family
STYLE
at The
Family Birthplace
What is Family Style?

This booklet is designed to give you all of the information you need to know about Forrest General’s Family Birthplace and what to expect as you deliver your baby at our hospital. We know your stay at Forrest General will be memorable for many reasons, and we want to make sure that you feel informed about the exciting experience that is just around the corner for your family.

In these pages, you will find details on all of the important things you need to know as a family. Don’t miss the valuable information in these sections:

■ Mommy Style
Moms, this is for you! As important as it is to care for your baby during pregnancy and after birth, it is equally as important to care for yourself! Look for information here on vaccines, classes, hospital and home security and other special features, including what to bring to the hospital.

■ Baby Style
Welcome to the world, baby! And now that your little one has arrived, you will need an understanding of the services provided at Forrest General’s nurseries and general information on screenings and birth certificates. This section also includes a description of the Mommie and Me programs offered by MadaleneDaniell.

■ Kid Style
Becoming a big brother or sister is a huge step in a child’s life, and this section offers information on classes that can help kids prepare for their family’s new arrival.

■ Couple Style
Bringing a new baby home comes with lots of changes, and parents need a little TLC too! Take a look at this section for tips on nurturing your relationship while you care for your new bundle of joy.

Family-Centered Care
Forrest General is a full-service, family-centered facility, which means that we strive to offer a world-class experience not only for Mom and baby, but for the entire family during this exciting time. We focus on making sure your family’s needs and expectations are combined with prescribed medical and nursing care to provide an individualized, positive experience.

It’s That Kind of Quality
2015 Medical Excellence Award – Top 10% in the Nation for Women’s Health

CareChex® is a rating service of Comparion, which analyzes a variety of process, outcome and patient satisfaction measures to assign a composite quality score and rating.

For more award listings, visit forrestgeneral.com.
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The Family Birthplace entrance which is now the Women’s and Children’s entrance

Forrest General’s Women and Children’s Services
Caring, Quality and Convenience – all in one location

What makes Forrest General’s Women and Children’s Services different from other hospitals? Not only will you be treated by the most experienced and caring staff in South Mississippi, but patients can rest assured the quality of care is being provided by one of the best hospitals in the nation for Women’s Health.

Forrest General’s Women and Children’s Services is conveniently located on one floor, with easy access from the 4th floor parking garage and one dedicated entrance with designated parking for Women and their families.

Families no longer have to worry about going to one location before surgery, another floor for surgery, or a third location for recovery. Once inside, there is no need to leave the floor – it’s like a women and children’s hospital within a hospital.

The women and children’s specialty floor includes The Family Birthplace, the family-centered Neonatal Intensive Care Unit, Pediatrics and a brand new Women’s Surgery Center.
The Women’s Surgery Center is a surgery suite dedicated to women’s gynecological health. It is aesthetically pleasing with a warm and personal environment. This dedicated private area also provides skilled nursing care, pre-operative and post-operative care and convenience – all in one location.

Specialized Post Anesthesia Care Unit beds can also be monitored from the centralized nursing station in the women’s Surgery Center.
The Family Birthplace

Labor and Delivery
The Family Birthplace is specifically designed for families welcoming new babies and includes Labor and Delivery, Well-baby Nursery, Neonatal Intensive Care Unit, Pediatrics and a Mother-Baby Unit. The Labor and Delivery Unit, located on Forrest General’s fourth floor within The Family Birthplace, is fully staffed 24 hours a day by personnel highly trained in advanced obstetrical care. The unit consists of private labor and delivery rooms with birthing beds, surgical suites and a recovery room. Labor, delivery and recovery occur in the same room for your comfort and easy transition. Your coach may stay with you throughout labor and delivery.

Most women will prepare for and have a vaginal delivery. However, some circumstances call for a scheduled or emergency surgical delivery called Cesarean. The staff at The Family Birthplace can handle all of your needs before, during, and after you deliver, whether you have a vaginal or Cesarean delivery.

Please discuss birthing options and preferences with your doctor, and seek answers to anything you do not understand. We encourage expectant families to take advantage of Forrest General prenatal classes and information which can help you prepare for the labor and delivery experience. Having your questions answered and receiving education about the birthing process will make your delivery experience more enjoyable.

*Bilateral Tubal Ligation (having your “tubes” tied) procedures are also performed on Labor and Delivery. If you have chosen this method of birth control, you should discuss this with your doctor prior to admission. On admission to Labor and Delivery, inform the staff of your desire. This procedure is performed as soon after delivery as possible and should not extend your stay.

Labor and Delivery Visitation Policies
Our philosophy of childbirth is that it is a family affair; therefore, we welcome your friends and family to the Family Birthplace. On the Labor and Delivery Unit, the physicians and Family Birthplace staff strive to give the best possible care to you, your family members and friends. Our desire is for you to have a pleasant experience through your stay. We ask the following of you:

- Visitors are welcome in your room. You may request a “no visitor” sign for your door at any time during your stay at Forrest General.
- For the safety and privacy of our patients, visitors are not permitted to stand outside labor rooms in the hallway or hold doors open.
- You may have snack foods in the room. Drinking and eating meals are limited to Forrester’s Dining area.
- Sleeping in the waiting room is not permitted.
- On the Labor and Delivery unit, siblings are the only children permitted to visit, and must be accompanied by an adult at all times.
- Family members and visitors are encouraged to help our staff keep all areas clean.
Couplet Care

The Family Birthplace staff care for infants and their mothers together. This is “couplet” care and enhances bonding between mother, baby and family. Frequently during your stay, staff members will enter your room to provide care for both you and your newborn.

