bassinet into the bathroom with you.

• Always transport your baby in the hallway using the crib. No one should carry your baby out of the room in his or her arms. Alert your nurse immediately if anyone tries to do so.

• Any visitors should be in your room at all times. See the section on visiting hours for more information.

• Contact your nurse immediately if you have questions about anyone who comes into your room. Tell family members to use the visitor elevators, and not to use the staff elevators or the stairs. Stairs should only be used in the event of a declared fire emergency when instructed to do so by hospital staff.

**After You Take Your Baby Home**

**Typical Profile of an Abductor:**

• Almost always female; may talk frequently about being unable to have her own child, or may have lost a child

• Frequently overweight

• Ranges in age from 12 to 50 years, but usually in her 20s

• Usually no prior criminal record. If there is a criminal record it is usually for shoplifting, passing bad checks and forgery

• Many are employed

• Usually has low self-esteem, and copes by lying and manipulating
After You Take Your Baby Home

ADDITIONAL CONSIDERATIONS AND SAFETY MEASURES:

- Before discharge from the hospital, find out if there will be any in home follow-up care by home care agencies. Do not allow anyone into your home that says he or she is affiliated with the hospital or home care agency without properly verified identification as issued by the hospital or agency.

- For your records to take home have at least one color photograph of your baby, full, front-face view, taken along with footprints. Also, compile a written description of your baby, including hair and eye color, length, weight, date of birth and any specific physical characteristics.

- Consider the risk you may be taking when placing your baby’s birth announcements in newspapers or online. Any announcements should never include your address, and should be limited to your surnames only.

- Avoid the use of outdoor decorations announcing your baby’s arrival. Having a baby is, of course, an exciting event, but be aware that potential abductors frequently ‘scout’ neighborhoods to look for evidence of a new baby in the area. If you do use outdoor decorations, take them down after a day or so.

- Be wary of new acquaintances met during your pregnancy or shortly thereafter. Potential abductors have been known to befriend a new mother, only to take her baby shortly thereafter.

- Be aware that there have been cases in which initial contact with a mother and baby was made in public places such as malls, shopping centers and bus stations. If you must take your baby out, whenever possible, take a trusted friend of family member with you as an extra set of hands and eyes.

- Never leave any child alone in a motor vehicle, even for “just a minute.” Always take your child with you. Never let someone you don’t know pick up or hold your child.

Please call 908-788-MOMS if you have any questions about any of this information.

We’re hoping this information will help you prepare for a pleasant experience while you are here.

The Maternity & Newborn Care Center
A Special Place for You and Your Baby

Hunterdon Healthcare
Your full circle of care.
MATERITY NEWBORN CARE CENTER IMPORTANT FACTS FOR EXPECTANT PARENTS

We are looking forward to seeing you in our Maternity Newborn Care Center when it is time to have your baby. Here is some important information that will help to provide you and your baby with a safe and comfortable environment while you are here. Please make sure you also read the information on Feeding your Baby, and Keeping Your Baby Safe.

Admission to the Hospital. If you haven’t already, please contact Admitting at 908-788-6167 to complete your preadmission forms and provide your insurance information. You may also register online by going to www.hunterdonhealthcare.org. If your insurance information changes after you have registered, please be sure to update Admitting!

Our unit consists of private LDR (labor, delivery, recovery) rooms. You will labor and deliver in one room, and then a few hours later will be moved to a private postpartum room. During the birthing process, you might want to take advantage of our whirlpool, birthing balls, and massage (massage can be arranged by calling the Wellness Center at 534-7600; and is an additional out of pocket expense). Once your baby arrives, we encourage you to ‘room in’, that is, keep your baby with you all the time.

When it’s time to come to the hospital, you will call your doctor or midwife who will contact the maternity unit. If it’s during the daytime, please enter through the main entrance of the hospital. At night (about 9PM to 7AM), please enter through the Emergency Department entrance, where you will be escorted up to the maternity unit. When you arrive here, you might initially be admitted to triage (the assessment) area before going into one of LDR rooms. Your nurse will begin a nursing assessment that includes taking your vital signs and assessing your baby with an electronic fetal monitor, or handheld doppler. This is a good time to ask any questions and discuss your birth preference list. Your labor nurse will then be able to better meet your needs.

What to Bring…

- Labor review sheets, watch with a second hand. For Hypnobirth® parents, your rainbow relaxation and birth affirmations tape, birth companion’s deepening script and birth guide/prompts
- Music, headphones, CD, ipod, etc.
- Focal point if used
- For back pain relief: two tennis balls in a sock, a rolling pin, a can of soda
- Socks, slippers, bathrobe if desired
- Chapstick, mouthwash, toothbrush and paste
- Lollipops

www.hunterdonhealthcare.org
• Hairbrush, barrette, rubber bands for long hair
• Hand fan
• Aromatherapy (potpourri or essential oils) if desired. (No lit candles)
• Small paper bag
• Phone numbers of family and friends
• Your baby book for newborn footprints, if desired
• Camera, film if needed
• Powder or cornstarch for massage

**For Mom, After Baby is Born…**

• Robe, 3–4 nightgowns. If you plan to nurse, front opening, buttoning gowns are helpful. You can also bring sweats or similar loose fitting clothing if desired. We find that nursing nightgowns frequently don’t have openings large enough to be able to breastfeed easily, so please leave these at home.
• Bras, 2 or more (no elastic straps or underwires if nursing)
• If your partner is staying overnight, please remember to pack pajamas for him/her as well!
• 6–7 pairs of panties. We will provide you with disposable panties to wear initially. Most mothers find it more comfortable to switch to their own panties after the first day, although the disposable ones may be washed and worn again.
• Personal care items
• Clothes to go home in
• Cell phone or phone card. If you use the phone in your room, local calls are free but any long distance calls must be collect calls or made with a prepaid phone card (see “Telephone Use” below).

**For Baby…**

• You may bring clothing for the baby to wear while here; otherwise, your baby will be dressed in a diaper and long sleeved undershirt, and wrapped securely in a receiving blanket.
• Car seat (see “Car seat Services” below).
• Undershirt or onesie
• Dress or stretch suit
• Sweater and hat, if weather is cool
• 4–6 receiving blankets
• Light fleece or polartec snowsuit (no thick snowsuits should be placed under the carseat straps!) and heavy blanket (if it’s cold outside).

