



Love delivered daily.

NEW PARENT  
*Handbook*



BaylorScott&White  
MEDICAL CENTER  
WAXAHACHIE

**W**hen you're having a baby, you want everything to be just perfect. And nobody understands that better than we do. Baylor Scott & White Medical Center – Waxahachie provides advanced obstetrical services combined with a warm, caring and relaxing atmosphere to help make these coming months as stress-free and productive as possible. We are excited that you have chosen to have your baby at Baylor Scott & White – Waxahachie. This booklet will help you prepare for the new addition to your family, as well as providing some tips on how to get ready for that special day.

## *Before your Delivery*

### **NEW PARENT AND CHILDBIRTH EDUCATION**

Whether you are expecting your first child or are already a parent, our education classes can help you be ready for baby. We offer a variety of classes including, childbirth, newborn care including breast feeding, and infant CPR/Choking. To sign up for a class, visit [BSWHealth.com/WaxWomen](http://BSWHealth.com/WaxWomen) or call **1.800.4BAYLOR**.

### **TOUR THE WOMEN'S CENTER**

Before you deliver, you and your family are invited to take a tour of the Women's Center. Tours are offered several times a month. If you are interested in touring our facility, visit [BSWHealth.com/WaxWomen](http://BSWHealth.com/WaxWomen) or call **1.800.4BAYLOR** to register for a time. A tour is included in our Childbirth class, so no additional appointment is needed if you've registered for that class.



## MAKING ADMISSION ARRANGEMENTS

To assist with your admission, please help us by completing your registration online at [BSWHealth.com/WaxWomen](http://BSWHealth.com/WaxWomen). Information that you are unsure of (such as pediatrician's name) can be added later. We would like to receive this form by your fourth month or 20th week of pregnancy so we may begin processing your admission paperwork before your delivery. You will receive a confirmation of your submission. If you do not have internet access, please stop by the hospital or call and register with one of our Access Services Representatives, Monday - Friday from 6 a.m. to 5 p.m. They are located in the main lobby or at 877.810.0372.

If we anticipate that you will have an out-of-pocket expense, you will receive a letter from Financial Services detailing those expenses so that you may make payment 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 Financial Service Representative at 844.825.0002.



## IMPORTANT TO SELECT A PEDIATRICIAN

Prior to delivery, it is important that you select a pediatrician or family medicine doctor to see your baby. Your baby will need to be seen by his or her physician 48 hours after being sent home from the hospital. We also need the physician's name, so that important test results can be shared with them. Speak with your obstetrician, call 1.800.4BAYLOR or visit our website.

## PACKING YOUR BAG FOR THE HOSPITAL

### *What to Bring for Mom*

While you are in the hospital you will only need essential items. You will receive a complimentary package that includes shower gel and shampoo. Other items you may want to bring include:

- Your ID, insurance card and a list of medications
- 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
- Robe and slippers (or loose-fitting shoes)
- Comfortable, loose-fitting clothing to wear home
- Cell phone charger
- Breastfeeding pillow
- 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 that is age and weight appropriate and not expired
- Receiving blanket or cover blanket depending on the weather for your trip home
- Clothing to wear home