Postpartum

Postpartum is a time when your family begins to bond. It is a time for you and your newborn to stabilize after delivery.

You may experience many emotions. Feelings of joy, excitement, hunger, bursts of energy, exhaustion, and disappointment may be felt. These feelings are normal and are due to rapid physical and hormonal changes which occur following childbirth.

Rest is very important during the postpartum period. Lack of rest and fatigue can undermine a mother’s sense of well-being and confidence in her ability to adjust to a new baby and family life. This time is also a period of adjustment for the new father. He may experience many of the same emotions and feelings of fatigue as the new mother.

Following vaginal birth, an average hospital stay is one to two days. The average stay following a Cesarean birth is approximately three days. You can expect nurses to check on you frequently to assess your needs, as well as the needs of your baby. Postpartum care instructions for sitz baths, episiotomy or incision care and breast care are given by The Family Birthplace staff. They are also available to help with breastfeeding techniques and various aspects of your newborn’s care such as holding, feeding, bathing and dressing. Should you have a son with a circumcision; instructions will be given to you before discharge on how to care for him.

Benefits of Rooming In

- Mother and baby sleep better.
- Mothers recognize and respond to baby’s cues.
- Breastfeeding is easier.
- Milk supply increases sooner.
- Maternal-infant bond is strengthened.

Breast Pump Rental for New Moms

Forrest General offers electric, hospital-grade breast pumps through a rental service, allowing new moms to use high quality pumps for as long as needed, at less than half the price it would cost to purchase one. Forrest General offers the Medela Symphony breast pump, which is comfortable, efficient and quiet, and actually mimics a baby’s nursing rhythm, which has been proven to reduce pump time. Breast pumps are ideal for mothers who have medical-related difficulties or miss feedings due to time spent away from their babies. These pumps are available through Forrest General’s C.A.R.E.ing Expressions Gift Shop. For more information about this program, please ask your nurse or call C.A.R.E.ing Expressions to check availability at 601-288-4283.

FGH OnCall is available to help you make decisions during this special time. To get help in selecting a pediatrician, call 1-800-844-4445.
Skin-to-Skin Contact

What is Skin-to-Skin?
Skin-to-skin means your baby is placed belly-down, directly onto your chest right after he/she is born. Your nurse will dry him off, cover him with warm blankets and a hat and diaper and then settle him onto your bare chest beneath your hospital gown. The first hours after birth are a very important time for you and your baby to get to know each other. If she needs to visit the pediatrician first, or if you deliver by c-section, your baby will be brought back to you as soon as possible and you can unwrap her and start skin-to-skin time shortly after birth. All newborns crave skin-to-skin contact!

Benefits of Skin-to-Skin
Numerous studies have proven that there are many health benefits to immediate skin-to-skin contact for newborns. Some of these benefits include:

- Baby is able to maintain a warmer body temperature.
- Baby is able to stabilize heart rate, respiratory rate and blood pressure faster.
- Your baby has higher blood sugar.
- Baby is less likely to cry.

Just remember as soon as your baby is born, his temperature is very unstable. You are your baby’s most perfect heat source, so please allow him to stay skin-to-skin with you uninterrupted for at least 1-2 hours after birth for his temperature and vital signs to stabilize. If you are breastfeeding, it is important you allow your baby to remain skin-to-skin until the first feeding is attempted and/or completed. The first 2 hours are the best time to try to breastfeed your newborn. Dads, grandparents and loved ones will have plenty of time to snuggle and hug baby after this very important time with mom. After skin-to-skin time is complete and the baby’s temperature and vital signs are stable, the nurse will get your baby bundled so that she can begin visiting with the rest of the family.

Bonding
Skin-to-skin contact will help you bond with your baby. Research has shown that moms who practice skin-to-skin care at delivery and after, touch and cuddle their babies more. They are also better able to respond to their baby’s cues and needs. Even a year later, skin-to-skin moms snuggled more with their babies.

Breastfeeding
Snuggling gives you and your baby the best start for breastfeeding. Research has proven that babies placed skin-to-skin after birth breastfeed better and longer. The American Academy of Pediatrics recommends that all breastfeeding babies spend time skin-to-skin right after birth. Keeping your baby close, especially during the first days of delivery, makes it easier to know when and how often to feed him. More “Breastfeeding” information on pages 28-31.

Delay Use of Pacifiers
Pacifiers may prolong time between feedings and may interfere with establishing adequate breast milk supply. They may also alter sucking technique. Delay use of pacifiers for the first few weeks after birth until baby is breastfeeding well.

Skin-to-Skin Beyond Delivery
It is best to keep cuddling your baby skin-to-skin even after you leave the delivery room, during your stay on post-partum, and even after discharge at home. Your baby will stay warm and comfortable on your chest, and the benefits of bonding, soothing and breastfeeding likely continue well after birth.

