## **Table of Contents**

1	Introduction – 1 Welcome • Preparing for Birth • Hospital Routines • What to Pack
2	<b>Pregnancy – 8</b> Healthy Eating • Warning Signs • Common Discomforts of Pregnancy • Good Posture & Body Mechanics • Exercises During Pregnancy
3	<b>Labor – 20</b> What is Labor? • Stages of Labor • Labor Partner's "Cheat Sheet" • True Versus False Labor
4	<b>Coping Techniques To Deal With Labor – 33</b> Music • Comfort Positions • Massage • Visualization Relaxation • Breathing Techniques • Pain Medications
5	<b>Cesarean Birth – 44</b> Vaginal Birth After Cesarean Care of the New Mother After Cesarean
6	<b>Care For New Mothers –47</b> Activity • Baby Blues • Cramping • Leg Pain Perineal Care • Sexual Activity • Signs & Symptoms of Infection • Vaginal Flow • Postpartum Exercises
7	<b>Caring For Your New Baby – 55</b> Feeding Your Baby • Bathing • Circumcision • Diapering • Immunizations • Jaundice • Newborn Spots & Dots • SIDS • Safety
8	Ideas For Preparing Siblings – 80
9	<b>Reading Lists &amp; Resources – 82</b> Helpful Terms 40 Ways to Make a Happy Family
	Additional Paperwork

Baby-Friendly Hospital<sup>™</sup>



Additional Paperwork Feeding Log 10 Newspaper Release

Birth Certificate Worksheet

Welcome to Hannibal Regional!

Thank you for choosing Hannibal Regional Hospital for your healthcare needs. My name is Diane Bibb and I am the Director of Women's Care. It is very important to us that you have the best experience possible. Below are a few things we do to assist with this:

- 1. **BEDSIDE SHIFT REPORT** When your healthcare team leaves for the day or night they will transition your care to the care team or the next shift **at your bedside**. We want you to always be a part of your care and the information that is shared.
- 2. **HOURLY ROUNDING** Your healthcare team will round on you every hour during the day and every two hours during the night. If you prefer your healthcare team not make rounds this often, please let them know.
- 3. **WHITEBOARDS** This board will be completed each shift with information to help you. This is a communication board for all of us.
- 4. **LEADERSHIP ROUNDING** A nursing director or charge nurse will see you during your stay to ask questions regarding your care.
- 5. **EDUCATION** A member of the team will provide you with **information on medications** you are given, any procedures you are having done and care for yourself and new baby.
- 6. **CLEANLINESS** Members of your team will check your room often to make sure it is free of clutter and is clean. If you feel your room needs extra attention, please let someone know.
- 7. **PAIN MANAGEMENT** We always want to manage your pain the best that we can without causing you additional problems. We'll manage this together.

Above all else, we strive to show you and your loved ones care and compassion with each interaction. If there is anything that you would like to discuss with me, I am always happy to talk. My office number is 573-248-5658. Thank you again for choosing Hannibal Regional to assist with guiding you to BETTER.

Sincerely,

Diane Bibb, DNP, RNC-MNN, IBCLC Director of Women's Care