*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.*

## **ANTEPARTUM SERVICES**

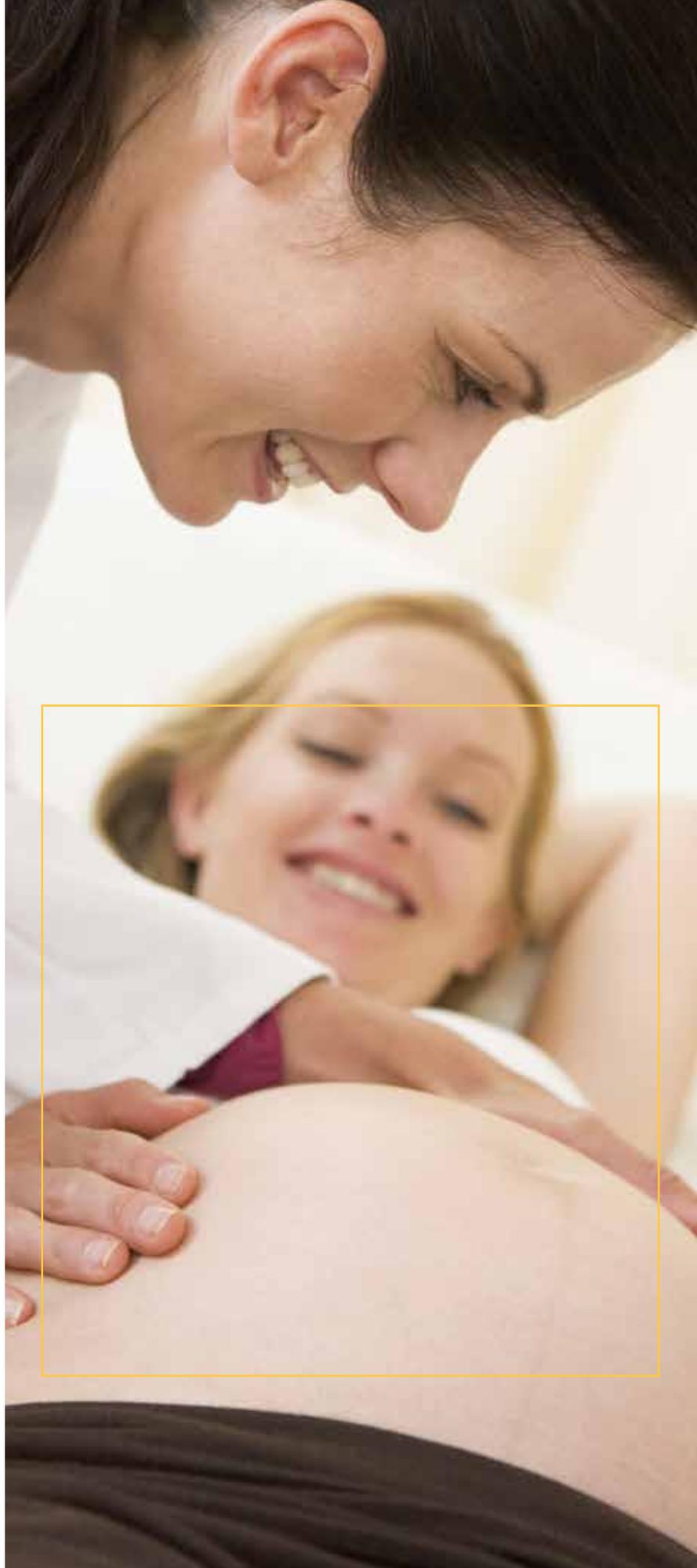
Antepartum Services are for expectant women with high-risk pregnancies. Women who are admitted to the unit are considered at risk for pregnancy-related complications and require hospitalization prior to delivery.

## *Labor and Delivery*

Women labor, deliver and recover in Labor and Delivery Rooms. 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 family to remain together during the entire birth process.

## **WHEN IT'S TIME, WHERE DO YOU GO?**

The Women's Center is located on the third floor of the hospital. When you are in labor and arrive at the hospital, please enter through the main entrance from 6 a.m. - 9 p.m. After 9 p.m., please enter the hospital through the emergency department, where you will be registered and escorted to the third floor. If you are scheduled for a procedure, or for an induction or cesarean birth, please come directly to the third floor Women's Center area. For patient safety, entry doors to the patient units are secured. You will need to use the intercom located at the entry doors for admittance.



## 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. You also may bring any comfort tools that you have learned about in childbirth classes.

If your physician needs to deliver your baby by cesarean birth, 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.