Hugs From Dad
Dads can snuggle, too! Babies also benefit from skin-to-skin time with Dad. So, if Mom needs some time to rest, Daddy can take over! Fathers and mothers who hold babies skin-to-skin help keep baby calm and content.
Vaccines

Pregnant Women
Pregnant women should get a dose of Tdap during each pregnancy, preferably at 27 through 36 weeks gestation. By getting Tdap during pregnancy, the mother’s pertussis antibodies transfer to the newborn, likely providing protection against pertussis in early life, before the baby starts getting DTaP vaccines. Tdap will also help protect the mother at time of delivery, making her less likely to transmit pertussis to her baby. It is important that all family members and caregivers of the baby are up-to-date with their pertussis vaccines (DTap or Tdap, depending on age) before coming into close contact with the baby. Tdap is recommended in the immediate postpartum period before discharge from the hospital for new mothers who have never received Tdap before or whose vaccination status is unknown.

Source: CDC website, cdc.gov
The Milk Depot at Forrest General

What is a milk depot?
The demand for human donor milk in hospital neonatal intensive care units (NICUs) continues to rise. Some mothers are unable to provide their own breast milk because of a lack of supply or for medical reasons. These mothers rely on donor milk as the primary source for their premature infant’s nutrition.

Who can donate milk?
The milk depot at Forrest General is serviced by the Mothers’ Milk Bank in Austin, Texas (MMBA). Women who are currently breastfeeding infants under one year old are eligible to be screened at no charge to become breast milk donors. The milk depot at Forrest General makes it easier for all Hattiesburg-area donors to donate this scarce resource that has life-saving impact.

How do mothers get the milk?
The MMBA fills prescriptions written by health care providers for the most fragile babies who need the life-giving and sustaining nutrition of donor human milk to thrive.

How can I donate?
For information on how you can donate, call the Forrest General Lactation Department at 601-288-3763.

ABOUT MOTHERS’ MILK BANK AT AUSTIN
The Mothers’ Milk Bank at Austin is a non-profit organization whose mission is to accept, pasteurize and dispense donor human milk by physician prescription, primarily to premature and ill infants. Women who are lactating can donate milk to The Mothers’ Milk Bank at Austin regardless of where they live. In 2012, the milk bank received donations from 589 mothers from 20 states.
General Information

Ways to Pre-Register
You are encouraged to pre-register at Forrest General as soon as your doctor confirms your pregnancy.

- Go to forrestgeneral.com, click on Women and Children, then click on Pre-Registration Form. Instructions will be given on how to register.
- Visit or call our registration office Monday-Friday between 8:00 a.m.-5:00 p.m. and the staff will be glad to answer any of your questions.
- Call the pre-registration clerk, 601-288-2013.
- Complete and mail the registration form located on page 40.

Things to Bring to the Hospital with You
It’s a good idea to have your suitcase packed and ready to go 7-14 days before your due date. Items you will want during labor include: lip balm, lotion and hard candy, so make them easy to find when you pack. Items you will want later during your stay include two nightgowns, a robe, slippers, deodorant, toothbrush and toothpaste, shampoo, 2 or 3 support bras and your “going home” clothing. Remember to pack several pairs of panties, which you’ll be able to wear immediately after delivery. In addition to your “going home” outfit, remember to bring an outfit and blanket for your new baby. A good tip to remember is that nightgowns for babies are difficult to manage in their car seat. If you would like for one of our staff members to put baby’s footprints in your baby book, please remember to pack it, too! For your enjoyment and convenience, each room is supplied with a DVD/CD player.

Admission
To learn about the admission procedure, please call your pre-registration coordinator. If you believe you are experiencing signs of approaching labor, call your physician. He or she will tell you when to go to Forrest General. On arrival to the hospital, check-in at The Family Birthplace entrance located on the 4th floor of the parking garage, which is open 24 hours a day. A member of the Family Birthplace staff will escort you to your room. If you are in labor, you will be admitted. If you are not in labor, you may be discharged.

Remember: If you think you are in labor, do not eat or drink anything, call your physician.

Forrester’s Food Court Hours
Forrester’s Food Court is open from 6:30 a.m. – 7:30 p.m. Although snacks are available in the Canteen on the first floor, we ask that meals be eaten in Forrester’s Dining Area. Call 601-288-1750 for a listing of what’s being served on the menu in Forrester’s Food Court.

- Subway
  OPEN: 7 a.m. – 1 a.m.
  (Breakfast available 7 a.m. – 10 a.m.)
  CLOSED: Thanksgiving Day and Christmas Day

- Java Moe’s
  Forrest General’s specialty coffee service, Java Moe’s, features a variety of baked goods, as well as coffee, beverages, hot chocolate, Breve, tea and several frozen drinks. Java Moe’s is located in Forrester’s Cafeteria.
  OPEN: Monday-Saturday, 6:30 a.m. – 8:00 p.m.
  CLOSED: Sunday

- Canteen
  Snacks and cold foods are available. The Canteen is located on the first floor between Volunteer Services and the Surgery/ICU elevators.
  OPEN: Monday-Friday, 6:30 a.m. – 6:30 p.m., and Saturday and Sunday, 8:00 a.m. – 4:00 p.m.

Telephone Numbers
A telephone number is assigned to each patient room. The hospital phone located in the waiting area is 601-288-4640. This phone only allows incoming calls. Outgoing calls can also be made from each patient room.

Photo/Video Policy
Photography is allowed during labor and delivery. Video is only allowed after the baby is born, and not during delivery.