**Telephone Use/WiFi.** Because of patient confidentiality, we will not discuss any details about your admission with anyone. You will have a phone available in your room, and will be able to give your phone number out to have family and friends call in to you. Local calls can be placed directly, and other calls may be made with a phone card or by calling collect. You may also use your cell phone on the Maternity Unit. Please ask visitors to use their cell phones either in your room, or outside of
the unit. Cell phone use in the hallway is disruptive to other patients and staff. If a cesarean birth is needed, cell phones are not permitted in the Operating Room. There is free WiFi access also.

**Visiting Hours and Security Issues.** Please also see the separate flyers on Safety and Security and Feeding Your Baby. All visitors should be healthy when visiting in order to protect our babies. Adult visitors may visit at any time. Visitors will be asked to sign in and out at the Maternity Unit desk, and pick up a room card there. Siblings of the baby may visit from 8:00 a.m. to 8:00 p.m., and must be supervised by an adult at all times. We ask that there be no more than 4 adult visitors in a room at any given time. Children under the age of 12 years who are not siblings will not be permitted to visit. Keep in mind that babies eat irregularly and that you and your baby will need time to rest and get to know one another. For these reasons it will be helpful for you to remind your visitors to keep their visit brief.

**About Labor Doulas.** Hunterdon Medical Center welcomes the services of doulas in assisting our patients during labor and birth. Please be sure to share your plans to use a doula with your doctor or midwife prior to delivery. Because of our shared commitment to the safety and well being of our patients and their babies, we will request that your doula read and sign our doula agreement when you are admitted to Hunterdon Medical Center. This document will ask that she uphold the Doula Ethics and Standards of Practice throughout her service to you. If your doctor or midwife feels that these standards are not being upheld, Hunterdon Medical Center reserves the right to instruct the doula to leave.

**Photography.** We want to protect the privacy and confidentiality of all our patients. Still photographs may be taken any time during your stay. If a cesarean birth is required, your camera can be brought in to the operating room. If you take pictures of staff members, please ask their permission first. Please do not bring a tripod, as space in the rooms is limited. Video taping is permitted briefly only during the following times:

- admission of the mother to the maternity unit;
- once the baby is born, and mom and baby are settled;
- discharge from the medical center.

**Your Baby’s Doctor.** In order to keep your baby safe and healthy, Hunterdon Medical Center’s policy is for all newborns to be seen by a doctor within 24–48 hours after discharge. So it will be important for you to have chosen your baby’s doctor prior to delivering. Soon after your baby’s birth, you will be asked to call your baby’s doctor, to make an appointment for 1–2 days after you go home, so you must know who that doctor will be. Plan on interviewing and making your choice as early as possible in your pregnancy.

**Meals While at the Hospital.** Meals at Hunterdon Medical Center are similar to a hotel room service, and must be ordered meal by meal. A menu will be available in your room and you will dial F-O-O-D on your room telephone to order each meal. Your partner receives one complimentary meal after you have delivered. Additional partner meals may be purchased if you desire. Speak with your nurse if you have any questions about your meal service.

**Fire Safety.** All hospitals are required to hold frequent fire drills. If our fire alarm sounds during your hospital stay, please remain in your room with the door closed. A staff member will come to your room to answer any questions, or to provide further instructions for you.

We’re hoping this information will help you prepare for a pleasant experience while you are here.

Please call 908-788-MOMS if you have any questions about any of this information.

www.hunterdonhealthcare.org
LAMAZE CAN HELP SIMPLIFY YOUR PREGNANCY AND BIRTH

A recent survey of women in their childbearing years found that those who took Lamaze were more satisfied with the care they received in pregnancy and birth than women who took a childbirth education class other than Lamaze, or those who took no class at all. Whether you are a first-time mother or an experienced parent, you may find the task of giving birth overwhelming. Lamaze education is designed to give you the information you need to make the healthiest decisions for your baby, and give you more confidence in your body's natural ability to go through the process.

Simplify Birth. Childbirth can be demanding on your body and mind, but Lamaze can help simplify the process with a natural approach. It can alleviate your fears and help you manage pain—all with the goal of a safe and healthy birth, based on current evidence.

• Lamaze takes the mystery out of the childbirth process by helping you better understand how your body works, and what you can do to benefit yourself and your baby during the childbirth process
• There are many ways to manage the challenges associated with birth—including pain. Lamaze can help you understand all of your options so you can make informed decisions and learn how to achieve greater comfort during labor and birth.

Use a Proven Approach. Lamaze practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth.

• Every mother wants the best care possible in pregnancy and birth. By becoming familiar with the key components of good care, you can be an active partner with your provider in getting optimal care for you and your baby.
• Lamaze education is based on the best medical evidence. Millions of pregnant women have taken Lamaze classes over the years. Lamaze is based on principles that are just as relevant today as they always have been.

Improve Childbirth Understanding. The best start for mothers and babies is a safe and healthy pregnancy and birth, based on current evidence. Lamaze can help you achieve this—and help you feel confident about giving birth—by serving as a resource for information about what to expect and the best options available during the childbirth process.

• Lamaze is an essential resource. It can help you understand how decisions about your care during pregnancy and childbirth can positively affect you and your baby.
• Lamaze can help you feel more prepared for and satisfied with your childbirth experience
• By educating yourself about pregnancy, childbirth and early parenting, you are making a good investment in yourself and your baby.

Work as a Team. You, your family, your provider and your Lamaze educator each have an important role in the process of pregnancy, childbirth and early parenting. All of you are a community that works together to help you and your baby achieve a safe and healthy outcome.

