



 **BAYLOR**  
University Medical Center  
at Dallas  
Women and Children's Services

**Love delivered daily**

NEW PARENT HANDBOOK



**W**hen you're having a baby, you want everything to be just perfect. And nobody understands that better than we do. At Baylor University Medical Center at Dallas, we talked with hundreds of moms and dads to find out what they wanted from their birth experience. The result: advanced obstetrical services combined with the warm, relaxing atmosphere of home.

## Before Your Delivery

As an expectant parent, you already know there's much to be done before the arrival of your baby. We're pleased and honored to offer a variety of facilities and services to help make these coming months as stress-free and productive as possible. Take a look at what you can expect from us, as well as some tips on how to prepare for that special day.

### *Parent Education Classes at Reuben H. Adams, M.D., Family Resource Center*

Whether you are expecting your first child or are already a parent, the Family Resource Center offers a variety of classes to fit every family. Taught by registered nurses, certified childbirth educators, certified lactation consultants and dietitians, the classes cover such topics as the fundamentals of pregnancy, prepared childbirth, breastfeeding, baby care basics, parenting, and infant and child CPR. Please refer to the Childbirth and Family Education Course Schedule for details on available classes or visit [BSWHealth.com/DallasChildbirth](http://BSWHealth.com/DallasChildbirth).

### *The Fetal Therapy Center*

The Fetal Therapy Center provides a full range of obstetric services, including genetic screening and counseling, amniocentesis, consultative ultrasound, fetal interventions and surgeries. The center also offers a complete range of services for high-risk pregnancies, including expectant mothers who have or may have had diabetes, hypertension, cancer, heart disease, a transplant or other conditions that could put the mother or baby at risk.

### *Ante Partum Unit*

The Ante Partum Unit is for expectant women with high-risk pregnancies. Women who are admitted to the unit are considered at risk for pregnancy-related complications and require hospitalization prior to delivery.



Dear Stephanie:

Congratulations on your pregnancy!

You have an exciting time ahead of you, and we hope that Baylor University Medical Center at Dallas can be with you every step of the way. My name is Vanessa Kelly, and I am the coordinator for Parent Education and Lactation Services at Baylor University Medical Center at Dallas. Each week we will provide you with updated information regarding your pregnancy and the development of your baby. We will also provide information regarding what you can do to prepare for the arrival of your new little one.



Please e-mail me at [Vanessa.Kelly@baylorhealth.edu](mailto:Vanessa.Kelly@baylorhealth.edu) if you have any questions about Baylor's Women and Children's Services. Again, congratulations!

**True or False?**

**You'll need to drink 12 or more glasses of liquid a day while you're breastfeeding.**

Click [True](#) or [False](#) to get the facts and see how others answered.

Plus:

- [Lining Up Postpartum Help](#)
- [Baby's First Days: Newborn Screening](#)

The translation option uses an automated process powered by Google. While this reputable tool provides easy access to the email content in 10 common languages, be aware that it may not deliver a flawless rendering in each language.

**Once your baby arrives,** update your account profile to begin receiving our weekly emails on infant health and development. Just click the "Account" tab above, log in and enter your baby's birthday.

This email was sent to you because your email address is subscribed to receive our weekly pregnancy email.

[Change your email address](#)   [Contact customer support](#)   [Unsubscribe steph@mohousedesign.com](mailto:steph@mohousedesign.com)

Connect with us! 

## Weekly Newsletter

This free online newsletter will give you valuable information on your baby's development week by week. It will tell you what to expect throughout your pregnancy and after your baby is born. You can sign up by visiting [BSWHealth.com/DallasChildbirth](http://BSWHealth.com/DallasChildbirth).

## Make Admission Arrangements

To assist with your admission and billing, please help us with the following: Please complete the pre-admission forms provided by your physician and return them in the envelope provided.