Sibling Visitation
Older brothers and sisters are encouraged to visit you and the new baby in the hospital room. The goals of sibling visitation are to provide a unifying family experience for parents and siblings, to provide an opportunity for siblings to share in the joy of the new birth, and to facilitate a positive relationship between the sibling and baby.
Hospital and Home Security Checklist for New Mothers

As you begin to plan for the future of your baby, we want to inform you of the remote threat of an infant kidnapping while you are in the hospital and after you and your baby return home. Even though cases are extremely rare, we want you to have this security information to help you protect your baby. Parents are the first line of defense for their baby’s safety and security. The following practices are recommended during your hospital stay and after discharge.

**In the Hospital:**
- Make sure you are introduced to your primary nurse at the beginning of each shift.
- As soon as possible, have your nurse explain all security procedures and visiting hours.
- Never leave your baby unattended. This includes when you go to the bathroom or take a nap. When your baby is in the room with you, keep the bassinet beside your bed away from the door. DO NOT give your baby to anyone who is not wearing a hospital photo ID with the caregiver’s name and picture displayed. Those authorized to care for your baby wear pink badges with green footprints.
- The hospital will notify you in advance of any scheduled test or procedure. Call the nurse’s station if anyone unfamiliar insists on taking your baby for an unscheduled test or procedure.
- Always see that your baby is transported by bassinet, and notify the nurse’s station if you see anyone carrying an infant in their arms.
- Plan for who will visit you in the hospital, so you don’t have too many visitors.
- Do not give out any information about you or your baby over the phone or in person, unless you absolutely know the person with whom you are speaking.

**After You Leave the Hospital:**
- Do not allow anyone you do not know into your home without proper photo identification.
- Do not display outside decorations that inform the public of a new baby (balloons, ribbons, wooden storks, etc.)
- Do not place your baby’s birth announcement in the newspaper. Forrest General no longer arranges birth announcements for local papers.
- Never leave your baby unattended.
- Do not give out any information to casual acquaintances or strangers, including phone numbers, addresses, etc.
- Share safety information — be sure to provide this important safety information with family and friends who will help you care for your baby while in the hospital and after discharge.

**How Do We Keep Babies Safe?**
We do many things to keep mothers and newborn babies safe during their stay. We keep nursery doors locked, use security cameras and security bands on babies. These are just some of the examples. Forrest General Hospital employees also have strict safety rules they must follow when handling and moving your baby. Your nurse can explain how we handle infant security.

_Footnote: The Hospital and Home Security Checklist for New Mothers was reprinted with permission from How Parents Can Help®. How Parents Can Help® was compiled from 18 years of professional experience in infant security by Jeff Aldridge. Other sources of information include the Federal Bureau of Investigation (FBI), National Center for Missing and Exploited Children (NCMEC) and National Criminal Justice Reference Service (NCJRS)._
Safe Sleep for Your Baby

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death by placing your baby in a safe sleep environment. Follow the guidelines below:

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby’s sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.

To reduce the risk of SIDS, women should:
- Get regular health care during pregnancy, and
- Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.

To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.

Breastfeed your baby to reduce the risk of SIDS.

Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS after breastfeeding is well established.

Do not let your baby get too hot during sleep. Follow health care provider guidance on your baby’s vaccines and regular health checkups.

Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.

Do not use home heart or breathing monitors to reduce the risk of SIDS.

Give your baby plenty of tummy time when he or she is awake and when someone is watching.


What Does a Safe Sleep Environment Look Like?

- Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on his or her back to sleep for naps and at night.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you or with anyone else.

*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or http://www.cpsc.gov.
Available Classes

The Family Birthplace Classes

The Family Birthplace offers childbirth classes to expectant parents. During the sessions participants experience interactive teaching and learning. A variety of methods of instruction are used such as: demonstration, lecture, and media. Areas of instruction include signs of labor, how to time contractions, what is early labor, what to pack to prepare for the hospital, and comfort measures (breathing and relaxation techniques). Information is also shared about medical procedures such as pelvic exams, fetal monitoring, assisted delivery, episiotomy, epidural and much more. Care for the mother and baby is discussed as well, including: APGAR scoring, breastfeeding, medications for the baby, ID bands, circumcision and couplet care. Coaches are welcome to attend these information-filled classes. All classes meet in Forrester’s Meeting Rooms located on the first floor of Forrest General Hospital. Classes are free if delivering at Forrest General. To register, call FGH OnCall, 1-800-844-4445, then press 1.

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<tr>
<th>First Trimester 1-13 Weeks</th>
<th>Second Trimester 14-26 Weeks</th>
<th>Third Trimester 27-40 Weeks</th>
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<td>• Pregnancy Exercise Program (with physician approval)</td>
<td>• Pregnancy Exercise Program • Breastfeeding Class • Childbirth Preparation Course • Saturday Childbirth Preparation Course • Baby Care Class • Coach’s Corner</td>
<td>• Pregnancy Exercise Program • Breastfeeding Class • Childbirth Preparation Course • Saturday Childbirth Preparation Course • Baby Care Class • Coach’s Corner • Sibling Class</td>
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Childbirth Preparation Course
Meets Tuesday or Thursday evenings from 6-8 p.m. for three weeks
Prepares participants for labor and delivery and offers a tour of The Family Birthplace. Coaches are welcome to attend.

Discussion of:
- Anatomy and physiology of pregnancy
- Signs and stages of labor
- Comfort measures and positions for labor
- Hospital and medical procedures
- Delivery process
- Post Partum period
- Tour of Labor & Delivery

Saturday Childbirth Preparation Course
Meets on Saturday from 9:30 a.m.-3:30 p.m.