• Lamaze can help you work effectively with your provider so that together, you can make decisions you feel good about, and ensure a safe, healthy and satisfying childbearing experience. For more information about Lamaze and how it can help simplify the pregnancy and birthing process, please call 908-788-MOMS (6667) or visit www.lamaze.org.

www.hunterdonhealthcare.org
HYPNOBIRTH® CHILDBIRTH CLASSES

Taking the Birthing World by Calm--HypnoBirth® classes use hypnosis, a naturally induced state of relaxed concentration during which helpful suggestions are made to the subconscious mind. The subconscious mind influences choices we make, and what we think and feel. It is our belief that everyone can be hypnotized, provided they are willing.

The HypnoBirth® philosophy believes that with deep relaxation, taught with the use of self-hypnosis, the body births in a relaxed serene manner. The philosophy supports the belief that pregnancy and birthing is a very beautiful and special time of your life. Hypnosis enhances your body’s natural ability to give birth.

During hypnosis the mother is fully awake, and able to talk, but is totally relaxed and fully in control. She will be able to determine the extent to which she feels the uterine contractions. Muscles and nerves may still send pain impulses, but the pain can be minimized or completely blocked with the use of hypnosis. Hypnobirth® classes are usually the choice for expectant parents who prefer not to use pain medications or anesthesia, and are looking for a more natural approach to birthing, one which is as intervention free as possible. On average, labors can be up to 50% shorter with the use of these techniques, due to the relaxation that occurs. Our classes are small and personal. The techniques you learn through deep relaxation and the power of positive thinking can be used not only for birthing but can be adapted to many areas of your life.

Nurses who are Certified Hypnobirth Practitioners teach our classes. Because of the smaller more personal classes, and the special materials used, HypnoBirth® classes are priced slightly higher than our Lamaze classes and include a tour of the Maternity Unit. You would attend one evening per week for five weeks, 6:30 p.m. – 9:00 p.m. Private classes can be arranged upon request. Parents should try to register for classes by the 6th month of pregnancy, and should begin 8–10 weeks prior to the expected delivery date. Please call Parenting and Childbirth Education Services at 908-788- MOMS (6667) if you have any questions, otherwise please use the enclosed registration to reserve your place.

For more information, you may also visit www.hypnobirthing.com.
Our online childbirth class is ideal for those expectant parents who can’t attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth. And because we know nothing can take the place of personal attention, once you complete your e-class, you will attend an in person class which provides time to get questions answered, review, practice your skills, and have a maternity tour.

*Our online childbirth class will help you:*

- Understand pregnancy – what’s happening to your body, discomforts, warning signs, nutrition, exercise, and more
- Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more
- See how the stages of labor unfold – watch amazing real-life birth stories
- Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more

To register, complete and submit the enclosed registration form. Price is $170, which includes 60 day access to the eClass plus the followup in person class.

For more information, call 908-788-MOMS (6667).
eClass FOLLOWUP CLASS and MATERNITY TOUR

2017 SCHEDULE

Couples should plan on completing the online program prior to attending this class. Your class date should be scheduled as close to your expected due date as possible.

January 27
February 24
March 31
April 28
May 19
June 30
July 28
August 25
September 29
October 27
November 17
December 29

Class time is 6:45 – 9:15 p.m.

Cost $170 (insurance often covers part of the cost!)
For more information, or to register, please call Parenting and Childbirth Education Services at 908-788-MOMS (6667).

www.hunterdonhealthcare.org
WEEKEND LAMAZE CLASSES

2017 DATES

January 14
February 4
March 11
April 8
May 20
June 10
July 8
August 12
September 9
October 7
November 11
December 9

Couples should plan on attending the series as close to their due date as possible, so that the information is not forgotten!

Class times are 8:30 a.m. – 6:00 p.m., and includes lunch and a tour of the Maternity Newborn Care Center.

Cost: $170 (insurance often covers part of the cost!)

Preregistration is required. For questions or to obtain registration materials, please call Parenting and Childbirth Education Services at 908-788-MOMS (6667).

www.hunterdonhealthcare.org
HI, NEW BABY!

BABY CARE CLASS

When you’re expecting, you have lots of questions, like…

• How often do we feed our baby?
• How do we know our baby is getting enough to eat?
• How do we know what our baby is trying to tell us?
• How can we read his personality and body language?
  • When do we call the doctor?
  • How about bathing our baby?
  • And what about that cord?

Come to Hi, New Baby and get all your questions answered!

2017 Class Dates (choose one)

<table>
<thead>
<tr>
<th>Friday Evenings, 6:30 p.m. – 9:30 p.m.</th>
<th>OR Saturdays, 9:00 a.m. – 12 noon</th>
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<tbody>
<tr>
<td>January 13</td>
<td>March 18</td>
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</table>

Cost: $46 per couple and preregistration is required. Grandparents are welcome to attend free with a registered couple. There is a $20 fee for grandparents attending without a registered couple. All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC.

For questions, or to register, call HMC Parenting and Childbirth Education Services at 908-788-MOMS (6667).

www.hunterdonhealthcare.org
**BREASTFEEDING CLASS**

*Is there any reason you won’t be breastfeeding?*

For many reasons, experts agree that breast is best! But even if you are undecided, this class will give you important information and get all your breastfeeding questions answered! Nursing is easier if you learn about it before your baby arrives. Your partner, who is essential in supporting you, is encouraged to attend as well.

**Included…**

- How Breastfeeding works
- How to get started… the importance of latch on and positioning
- How to tell if it’s going well, and if your baby is getting enough
- Challenges you may encounter… and more!

**2017 Dates** (choose one)

**Cost:** $46 per couple or single

All classes are 6:30 p.m. – 9:00 p.m.

- January 3
- February 7
- March 7
- April 4
- May 2
- June 6
- July 11
- August 1
- September 5
- October 3
- November 7
- December 5

*All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. For questions or to register, please call Parenting and Childbirth Education Services at 908-788-MOMS (6667).*

www.hunterdonhealthcare.org
THE HAPPIEST BABY ON THE BLOCK™
Magic? A miracle? No, it’s a reflex™
Learn an Extraordinary (but easy!)
Way to Calm Your Crying Baby.

Expectant and new parents of babies younger than 3 months will learn-- step by step-- how to help their babies sleep longer, and how to soothe the fussiest infant in minutes… or less!