To complete your forms online, visit [BSWHealth.com/DallasChildbirth](http://BSWHealth.com/DallasChildbirth). Information that you are unsure of (such as pediatrician's name) can be added later. We would like to receive this form by your third month of pregnancy, so we may begin processing your admission paperwork before your delivery. You will receive a letter from the Maternity Financial Service Representative, confirming out-of-pocket expenses so you may make financial arrangements prior to delivery.

If there is a change in your pre-admission information, or if you do not have insurance and would like to set up payment arrangements, please contact our Maternity Financial Service Representative.



## Packing Your Bag for the Hospital

### What to Bring for Mom

- Toiletries (shower gel, shampoo, deodorant)
- Comfortable pajamas or loose-fitting casual wear (nursing gown or breastfeeding clothing for those who will be breastfeeding)
- Bras (nursing bras for those who will be breastfeeding)
- Underwear
- Hairdryer
- Robe
- Slippers or loose-fitting shoes
- Comfortable, loose-fitting clothing to wear home
- Camera

### What to Bring for Baby

While your baby is in the hospital we will provide diapers, T-shirts and receiving blankets. You will need to bring the following items:

- Special clothing for baby's first picture
- Socks or booties
- Car seat
- Receiving blanket or cover blanket, depending on the weather, for your trip home
- Clothing to wear home



## Labor and Delivery

The birth of your child is truly a miracle, and we do our best to help that miracle along. From advanced technology and comfortable Labor and Delivery Rooms to understanding the needs of family and friends, we're focused on making sure your delivery is as smooth and comfortable as possible.



### *The Caruth Labor and Delivery Center*

Women labor and deliver in Labor and Delivery Rooms (LDRs). These spacious rooms allow care to be brought to the mother and her baby, rather than moving them around for care. Each room is discreetly equipped with advanced technology while being beautifully decorated. This family-centered philosophy allows for the new family to remain together during the entire birth process.

The labor and delivery area is conveniently located on the first floor of the James M. and Dorothy D. Collins Women and Children's Center. The circular drive entrance

is easily accessed from Junius Street, with short-term maternity parking available. Visitors have easy access to the center via visitor parking lot 4 and parking garage 5 on Junius Street.

Upon entering the lobby, follow the signs to Labor and Delivery. After going through the automatic doors to the right (across from Maternity Observation), you will check in at the Labor and Delivery nurses' station. The nurses will contact your physician and begin your admission process. Your physician will give them instructions for your care.

### *Labor Support and Coaches*

Support during labor is very important. Our nurses can assist you with comfort and coping measures. Many women find that having a coach or support person with them is very helpful. Feel free to bring relaxing music or any other comfort tools that you have learned about in childbirth classes with you. You may also choose to bring a professional labor support person called a doula. Siblings are welcome but must be supervised by an adult other than the patient's support person.

If your physician needs to deliver your baby by Cesarean birth (abdominal incision), the procedure will take place in an obstetrical operating room within the labor and delivery area. In most cases, your support person will be able to attend the birth, and the baby will remain with both of you immediately after the delivery.

### *Photography and Videotaping*

Please discuss opportunities for photography with your physician.

### *Bonding with Your Baby*

After the birth, you are encouraged to extend the attachment process with your baby. Your baby will remain with you during your recovery period unless additional care is needed. We believe this time immediately after birth, while your baby is alert, is an important family time. We encourage breastfeeding and skin-to-skin contact at this point, your nurse will be available to assist you. Your nurse will be checking on both you and your baby during this recovery time.



### **After Delivery**

*It's no surprise that the real adventure begins after your baby arrives. From the precious moments immediately after birth to the days and weeks that follow, the care of you and your child remain of the utmost importance to us. Whether you need additional medical consultation or support services, you'll find everything right here at Baylor Dallas.*



### *The New Family Center*

The first few days after the birth of your baby are important. After nine months of carrying your child, you finally have the opportunity to cuddle and really get acquainted. We have created the perfect space in our New Family Center. Amenities include beautiful private rooms, tiled bathrooms with a warming light and warming towel rack - even a sleep area for your support person. Everywhere you'll see soothing colors and ambient lighting, designed to create a calming, relaxing environment - and thoughtful technological touches like flat screen TVs with DVD and a work area with wireless Internet.