Baby Care Class
Meets Tuesday or Thursday evenings from 6-8 p.m.
New and expectant parents, as well as baby caregivers, learn skills such as bathing and diapering newborns and recognizing signs and symptoms of illness.

Discussion of:
- Sleeping and crying habits
- Positioning
- Signs of illness
- Health promotion
- Breastfeeding vs. bottle feeding
- Childproofing your home

Demonstrations:
- Bath
- Cord care
- Circumcision care
- How to dress and bundle
- Use of a syringe
- Temperature taking

Breastfeeding Class
Meets on Tuesday evenings from 6:30-8 p.m.
This class is designed to help expectant moms become well-informed about breastfeeding. An important step in assuring success in breastfeeding is to understand the principles before you deliver your baby. This class also offers support for moms who are breastfeeding and have concerns or questions.

Discussion of:
- How breast milk is made
- Feeding on cue
- Breastfeeding positions and techniques
- Taking care of yourself while breastfeeding
- Pumping and storing breast milk

Forrest General’s Breastfeeding Support Group
Forrest General also offers a special support group for breastfeeding moms. See page 30 for more information.
Fitness for Two Classes

Celebrating the Childbearing Years with Information and Support Since 1977

Fitness for Two programs meet the needs of expectant moms and dads, as well as mothers and their children, from birth to three years of age. As families go through the changes of this special season in their lives, they enjoy emotional and educational networking with others as they make lifelong memories.

Classes are held in the Spirit of Women Conference Room in Hattiesburg Clinic's 28th Place, located at 421 South 28th Avenue. Information and answers to often-asked questions can be found at fitness4two.com. For further information contact: Madalene Daniell, Director, at 601-264-2210 or 601-434-1350. To pre-register call FGH On Call at 1-800-844-4445, then press 1 or Spirit of Women at 601-288-4968 between hours of 2-10 p.m.

Six-week session charge is $30. Three-week mini-session is $15.

Coach’s Corner fee is $10 or free of charge with participation in Pregnancy Exercise Program.

Fitness for Two classes also include the Mommie and Me series (see page 26 for more information).

Pregnancy Exercise Program

Meets Mondays in six-week sessions from 6:30-8:00 p.m.

Previously active and inactive mothers-to-be gather together once a week to exercise, increasing their stamina during pregnancy and preparing for labor and delivery. The support group environment combines strengthening, stretching and isolation exercises with education topics such as breathing techniques, discomfort releases, labor and delivery preparation and postpartum recovery. Graduates return with their babies as our special guests, teaching us through their stories of their deliveries and postpartum journey. Participants can begin as early as nine weeks into their pregnancy or as late as eight months into the pregnancy with physician approval. Participants often repeat the six-week sessions throughout their pregnancy. Six-week session charge is $30.
Three-week mini-session is $15.

Coach’s Corner

Offered on Tuesday or Thursday once a month from 6:30-8:30 or 8:00-10:00 p.m. Participants need to verify day and time when registering.

This one-session class is designed as the “cliff notes” to labor and delivery, focusing on sports analogies to assist coaches in retention of breathing techniques. Each coach leaves class understanding more about their purpose during this important family bonding time. Information includes the logistics of: when to go to the hospital, what to expect, medications and induction vs. limited medical intervention, family visits and boundaries, breathing patterns, and the role of the coach throughout the experience as well as postpartum. Because the mother-to-be and coach attend together, learning many helpful hints, many discussions of what to expect and how to work together will follow. Curriculum benefits pregnancy first-timers, as well as repeaters. An optional tour of The Family Birthplace is offered. Attendance is recommended during the second or third trimester. Coach’s Corner fee is $10 or free of charge with participation in Pregnancy Exercise Program.
Frequently Asked Questions About Classes

1 When should I attend the classes?
For Fitness for Two classes, contact Madalene Daniell, Director, at 601-264-2210 or 601-434-1350 or fitness4two@daniellmotors.com. For Family Birthplace Classes, call Spirit of Women at 601-288-4968. Also refer to chart on page 15.

2 Where are the classes located?
Each class description includes the location. Directions will be given to you when you register.

3 How much does it cost to attend the classes?
The fees for each class are included in the class description. If delivering at Forrest General Hospital, the Family Birthplace classes are free.

4 How do I register and pay for the classes?
For Family Birthplace Classes, call Spirit of Women at 601-288-4968. For Fitness for Two, call Spirit of Women at 601-288-4968 or Madalene Daniell, Director, at 601-264-2210 or 601-434-1350 or fitness4two@daniellmotors.com.

5 What should I wear and bring to class?
Wear comfortable layers of clothing because room temperatures can vary. Also wear comfortable shoes. You will be instructed when you register if you need to bring any other items.

6 Who can attend with me?
Your husband, coach, or parent can attend the Family Birthplace Classes with you. For Fitness for Two classes, contact Madalene Daniell at 601-264-2210 or 601-434-1350 for questions.
Special Features
Spirit of Women Membership

Spirit of Women Hospital Network is a national coalition of hospitals and health care facilities in over 75 U.S. cities joined together to advance the cause and business of women’s health. Spirit of Women is a national movement — more than just a media campaign or a series of events, but a movement led by hospitals across the United States and supported by corporate partners and national media with the mission to move women to take action for better health for themselves and their families...mind, body and spirit. With approximately 6,500 members, Forrest General is the exclusive premier status Spirit of Women hospital for South Mississippi.