## GENERAL VISITATION INFORMATION

To comply with privacy laws and patient safety, all visitors will be required to remain in the waiting area or be in the room with the patient. All hallways in labor and delivery will need to remain clear in case of an emergency. No information except the mother's room number and telephone number will be given out by our staff. Please inform all visitors to contact you directly for any updates throughout the labor process.

### *Visitors during Labor*

Siblings are welcome, but must be supervised by an adult other than the patient's support person.

### *Visitors during Cesarean Section and Recovery*

One support person is permitted to accompany the mother during surgery and follow her through recovery. Once the mother is taken to her room after delivery, all visitors are welcome. We strive to protect our patients' privacy while maintaining safety.

## PHOTOGRAPHY AND VIDEOTAPING

Still photography and videography are allowed except during invasive procedures or delivery, or upon request of the medical provider.

## *After Giving Birth*

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 for you to do just that. The Women's Center includes amenities like beautiful private rooms, tiled bathrooms – 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 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.

## 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 at this point, and your nurse will be available to assist you.

## NEONATAL SERVICES

Baylor Scott & White – Waxahachie has a staff dedicated to the care of both mom and baby. A neonatal nurse practitioner (a nurse practitioner who specializes in caring for infants) is onsite at all times to care for the medical needs of your newborn. Should your newborn require a higher level of care, Baylor Scott & White Health has a network of Level III NICU's immediately available.

## BREASTFEEDING SUPPORT

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 Women's Center nurses have received special training in the latest breastfeeding techniques and are available to assist you. In addition, board-certified lactation consultants will visit you in your room to help you have a successful breastfeeding experience. Our lactation consultants see patients after discharge as well, if you would like to schedule an appointment, please talk with your physician so that they can refer you.



## SECURITY

### *Infant Security*

The staff at Baylor Scott & White – Waxahachie care deeply about the safety and security of you and your baby. We have guidelines in place to provide a safe and secure delivery experience. After delivery, a security sensor is placed on your infant's ankle and is monitored by our security system. The tag is designed to prevent infants from being removed from the unit without authorization. The tag will be removed upon your infant's discharge.

### *Staff Identification*

Do not give your infant to anyone without proper hospital identification. Baylor Scott & White Health employees who have access to your baby will wear a badge with a pink border around the photograph that says their department is Women and Infant Services. **If someone without this identification badge 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 suite 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 suite 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 them in his or her 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 suite. Make sure his/her bracelet matches yours.

## NEWBORN SCREENING

The State of Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 to 36 hours old. The tests require a small blood sample that is collected through a heel stick. This procedure is performed in the nursery and the procedure room. In addition, a hearing test and congenital heart screening are

performed. Should your baby weigh less than 5 pounds or be younger than 37 weeks, a car seat test will be conducted upon discharge. It is important that we have an accurate phone number for you so that we could reach you if there were any abnormal results. To find out more about this test, please ask your nurse or contact **1.800.4BAYLOR**.

## NUTRITION SERVICES

We offer an expanded restaurant-style menu from which to choose, along with beverages and snacks available upon request throughout the day. 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 suite 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. Quiet Time is daily from 2 p.m. - 4 p.m. You may wish to limit visitors during this special time.

## PROFESSIONAL PHOTOGRAPHY

A representative from a photography studio will come to your room to give you information about taking pictures. Each family receives a complimentary photo as well as the opportunity to buy more.

Written permission must be obtained before your baby's picture is placed 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.

## BIRTH CERTIFICATE

Women's Services will send a representative to your room to help in the completion of the Birth Certificate paperwork. From this information, an official form will be presented for your signature and official filing. We encourage you to complete this paperwork as soon as possible after arriving to your room in the Women's Center.

*We're here for you.*

The physicians, nurses and staff at the Women's Center at Baylor Scott & White – Waxahachie 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 important, we hope the warm, compassionate care of everyone here will help make this most special of times even more so.



*To stay connected to other moms, visit  
[Facebook.com/groups/baylorbabies](https://www.facebook.com/groups/baylorbabies).*



2400 North I-35 E

Waxahachie, TX 75165

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