Babies remain with their mothers in this family-centered unit, receiving their nursing care together. This promotes education and confidence building for new mothers, as well as communication between the nurse and mother.

### *Neonatal Intensive Care Unit*

The Neonatal Intensive Care Unit (NICU) gives you the reassurance of a Level 3 unit – the highest level of care available – providing advanced life-support services and technologies for premature and seriously ill newborns. Staffed by specialized nurses, neonatal nurse practitioners, neonatologists and many other skilled staff, the unit is designed to promote optimal developmental care for sick infants.

### *Breastfeeding and Simply Mom’s*

Breastfeeding is recommended for the first year of your baby’s life. However, we know that although breastfeeding is a natural process, it is not always instinctive. If you choose to breastfeed, the New Family Center nurses have received special training in the latest breastfeeding techniques and are available to assist you in a successful breastfeeding experience. A referral for a lactation consultant will be available if needed.

Simply Mom’s is a clinical women’s and children’s boutique designed to provide new mothers convenient access to breastfeeding supplies, infant designer clothing, preemie clothing and gifts. Simply Mom’s is staffed by lactation consultants, so new parents can ask questions while shopping. You may also contact Simply Mom’s if you have additional questions after you return home. The store is conveniently located on the first floor of Hoblitzelle Hospital; for more information call 214.820.3103.



### *Security*

#### **Infant Security**

After delivery, a security tag is placed on your infant’s ankle and monitored by our security system. The tag is designed to prevent infants from being removed from the unit without authorization. It will be removed upon your infant’s discharge.

#### **Staff Identification**

Do not give your infant to anyone without proper hospital identification. Baylor employees who have access to your baby will wear a badge with a pink frame around the photograph that says their department is Women and Children’s Services.

**If someone without the proper identification asks to take your baby, refuse to give him or her your baby and call the nurses’ station immediately.**

The nurse assigned to you and your baby will introduce herself. Question unfamiliar persons entering your room or inquiring about your baby – even if they are in hospital attire or seem to have a reason for being there. Please alert the nurses’ station immediately in this situation.

#### **Your Role**

Never leave your infant out of your direct line of sight, even when you go to the bathroom or take a nap. If you leave the room or plan to go to sleep, alert the nurse to take your baby to the nursery or have a family member watch the baby. Also, get to know your baby and his or her unique features and do not carry your baby in the hallway. Push your baby in their bassinet. Hospital staff has been instructed to question anyone carrying a baby. Check your baby’s identification bracelet every time your baby is returned to your room. Make sure his/her bracelet matches yours.

### *Nutrition Services*

We offer an expanded menu from which to choose, and beverages and snacks are available upon request throughout the day. We also offer special snacks to support breastfeeding mothers. Please inform your nurse of any special needs, food allergies or intolerances. Your nurse can provide you with either a hot or cold meal if you arrive in your room after the evening meal service.

### *Family and Friends*

This is an exciting time, and your family and friends will want to visit you. The baby’s brothers and sisters are important during this time of family transition, but they should be accompanied by an adult and be free of illness. Please ask anyone who holds your baby to wash his or her hands first.

### *Professional Photography*

A representative from a photography studio will come to your room to give you information about taking and purchasing baby pictures. Written permission must be obtained before placing your baby’s picture on the Baylor Babies section of **BSWHealth.com**. Additionally, we do not include last names for security purposes. The baby’s photo will usually be posted on the site within two days after the picture has been taken.

## We're Here for You

The physicians, nurses and staff at the James M. and Dorothy D. Collins Women and Children's Center at Baylor Dallas have just one goal: To ensure the health and well-being of every mother and baby we see. Nothing is more important to us, and we hope the facilities and services we offer are a testament to that. More importantly, we hope the warm, compassionate care of everyone here will help make this most special of times even more so.



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3500 Gaston Avenue, Dallas, Texas 75246  
1.800.4BAYLOR | [BSWHealth.com/DallasChildbirth](http://BSWHealth.com/DallasChildbirth)