Register to become a Spirit of Women member and you are doing more than joining a club. You are becoming part of a support system for women of all ages — helping to nurture your well-being and enrich your lifestyle. A lifetime membership costs only $20 and includes: introductory membership gifts; invitations to seminars, classes and events; support groups; a monthly calendar of events; a quarterly magazine; valuable discounts from local businesses (Rewards Partners) and lots of fun!

Forrest General’s Spirit of Women offers fun, exciting and informative programs year-round! A special spring event for members and friends is held each spring and features special speakers with inspiring messages. Football 101 kicks off football season each summer at the Rock with talks from doctors, coaches, even tailgating extraordinaires! It’s a fun way to get in the spirit of football. Girls’ Day Out is a great day to share with friends in the fall and be pampered! There is always an entertaining speaker, shopping, pampering and more fun! Additional programs are also held throughout the year for women, teens and girls. Check out forrestgeneral.com/spiritofwomen for more information.

Family Birthplace Photo Tour

A slideshow tour of beautiful photos from Forrest General’s Family Birthplace is now online! Stop by Forrest General’s website (www.forrestgeneral.com) and click on Women and Children’s Services, then Family Birthplace Photo Tour to see a detailed overview of the soothing, aesthetic features that make the Family Birthplace a beautiful place to welcome your family’s newest addition!

Guided Tour of the Family Birthplace

Your baby’s birthplace is a special destination. Moms and Dads who may be wondering about what to expect during and after labor and delivery are invited to come and see where you will spend those precious first moments and hours with your newborn. A tour of the Family Birthplace, guided by one of our caring staff members, is available to help families know what to expect and ease any anxieties about where your baby will be born. To schedule a tour of the Family Birthplace, please call FGH OnCall at 1-800-844-4445.
C.A.R.E.ing Expressions Gift Shop

If you’re looking for the perfect wreath or ribbon for your Postpartum room door, bubblegum cigars for the proud dad to hand out, flowers and balloons, keepsake baby items or other fun gifts, they can all be found at C.A.R.E.ing Expressions Gift Shop at Forrest General. Medela breast pumps are also available for rent. C.A.R.E.ing Expressions is conveniently located in the front lobby of the hospital and is open Monday-Friday, 7:30 a.m. – 6:45 p.m.; open Saturday, 8 a.m. – 4 p.m. Simply follow the signs to the hospital entrance or ask an employee how to get to the shop. For more information, call 601-288-4283.
Life’s Little Miracles Mural

The Forrest General Healthcare Foundation would like to offer an opportunity to commemorate the birth of your child, whether that child is still an infant, in college, or having children of their own.

The Foundation has created “Life’s Little Miracles,” a mural artfully rendered by local artist Kym Garraway. Parents and friends have the opportunity to purchase a space on the mural, which features a landscape including animals, trees, flowers and stars, in honor or in memory of a child.

Any baby is eligible to be honored on the wall. Memorials can also be purchased to remember the special baby who lives on in your family’s hearts and memories. This honor is the perfect gift for a Christening or Naming Ceremony, or a great way to celebrate a child’s birthday!

The mural is located in The Family Birthplace between Labor and Delivery and the Mother-Baby Unit. Should all of the mural spaces be purchased, an additional area for expansion of the mural is available.

Your gift, which is tax-deductible, will benefit the future expansion of Forrest General’s Neonatal Intensive Care Unit (NICU). Your gift will allow Forrest General to continue to provide the best for those babies at Forrest General who need extra-special care and attention. Once all of the mural spaces are sold, “Life’s Little Miracles” could potentially raise over $100,000 for the future of the NICU.

For more information, please contact the Forrest General Healthcare Foundation at 601-288-4396.
Family Birthplace Nurseries

Forrest General has a Newborn transition nursery (for stabilization of newborns just after birth) and a Neonatal Intensive Care Nursery. These nurseries are located on the fourth floor within the Family Birthplace.

Newborn Nursery

After delivery, your baby is assessed, weighed and measured. The nursery nurse will apply a security bracelet and ID band. Babies born prematurely or who have problems at birth are taken immediately to the Neonatal Intensive Care Unit for specialized care. A nurse trained in neonatal resuscitation attends every delivery to provide immediate care.

To protect against infection, everyone coming into contact with you and your baby must be free from all infections including colds, fever blisters and open draining wounds.

Before touching or holding your baby, visitors are required to wash their hands and arms. The mother also should wash her hands and arms.

Forrest General promotes rooming-in under normal circumstances. Rooming-in is where babies stay in the room with the parent to promote bonding and more success with breastfeeding. Babies may be taken to the Nursery for certain procedures.

Pediatric Clinics

Children’s Clinic
5 Medical Boulevard
Hattiesburg, MS 39401
601-261-3500

The Pediatric Clinic, PA
1101 South 28th Avenue
Hattiesburg, MS 39402
601-579-3000

Neonatal Transport

Forrest General features a dedicated Neonatal Transport vehicle that has all the characteristics of a regular ambulance for adults, but is specially designed to accommodate some of the Pine Belt’s tiniest patients.