2017 Dates (choose one)
10:30 a.m. – Noon  OR  6:30 p.m. – 8:00 p.m.
March 30  January 24
June 29  October 10
August 31
November 30

You may take the class before or after your baby is born. Bring your baby if s/he has arrived.

Cost: $50 per family and includes a parent DVD to take home.

For more information or to register, call Hunterdon Medical Center Parenting and Childbirth Education Services at 908-788-MOMS (6667).
EXPECTING AGAIN?

Why should you take a Lamaze Refresher if you’ve “been there and done that”?

Even though this is not a first pregnancy for either of you, there are good reasons to take a Lamaze Refresher class…

• You may have forgotten more than you think you have.
• This pregnancy and labor will be different from the last… learn how.
• You may have misplaced the materials you received the first time—here’s a chance to receive new and updated materials!
• Changes may have taken place since your last delivery. This is especially true if this will be your first birth at Hunterdon Medical Center.

Second and subsequent pregnancies go by almost without notice, because you are so busy with your other children. Here’s a chance to devote some time and thought to each other and to this pregnancy… a chance to think about your last birth. A chance to get past the “fear of the known” and discuss what worked and what didn’t last time? What will you change this time? What is your vision for this birth? This class will not only refresh your memory, but allow you to formulate some goals for your next labor.

Remember that Lamaze skills are “conditioned responses”. This means that you need to review and begin to practice once again, so the techniques are fresh in your mind—and automatic—once again.

Hunterdon Medical Center’s Lamaze Refresher is specially designed for busy families. It’s a single evening class so you only need to find a sitter once!

2017 Class Dates (choose one)

Class Time: 7:00 p.m. – 9:30 p.m.

February 21       August 8
April 11          October 17
June 13           December 12

If our class dates are inconvenient for you, a private Refresher class can be arranged upon request. All classes are held at the Hunterdon Medical Center Education Center on Route 31 just north of Hunterdon Medical Center.

Cost: $60. For more information or to register, please call Parenting and Childbirth Education Services at 908-788-MOMS (6667).

www.hunterdonhealthcare.org
REGISTRATION

Complete and mail this form, with payment in full, to:
Parenting and Childbirth Education Services
Hunterdon Medical Center
2100 Wescott Drive, Flemington, NJ 08822-4604
Or scan and e-mail to:
bjamele@hhsnj.org
Please make checks payable to Hunterdon Medical Center. You will receive confirmation by mail prior to your scheduled class. All prices are per couple, and effective January 1, 2016. Please call 908-788-MOMS with questions or for more information.

Prenatal Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Price</th>
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<tbody>
<tr>
<td>Lamaze eClass Including followup class and tour</td>
<td>$170</td>
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<tr>
<td>HypnoBirth® Classes</td>
<td>$205</td>
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<tr>
<td>Weekend Lamaze</td>
<td>$170</td>
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<tr>
<td>Lamaze Refresher</td>
<td>$60</td>
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<tr>
<td>Hi New Baby! Preferred Date</td>
<td>$46</td>
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<td>Breastfeeding Class Preferred Date</td>
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TOTAL DUE $___

After Baby Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Price</th>
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<tbody>
<tr>
<td>Infant Massage</td>
<td>$90</td>
</tr>
<tr>
<td>Working &amp; Breastfeeding</td>
<td>$37</td>
</tr>
<tr>
<td>Happiest Baby on the Block Preferred Date (May be taken before or after delivery)</td>
<td>$50</td>
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</table>

TOTAL DUE $___

Name ___________________________ Last ___________ First ___________
Address________________________________________________________________________
Home Telephone _______________________________
Work Telephone _______________________________
Cell Phone _______________________________
Email Address _______________________________
Maiden Name _______________________________
Social Security Number _____________________
Birthdate _________________________________
Due Date _________________________________
Partner’s Name ____________________________
Doctor ___________________________________
Phone ____________________________________

Children’s Name(s) (Infant Massage and Happiest Baby only)

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<th>Name</th>
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DOB ______

For Credit Card Payment Only:

Type of Card ________________________________
Amount to be Charged _________________________
Credit Card No. ______________________________
CIV Security Code (on back of card) ________
Name of Card Holder _________________________
Expiration Date ______________________________
Signature _____________________________________

Some insurance companies reimburse for childbirth classes. If you need a receipt for insurance purposes please check here

Please Note: In the event of cancellation, any refunds given are subject to a processing fee.

Please print this form, complete and send in to register for classes.
Thank you for selecting Hunterdon Medical Center as your healthcare provider for all of your obstetrical and maternity services.

Your insurance policy may have a co-pay/coinsurance for maternity related inpatient services. We are requesting this payment prior to/ or at time of delivery.

Payment may be made by personal check, cash, or credit card-Visa, MasterCard, Discover, American Express.
Checks may be submitted to:

Hunterdon Medical Center
2100 Wescott Drive
Flemington, NJ 08822
Attn: Pre-Certification Department

For your convenience you may contact the Pre-Certification Office @ 908-237-5466 for the amount of payment due and/or any other questions.

Thank you for your cooperation.

Pre-Certification Office
NEED HELP INSTALLING YOUR BABY’S CARESEAT?

There are Two Steps to Carseat Installation: The seat must be installed into the car, and then the child must be fitted into the seat. Because some seats do not fit into certain cars, necessitating purchase of a different seat, it’s best to have a fitting done before your baby is born. Once you’ve had your baby, we can help you fit him into the seat while you are a patient. Carseats protect best when they are properly installed, but most are not installed or used correctly.

Make sure your baby is safe! Let the certified carseat technicians at Hunterdon Medical Center show you how to properly install and use your carseat! This is a free service that Hunterdon Medical Center offers to our community. However, a $5 donation is much appreciated, and is used to support the costs of the program. Due to technician availability, checks are done weekdays only. Before your baby arrives or once you are discharged, you may call for an appointment at the number below. When you are an inpatient, please bring your carseat into your room when you are admitted so that it can be installed in a timely manner prior to your discharge.

Call 908-788-MOMS (6667) for an appointment, or if you have questions.

