

Avista Adventist Hospital



# New Life Center

*Your personal guide to postpartum care*





# Mother/Baby Teaching and Education Checklist

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## **Caring for Yourself** (pages 5-13)

- ☐ Massage of the Uterus, Uterine Cramping and Vaginal Lochia (pages 5-6)
- ☐ Pain Medication Available
- ☐ Bladder and Bowels (page 7)
- ☐ Hygiene, Episiotomy and Cesarean Incision Care (page 10)
- ☐ Rest and Sleep (page 11)
- ☐ Nutrition (pages 11-13)
- ☐ Emotional Changes, Baby Blues, Perinatal Mood and Anxiety Disorders (page 9)

## **Caring for Your Baby** (pages 35-45)

- ☐ Diapering, Skin Care (page 36)
- ☐ Sponge Bath, Cord Care (pages 37-38)
- ☐ Taking your Baby's Temperature (page 43)
- ☐ Feeding Cues (page 24)
- ☐ Back to Sleep and Sleeping patterns (page 36)
- ☐ Hospital's 24 Hour Newborn Screening and Vaccinations (page 42)

## **Feeding Your Newborn** (pages 15-33)

- ☐ Colostrum, Milk Supply (pages 19-20)
- ☐ Frequency and Duration of Feedings and Burping (pages 21-24)
- ☐ How You Know Your Baby is Getting Enough (page 24)
- ☐ Engorgement, Latch and Nipple Care (pages 21-27)
- ☐ Expressing Breastmilk and Breastmilk Storage (pages 25-26, 29)
- ☐ Formula, Bottles (pages 31-32)

## **Newborn Care** (pages 35-45)

- ☐ Jaundice (page 39)
- ☐ Circumcision (page 39)
- ☐ Tips to Reduce the Risk of SIDS (page 44)
- ☐ Tips to Reduce Shaken Baby Syndrome (page 45)

**Who will be helping and supporting you at home?** \_\_\_\_\_

I acknowledge and understand the teaching information that was given to me in this packet.

Patient \_\_\_\_\_ Date/Time \_\_\_\_\_

Nurse \_\_\_\_\_ Date/Time \_\_\_\_\_



# Congratulations on the birth of your baby!

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Having a baby is a very special time and we are glad that you chose The New Life Center at Avista Adventist Hospital for this important occasion. This book contains valuable information which will help you care for yourself and your baby. It is provided for you to read while you are here with us and refer to when you are home. Our nursing staff is committed to providing excellent care and is here to educate and help you during this time of transition. Thank you for allowing us to be a part of this special moment in your lives.

Sincerely,

**The Staff at The New Life Center**



## Baby Car Seat Safety

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- Always put your baby's car seat in the back seat of your vehicle.
- Never place a rear-facing seat in front of a passenger side airbag.
- Infants should always be rear-facing.
- Colorado State Law states that your infant must be discharged home with your car seat.



## Helpful Phone Numbers

Avista Hospital Main Number..... 303-673-1000  
Avista OB Department ..... 303-673-1100  
Nursery/NICU ..... 303-673-1102

Birth Certificates.....303-673-1106  
Infant CPR Classes .....303-673-1029  
Director of Labor and Delivery .....303-673-1105  
Hospital Chaplain .....303-673-1266  
Lactation Assistance .....303-673-1088  
Patient Accounts/Billing .....303-673-1195

**FOR EMERGENCIES PLEASE CALL 911**



*New Life Center*