The vehicle provides a way to transport critical infants with the help of Forrest General’s Neonatal Transport Team, which is the second oldest neonatal transport team in the state of Mississippi. The team has the great responsibility of transporting critically-ill infants, either from a hospital in Forrest General’s 19-county service area to Forrest General, or from Forrest General to another treatment facility. The Neonatal Transport vehicle is large enough to transport two babies at once, accompanied by staff members. The space also includes a blanket warmer, refrigerator for breast milk and other equipment and features needed during such a delicate transport. This vehicle was made possible by collaboration between the transport team, Forrest General Administration and AAA Ambulance Administration, bringing this vehicle designed specifically for the needs of tiny patients to the Pine Belt.
Neonatal Intensive Care Unit

Forrest General’s Neonatal Intensive Care Unit (NICU) ensures that most infants receive specialized care without the need of transfer to another hospital. Babies born prematurely or with special needs may be admitted to the NICU. This specialized unit is staffed by neonatologists, registered nurses, respiratory therapists, a secretary and advance care techs. They are pleased to answer any questions you may have about the NICU.

Forrest General’s newly-renovated NICU is one of only a few in the nation to offer “family-centered care” — a concept that allows parents to remain with their child at all times during their stay in the NICU. As one of the most modern and highly advanced units in the nation, the NICU features expanded space, state-of-the-art design, advanced medical care and heightened technology — delivered by caring, experienced physicians and staff. Visit the online video at www.forrestgeneral.com.

NICU WebCam System
Bonding with your baby is one of the greatest joys of parenting. For parents of a premature or sick baby, bonding is often interrupted as infants are moved to the NICU for extended care. Now, parents of NICU babies can bond with much-needed screen time! Forrest General offers webcams as a free service to NICU families so that parents can see their baby from anywhere you have access to the internet. Webcams do not take the place of visits and hands-on care parents can provide. The webcam can provide a way for a family to stay connected. It also provides a way for those that are too small or too far away to see the newest member of your family. Parents will be asked to sign a written consent and then will receive a username and password, which they can share with others or choose to keep private.

The Milk Depot at Forrest General
See page 11 for information about the Milk Depot at Forrest General and how it is partnering with the Mothers’ Milk Bank at Austin to help ensure donor human milk is safe and available to the infants who need it most. The pasteurized breast milk dispensed is specifically processed to meet the specific needs of fragile and sick babies.
General Information

Circumcision
If you wish to have your newborn son circumcised, you will be asked to sign a consent form before the procedure is performed. You should discuss circumcision with your obstetrician during your pregnancy. The cost and arrangements for circumcision should be discussed at your doctor’s office prior to your child’s birth.

Birth Certificate
Information for the birth certificate will be obtained from you, usually on the day following delivery. It is necessary for the spelling of the baby’s name and all other information to be accurate. This information must be completed prior to your discharge from the hospital. Please do not leave the hospital before signing the birth certificate.

Once your baby is born, please have his/her birth certificate form filled out as soon as possible, as this will speed up your discharge process. You are responsible for ordering your own birth certificate for your baby. You will be given a form to fill out and mail to Vital Records in Jackson, Miss., to obtain a birth certificate. **The hospital does not provide the birth certificate.** The hospital cannot give copies of the Hospital Worksheet or the Original Birth Certificate. You will be given a Proof of Birth once the birth certificate is completed by the Birth Certificate Clerk here at the hospital.

Social Security Card Information
Your baby’s social security card will be automatically mailed to you in five to six weeks. There is no need to call the hospital. Please provide the correct address that your baby’s social security card should be mailed to, because Social Security will not forward the card to a different address.

Hepatitis B
The American Academy of Pediatrics and Centers for Disease Control recommends that the first dose of Hepatitis B Vaccine be given to infants soon after birth, before leaving the hospital. Parents must understand the importance of the vaccine. Completion of the vaccine series is required to adequately protect children from Hepatitis B infection. If you have any questions, contact your pediatrician.

- **What Is Hepatitis B Infection?**
  Hepatitis B is an infection of the liver caused by the Hepatitis B Virus (HBV). There are approximately 43,000 new infections every year in the U.S.

  HBV can be transmitted in several ways. Babies born to an infected mother are at risk during birth, as well as children who live with an HBV carrier. HBV also can spread through sexual intercourse, shared needles between drug users and other contact with infected blood.

- **How to Stop the Spread**
  An effective way to control the spread of this virus is to immunize all children before they reach the age of highest risk.

  To be fully protected, children need three doses of the vaccine. The first vaccination is given at birth by hospital personnel, if consent is given. The second dose is given at one to two months and a third dose at six to 18 months. Second and third doses should be given by a family physician, pediatrician or local health department. Any newborn who does not receive a vaccine at birth should receive three Hepatitis B doses by 18 months. After completion of the primary series, children must receive a booster approximately every nine years.

  More than 97 percent of children who receive all recommended doses of the Hepatitis B vaccine are protected against illnesses caused by the virus.

- **Side Effects**
  No serious reactions have been linked with the vaccine. Approximately one to 10 percent experience fussiness, soreness, swelling and/or redness at the injection site within 24 hours. These side effects are mild and temporary, and usually go away within 48 to 72 hours.
Mommie & Me Programs

Comprehensive Newborn Screening
The Comprehensive Newborn Screening identifies genetic disorders in newborn babies. Comprehensive screening, which is required by Mississippi law, tests for more than 40 genetic disorders. Most babies born with one of these disorders show no obvious signs of disease after birth.

With early diagnosis and treatment, serious illness associated with most of these disorders often can be prevented. Some of these disorders are serious and can be life-threatening. Other disorders may slow down physical development or cause mental retardation or other problems.