A fitting station is also sponsored by the Hunterdon County Prosecutor’s Office and is held regularly on Tuesday evenings from 5:00 p.m. – 8:00 p.m. at the Library Complex on Route 12 in Flemington. No appointment is necessary for this fitting station.

For more information and specific dates please call 908-788-1129.

www.hunterdonhealthcare.org
2017 SCHEDULE OF MATERNITY NEWBORN CARE CENTER TOURS

Free tours of the Maternity Newborn Care Center are held regularly. Tours fill quickly, so please call 908-788-MOMS (6667) to reserve a space as early as possible.

Tours last about one hour. Children are welcome!

**Please Note:**

*If you are scheduled into one of our Lamaze or HypnoBirth® classes, a tour is included in your class series.*

2017 Tour Dates (choose one)

<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
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<td>December</td>
<td>Monday</td>
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In the event of inclement weather, please call 908-788-MOMS (6667) one hour before tour is scheduled to check for cancellations.

www.hunterdonhealthcare.org
Feeding Your Baby

The American Academy of Pediatrics (AAP) has said that breastfeeding is something that each baby should be doing. So, with all the many benefits of human milk for human babies, is there any reason why you won’t be breastfeeding your new baby? Hunterdon Medical Center is on its way to becoming ‘Baby Friendly’, a worldwide program designed to help families safely feed their babies, no matter what their choice. Every nurse on the Maternity Unit is specially trained to be able to assist you to successfully feed your baby. Our staff of Lactation Consultants is also here on a daily basis. If you decide to formula feed your baby, while you are here, your nurse will teach you how to do that safely.

But why does breastfeeding matter so much? Here are some of the facts:

- **Cost**—formula costs average about $300 per month, or $3600 per year.
- **Time**—it takes longer to clean, mix, fill and warm bottles.
- **Healthy babies**—research shows that formula fed infants have more diabetes, greater incidence of some childhood cancers, more childhood obesity, and more illness and hospitalizations in the first year. This includes asthma, ear infections, respiratory and gastrointestinal infections. There are unique components in breastmilk that prevent diarrhea, lymphoma, leukemia, and Hodgkins diseases, and promote a healthy immune system for your baby.
- **A unique gift**—every mother’s breastmilk is unique, and gives her baby exactly what s/he needs each day. It cannot be duplicated, and is a special gift only she can give to her baby. Breastmilk is more digestible than formula.
- **And for mom**—formula feeding mothers have more osteoporosis, more ovarian and breast cancers, and a slower return to their prepregnancy weight.

These benefits are best realized when a mom is *exclusively* breastfeeding, that is, offering her baby nothing but breastmilk (whether it comes directly from her or from a bottle). Some of the benefits don’t occur unless she nurses her baby over a longer time. Because of this, the AAP recommends just breastmilk for the first 6 months. After that time, solid foods can be introduced. Breastfeeding should continue for the first year and beyond if mother and baby wish. Although the first weeks and months might be time consuming, the investment is well worth it. Exclusive breastfeeding is recommended in order for mom and baby to get the full benefits, but any amount or length of breastfeeding will benefit your baby.

**Prevention of allergies is one more reason to breastfeed!**

As you are making your decision, it will be important for you to know that formula feeding increases your baby’s chances of developing allergies, asthma, and atopic dermatitis. Consider the following questions:

1. Does either parent have existing, or a history of allergic rhinitis (hay fever), asthma, atopic dermatitis (allergic eczema) or food allergy?
2. If your baby has siblings, do they have any of the above conditions?

If you answered yes to either questions, then your baby is more prone to these conditions. Breastmilk, with it’s unique properties, helps to prevent allergies from developing.
Breastfeeding is easiest when it gets off to a good start! Taking a breastfeeding class before your baby arrives will give you some great information. Call 908-788-MOMS for more information. Here are some things that will make your experience go more smoothly:

**Talk to your physician or midwife about pain relief during labor.**
Taking a childbirth class is a great way to learn about labor, and the ways you can help your labor to progress as quickly and efficiently as possible. Knowing what labor is like will actually help your labor to move more quickly, because you will be relaxed, which allows your body to work as its most efficiently to birth your baby. Classes will also assist you in dealing with the discomfort during labor. You will learn about medicines as well as relaxation, breathing, touch, movement and other methods that can help you as you birth your baby.

Pain medications are available during labor as well. These are safe, but sometimes can impact the early breastfeeding experience because they can affect you or your baby. It will be important for you to know as much as you can about pain relief methods so that you can make an informed choice that is best for you. Make sure you discuss all of the options with your physician, midwife, and childbirth educator.

**Skin to skin—important no matter how you feed your baby**
New research tells us that all babies go through a series of 9 stages right after they are born. This helps them to get used to being outside of their mothers, and is essential to the mother and the baby forming a strong bond. This is not much different than the animal world, where infants seek out their mothers immediately after birth, all by themselves. Human babies actually do the same! Research tells us that when a mother has an unmedicated labor, her baby will progress through these stages the best. While pain medications might be needed for your labor, it will be important for you to talk with your healthcare provider about your preferences for your birth, and how to use the least amount of medication so that your baby is not affected. Childbirth classes are a great way to learn how to cope during labor, and will give you many tools, along with medications, that you can use. This 9 stage process takes about 1-2 hours, and ends in the baby finding the breast all by himself. If you have chosen to formula feed, it is still important that your baby get the benefits of the stages. Your nurse will simply stop your baby from the last step, which is nursing.

Here are some benefits of having your baby skin to skin:

- Just a few hours of skin to skin right after birth means your baby will stay warmer during your entire hospital stay! A mother’s chest warms to the exact right temperature that her baby needs to keep him or her warm. And a mom who has twins on either side of her chest will warm each half of her chest differently, according to the needs of that baby! Mom’s body works better than mechanical infant warmers. Dad’s chest warms also, but since his regulation thermostat isn’t quite as fine tuned, he will continue warming and he and his baby might feel too warm! But there is no reason dad can’t enjoy the wonderful feeling of skin to skin.
- Blood sugar levels, and breathing, are better regulated.
- You will have a better bond with your baby, even 1 year later!
- Your baby will self regulate better, even 1 year later!
- Your baby will cry less, and be more calm overall.
- You will have more milk.
- Your baby will ‘colonize’ or begin to grow, your healthy bacteria. Bacteria surround us, and each family has its unique mix of good bacteria. Your baby will stay healthier if his body grows this familiar bacteria.
- Skin to skin isn’t just for right after birth! Holding your baby skin to skin frequently throughout the first weeks not only feels wonderful, but it helps to remind the baby that it is time to eat.

[www.hunterdonhealthcare.org](http://www.hunterdonhealthcare.org)
Anytime you feel like it, put your baby, diapered only, against your bare chest. Be sure to have blankets over the 2 of you. Just putting your baby skin to skin helps to increase your milk supply!

Immediately after your baby’s birth, we will dry your baby and put him baby skin to skin on your bare chest. A warm blanket and hat will be placed on your baby, so you both will stay warm. If your baby needs immediate medical care, however, s/he will be taken across the room to the infant warmer, or to the nursery if needed. If this happens, skin to skin will take place as soon as possible. Your baby will stay skin to skin and your nurse will observe as s/he goes through the 9 stages, and searches out the breast himself. If any procedures need to be done, they will either be delayed, or done with your baby skin to skin.

Keep in mind that babies are not born hungry, but they are born with the instinctive ability to find the breast and correctly latch on (or attach) to the nipple. This first nursing may or may not be very long. Think of it as a ‘getting acquainted’ phase. Doing this in the very beginning means that your baby has ‘imprinted’ with you, and the next time you nurse, s/he will know exactly what to do! Breastfeeding success is definitely associated with your baby feeding early and often.

**Our first priority during this very special time is you, your baby and your partner.** Since this early process is so essential to your baby’s wellbeing, and to breastfeeding, visitors will be asked to wait until this important time has passed before visiting. You might want to explain this important time to family members before your baby arrives, so they understand just how essential it is to your new baby getting off to a good start, no matter how you choose to feed your baby.

**Positioning and latch**
A comfortable position, in which you are well supported by pillows, is essential. Your baby may be held in one of several positions: laid back, cradle, cross cradle, or football hold. The lactation consultant or nurse will be happy to show you these positions, and help you to nurse your baby in the first few days.

An important concept to nursing is ‘LATCH’. This is how your baby will attach to your breast and be able to nurse correctly. Nursing should not hurt, and if it does, please call for help.

To begin, hold your baby close, and stroke your baby’s mouth with your nipple. Wait for your baby to open wide, and then bring your baby in to you so that he latches deeply onto your areola (dark area around the nipple). You will notice that you may be able to see more of the areola on the top than on the bottom. It is not necessary for the baby to take the whole areola into his mouth, but what is important is that, beyond the first few seconds, the latch feels comfortable to you. Again, your nurse and lactation consultant will give you more information and support while you are here.

**Rooming in and baby led feeding**
We encourage rooming in, that is, keeping your baby with you all of the time. We understand new parents need their rest, but it is so important to keep your baby close to you! Speak with your nurse about rooming in, and she will help you to get the rest you need while you are here. Some of the many benefits to keeping your baby with you are:

- Hands on experience in changing, dressing, burping and holding will help you feed confident sooner.
- Studies show that parents actually sleep better with their babies in their room! Perhaps this is because the family feels more secure, knowing their baby is right there.
- There is great benefit to getting to know your baby’s early feeding cues. Babies will rouse from sleep, become restless, bring their fingers to their mouth, and make mouthing movements when they are hungry. Crying is actually a very late sign of hunger, and a baby who cries to be fed has been hungry for about a half hour! Parents will want to reward their babies for the early cues,
rather than teach the baby that s/he needs to cry to get his needs met. If the baby is in the room with you, you will be able to see these early cues, and feed your baby ‘on demand’. This will help feedings go more smoothly. A very hungry baby can’t pay attention to what he needs to do to get to the breast.

We encourage you to feed your baby frequently in the first weeks. Babies’ stomachs are very small, so they need to eat about 8-10 times a day. But babies eat when they are hungry, and as much as they need, so this timing will be irregular from day to day. And there will be frequent times when your baby might feed well, and then not be hungry for several hours. Or, your baby might ‘cluster’, or feed every hour for a few hours. This usually happens in the evening, and actually is beneficial. The reasons are that the baby is filling up for the longer time of sleep during the night, and it helps your breasts to make more milk. Breastfeeding works on supply and demand: the more frequently you nurse your baby, the faster your milk will come in, and the more you will have. Your supply will match your baby’s demand, or need, and will increase as your baby grows. So feeding your baby when s/he needs will assure that your baby gets enough to grow properly.

We understand that everyone is excited to see your new baby, and we welcome visitors. But your baby doesn’t tell time, and will get hungry frequently and at irregular times. In addition, in the short time you are here, you will need as much rest as you can get. We find that families do best when visitors keep their visits brief. This allows you to learn how to care for and feed your baby, as well as to get your needed rest. Talk to your nurse about how to get the rest you need. In addition, many visitors often cause your baby to ‘shut down’, which leads to feedings that aren’t as successful or frequent as they need to be.

We do not provide, nor do we recommend pacifiers or artificial nipples for breastfeeding babies, as this has the potential for causing breastfeeding problems. However, there may be occasions when our lactation consultants recommend a pacifier. With lactation consultant guidance, and careful use, this will not interfere with the breastfeeding process. Since research shows that pacifier use helps to decrease pain, we will use a pacifier for a short time if your baby needs a procedure that may cause discomfort. After 3 weeks, you may introduce a pacifier or bottle. If you are planning to formula feed, and plan to use a pacifier, please bring one with you.

What about Cesarean birth and premature babies?
Some babies need special care after there are born. Our first priority is to make sure your baby is healthy and gets the immediate care that is needed. So if you have a Cesarean birth, or your baby is in our Special Care Nursery, skin to skin, rooming in and early feeding may not be possible. However, we will make every effort to make sure these important things are done as soon as your baby’s health allows. Make sure you speak with your nurse about getting started with holding your baby close, keeping your baby with you, and getting started with nursing.

If you have any questions, please be sure to call 908-788-MOMS.
Resources you may find helpful:

www.hunterdonhealthcare.org
www.babyfriendlyusa.org
www.kellymom.com
www.breastfeedingmadesimple.com
www.aap.org/healthtopics/breastfeeding.cfm
www.womenshealth.gov
Infant Risk Center (lactmed--Google for information on medications and breastfeeding)

www.hunterdonhealthcare.org
PLANNING TO BREASTFEED? SOME ANSWERS TO YOUR QUESTIONS

Hunterdon Medical Center Rents and Sells Ameda Breastpumps and Supplies at Very Competitive Prices!

Call 908-788-MOMS or 908-788-6335 for more information. Reservations for pump rentals cannot be made ahead of time. Once you are admitted, arrangements can be made to rent a pump should the need arise. Hunterdon Medical Center Regional Pharmacy now sells double electric breastpumps.

Insurance Companies May Cover the Cost of a Pump. Here are some questions to ask when you call:

- Do you cover the cost of pumps?
- If so, what kind? Different types are: hand pump, single battery/electric, or double electric pump (this one is best)
- Do you cover hospital grade or maintenance pumps?
- Do you have a list of vendors for me to use?
- If so, what if they don’t have the pump I need?
- Can I buy through Hunterdon Medical Center instead? What do you need if I do?
- Please be aware that the pharmacy only accepts cash or credit cards in payment for pumps. You may submit the receipt for reimbursement if your insurance company permits.
- As with any telephone call of this type, it is always a good idea to get the name of the person with whom you are speaking, and log the date and time of the call.
- Once you receive your pump, please call us to schedule an appointment to teach you how to properly use your pump to maximize success. Call 908-788-MOMS for an appointment.

Pumps Can Be Challenging! Once You Have Your Pump, Do You Know How to:

- Assemble and clean the pump?
- Store expressed breastmilk safely?
- Feed expressed breastmilk from a bottle? Yes, there is a right way to do this!

Our Lactation Consultants can show you how to get the maximum amount of breastmilk with your pump. Topics include: assembly, cleaning, storing, pump settings, flange fit, proper use, expected volumes, trouble shooting, maintaining milk supply, resources, etc.
THE BREASTFEEDING PARTNER

First, Congratulations on the Birth of Your Baby! And congratulations to the both of you for choosing to breastfeed—the best way to feed your baby. It might surprise you to know that having a breastfed baby means that you will have more opportunity to be intimately involved in the physical and emotional nurturing of your baby. Imagine all you will be able to do—you can bring your baby to Mom for feeding, unwrapping him, then unsnapping his t-shirt, so that mom and baby can have more skin to skin contact. This increases milk supply, baby’s warmth and bonding. When baby stops active nursing on one side, you can offer a burp, then help Mom to place baby at the other breast. When your baby is finished nursing, it is so relaxing to snuggle with both Mom and baby. Partners can actively bond and care for their breastfed babies. If you are a first time breastfeeding Dad/partner, it might be helpful to have a checklist of ways to participate:

Learn about Breastfeeding. Take a class with Mom or read a breastfeeding book, such as Breastfeeding Made Simple by Nancy Mohrbacher, or The Womanly Art of Breastfeeding, by LaLeche League. Read educational materials given to you in the hospital and in classes. Watch the videos while at the hospital. You play an important role in breastfeeding success, and when you are educated, you will be able to provide helpful information and support for Mom. And you can provide correct information so that family members can support her as well.

Make Arrangements for Household Chores and Errands to Be Taken Care Of. During the early weeks, both Mom and baby are learning. You all need this time to get to know one another. The more Mom holds and nurses her baby, the more enjoyable and successful her breastfeeding experience will be. This is the only job a mother should be doing during the first few weeks.

Limit Visitors. More than anything, your partner needs rest and time with the baby now. And this is the time that you all are getting to know each other as a family. If you have visitors, be sure they are supporting your choice to breastfeed. Mom could become upset with critical or overbearing visitors. Also, avid visitors that Mom would feel the need to cook or clean for.

Bond with Your Baby. There are so many ways that partners can actively bond with breastfed babies. Change a diaper, bathe, hold, or rock your baby. Help Mom to be comfortable during nursing and help her position your baby at the breast.

If Breastfeeding is Not Going Well, Get Help for Mom and Your Baby. Both partners and mothers are welcome to call! Bringing Mom in for a professional consultation may be all that is needed to resolve a breastfeeding issue.

Be a Breastfeeding Advocate. Voice your support of your partner’s breastfeeding to others. Let them know that you have every confidence in your partner and baby to master the art of breastfeeding, as the human race has done for centuries. Let your partner know how proud you are that she has given the gift of breastfeeding to your family.

For help, call 908-788-MOMS (6667).
BABY STEPS SUPPORT GROUPS
(babies 0-6 months)

Babysteps is a parent support group that meets to discuss issues important to new parents. It's a great place to meet other parents, too! No registration required and class is FREE! Classes meet weekly from 1:00 p.m. – 2:30 p.m. and are held at the Hunterdon Medical Center Education Center, on Route 31, just north of HMC. For directions call 908-788-MOMS.

Baby Not Here Yet? Come join us before your baby arrives!
Meet other moms, and find out about what you can expect.

2017 Dates

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In the event of inclement weather, please call 908-788-MOMS (6667) one hour before class.
If you would like to honor or memorialize your loved one, or the staff who cared for them, in a very special way, please consider making a donation to the Hunterdon Medical Center Foundation. The Foundation staff will meet with you to discuss how your donation can be used to improve the care and services provided to patients and their loved ones. For more information, call the Hunterdon Medical Center Foundation at 908-788-6141.
Who We Are and What We Do

Why is a Neonatologist/Pediatric Hospitalist providing my child’s inpatient care instead of the pediatrician or family physician?

Neonatologists and Pediatric Hospitalists are pediatricians who specialize in the care of hospitalized newborns and pediatric patients.

Hunterdon Neonatal and Pediatric Medicine offers some significant advantages to our precious newborn and pediatric patients:

• These pediatricians concentrate on and are experienced in the care of newborns and children who require hospitalization—they do not have an office practice.
• One of these pediatricians is present in the hospital 24 hours per day, 7 days per week to be there whenever your newborn or child needs a pediatrician.
• The pediatrician on duty is able to rapidly respond to emergencies in Hunterdon Medical Center’s Emergency Department when requested by the emergency department physician.
• The pediatrician on duty is readily available to be present at deliveries if immediate care for a newborn is needed.
• A pediatrician is readily available to care for a newborn in our Special Care Nursery.
• All of our pediatricians have additional experience in neonatology.

Continuity of Care

The Neonatologist/Pediatric Hospitalists provide inpatient care for patients of Hunterdon Pediatric Associates and many family practices affiliated with Hunterdon Medical Center. These specialists do not replace your pediatrician or family physician.

However, they do communicate with your pediatrician or family physician when your child is admitted, regularly during your child’s hospitalization, and the day that your child or newborn is discharged home. This will ensure continuity of care and appropriate post discharge care.

Managed Care Plans

Hunterdon Neonatal and Pediatric Medicine participates with the following managed care plans:

• Aetna
• AmeriChoice/MHS
• AmeriGroup/AmeriCaid
• AmeriHealth
• BeechStreet (formerly MediChoice Network)
• Cigna
• Consumer Health Network (CHN)
• Devon Health
• Evolutions
• First Health/CCN
• HealthCare Payors Coalition
• Horizon Blue Cross Blue Shield of New Jersey (managed care products and traditional)
• Horizon NJ Health
• MagnaCare
• MultiPlan
• Great West
• Oxford Health Plans (Freedom and Liberty)
• QualCare
• United Health Plan

Questions?

If you have any questions regarding this program, please discuss them with your Neonatologist/Pediatric Hospitalist or nurse.

For questions regarding billing please contact Hunterdon Medical Center’s Central Billing Office at 908–284–1125.
CHOOSING A DOCTOR: Hunterdon Medical Center’s free Physician Referral Service can provide you with extensive information on our pediatricians, family practice physicians and specialists. Call toll free 1-800-511-4HMC (4462).

MOTHER’S HELPER VISIT: A Mother’s Helper is a Companion or Certified Home Health Aide who can offer at-home assistance to new parents. For more information, call 908-788-2562.

PEDIATRIC BASIC LIFE SUPPORT: Covers one-rescuer CPR and freeing obstructed airways on infants and children. Includes a safety lecture. This class can also be taken before your baby is born. Call 908-788-6614.


POSTNATAL EXERCISE PROGRAMS: Hunterdon Health & Wellness Center offers fitness programs for postpartum mothers. Call 908-534-7600.


Child Evaluation and Treatment

Children and adolescents who have problems in learning, development, growth or any physical challenges are provided with skilled and comprehensive diagnostic testing, as well as treatment programs designed to meet individual needs. For more information on programs available, call 908-788-6396.

EARLY INTERVENTION PROGRAM: An interdisciplinary program for developmentally delayed children from birth to age 3. Includes:

- Developmental evaluation
- Group and/or individual developmental sessions
- Parent support

SPECIAL CHILD HEALTH SERVICES: A resource and referral service for infants, children and adolescents who have special multiple health needs or physical challenges.

PEDIATRIC REHABILITATION: Includes speech-language, occupational and physical therapy for children and adolescents, as well as academic tutoring.

PEDIATRIC SPEECH AND LANGUAGE THERAPY: A program for preschool and school-aged children who have speech and/or language delays.

PEDIATRIC HEARING SERVICES: A full range of hearing testing services for children and adolescents is available.

NEURODEVELOPMENTAL SERVICES: Diagnostic services and treatment recommendations provided by a developmental pediatrician.

PEDIATRIC OT AND PT SERVICES: Occupational therapy and physical therapy.
Our Mother’s Helper Service provides in-home assistance to new parents (whether this is your first or fourth). The birth of a child is a very exciting event for you and your family. Although this is a joyful time, every new parent can benefit from a little extra help. A Mother’s Helper is a Companion or Certified Home Health Aide who can offer at home assistance to new parents.

Mother’s Helper Companions
Our Mother’s Helper Companions have completed specialized infant care classes. They will assist you with baby care and household chores, enabling you to have some time to yourself.

Rest while we care for you, your infant, or other children. Here are some ways our Mother’s Helper Service can help:

- Respite care
- Infant care and sibling supervision
- Infant Feeding
- Diaper changes and dressing
- Laundry
- Meal planning and preparation
- Grocery shopping
- Light housework
- Assist with errands
- Make beds and change linens
- Take baby or siblings for a walk
- Read and play games with siblings

Certified Home Health Aides (CHHA)
Our CHHA’s are NJ State Certified and are specially trained to provide personal care to mom and baby. In addition to all the services the Companions provide, the Home Health Aide services also include hands on care as listed below. A Registered Nurse (RN) will accompany the CHHA on the first visit to develop a plan of care/service per your specifications and needs.

In addition to the services offered by the Companion:

- Assistance with bathing/shampoo/skin care
- Hair care
- Light massage/foot massage
- Assistance with breastfeeding

Program Pricing

Companion:
- Initial 4 hour block of time is $115.00 (includes a Companion Supervisor visit)
- Additional visits: 2 hour block is $40.00 / 4 hour block is $80.00

Certified Home Health Aides:
- Initial 4 hour block of time is $165.00 (includes an $80.00 Registered Nurse visit)

For More Information
If you are interested in scheduling a Mother’s Helper Service or would like additional information, please call 908-788-2562.

Visit www.hunterdonhealthcare.org

Hunterdon Regional Community Health
215 Route 31 South
Flemington, NJ 08822
908-788-2562
"Your maternal history maybe documented in your child’s newborn medical record so the best care can be provided to your child. This information maybe accessed (viewed) and/or disclosed (released) to others in accordance with federal and state regulations, unless you object in advance by completing the “Request For Restriction on Use and Disclosure of Protected Health Information” form. Your nurse or the Health Information Management Department (908-788-6380) can provide you with the form. Please bring the provided copies of your child’s newborn medical record to his/her first physician appointment that you will receive upon discharge."