The Comprehensive Newborn Screening requires only a small amount of blood from your infant’s heel. Your pediatrician will receive the results and discuss them with you only if a problem is identified.

When you are admitted to the hospital for the birth of your baby, you will receive additional information about comprehensive newborn screening. Speak with your baby’s nurse or doctor if you have any questions about the screening.

Newborn Hearing Screening
Hearing loss is invisible and is the most common birth disorder in children. It affects as many as 12,000 babies born in the United States each year. In Mississippi, about 90 babies are born with or develop hearing loss each year.

Your baby will be screened while at Forrest General and if further testing is needed, your nurse will instruct you.

Newborn hearing screening is available through every hospital in the state that delivers babies. The purpose of the hearing screening is to identify children with hearing loss at an early age so that proper follow-up and treatment can be recommended.

Mommie & Me Programs

Mommie & Me offers mothers and their children from two months to three years the opportunity to interact and exercise together using music, movement, story and rhyme. Based on the age of the children, the three programs offer emotional and informational support to the moms while encouraging the children to meet their developmental milestones. Special Family Nights are included periodically to bring the entire family together, celebrating all the children have learned and developing connections with other families. The programs offer a great networking opportunity for mothers and their children. Participants often continue the program sessions throughout the school year. Classes are held in the Spirit of Women Conference Room in Hattiesburg Clinic’s 28th Place, located at 421 South 28th Avenue.
Information and answers to often-asked questions can be found at fitness4two.com. For further information contact: Madalene Daniell, Director, at 601-264-2210 or 601-434-1350. To pre-register call FGH OnCall at 1-800-844-4445, then press 1 or Spirit of Women at 601-288-4968 between hours of 2-10 p.m. Six-week session charge is $30. Three-week mini-session is $15.

**Mommie & Me – The First Year**
*Meets Wednesdays for six weeks from 10:00-11:30 a.m. and Monday mornings for a summer session.*

First year mothers bring their 2-12 month olds and grow in their confidence as new moms. Babies go through their usual morning schedule as the mothers exercise, network and share stories about their first-year experiences. Babies and mothers learn interactive play activities to teach to their families.

**Mommie & Me – Just Movin’**
*Meets Mondays for six weeks from 10:00-11:30 a.m.*

Geared toward the early walkers, generally 11 months to two years, moms and young toddlers learn activities that will encourage their fast developing milestones. Busy mothers of this age group will appreciate the new relationships while learning ways to encourage their young toddler’s development.

**Mommie & Me – Toddlers**
*Meets Tuesdays for six weeks from 10:00-11:30 a.m.*

The Toddler Years class addresses mom’s parenting concerns while toddlers are being challenged mentally, physically and socially with others. As a pre-curser to pre-school, mothers can see where they need to encourage their child during the interactive play. Topics of discussion relevant to this age are included. Children are generally 22 months to three years old in this program.

For answers to frequently asked questions about classes see page 12.
Your Guide to Breastfeeding

The experience of breastfeeding is special for so many reasons, including:

- The joyful bonding with your baby
- The perfect nutrition only you can provide
- The cost savings
- The health benefits for both mother and baby

In fact, breast milk has disease-fighting antibodies that can help protect infants from several types of illnesses. And mothers who breastfeed have a lower risk of some health problems, including breast cancer and type 2 diabetes.

Keep in mind that breastfeeding is a learned skill. It requires patience and practice. For some women, the learning stages can be frustrating and uncomfortable. And some situations make breastfeeding even harder, such as babies born early or health problems in the mother. The good news is that it will get easier, and support for breastfeeding mothers is growing.

Forrest General is committed to help you succeed with mastering breastfeeding. We have dedicated lactation nurses to assist you in all your breastfeeding needs. Lactation nurses can be contacted even after delivery for assistance by dialing 601-288-4554 or 601-288-4500.

Our Caring Expressions Gift Shop, located on the first floor of Forrest General, offers hospital grade breast pump rental. For more information, call 601-288-4283.

You are special because you can make the food that is uniquely perfect for your baby. Invest the time in yourself and your baby — for your health and for the bond that will last a lifetime.

The U.S. Department of Health and Human Services’s Office on Women’s Health (OWH) is raising awareness of the importance of breastfeeding to help mothers give their babies the best start possible in life. In addition to this guide, OWH offers online content at http://www.womenshealth.gov/breastfeeding and provides the National Breastfeeding Helpline at 800-994-9662. The Surgeon General’s Call to Action to Support Breastfeeding puts forth steps that family members, communities, clinicians, health care systems, and employers can take to make breastfeeding an easy choice for mothers. Learn more at http://www.surgeongeneral.gov. OWH also partners with the Health Resources and Services Administration’s Maternal and Child Health Bureau to educate employers about the needs of breastfeeding mothers via The Business Case for Breastfeeding.

The Affordable Care Act (health care reform) helps pregnant women and breastfeeding mothers get the medical care and support they and their children need. Learn more at http://www.healthcare.gov.
Why Breastfeeding Is Important

Breastfeeding Protects Babies

1. Early breast milk is liquid gold.
   Known as liquid gold, colostrum (coh-LOSS-trum) is the thick yellow first breast milk that you make during pregnancy and just after birth. This milk is very rich in nutrients and antibodies to protect your baby. Although your baby only gets a small amount of colostrum at each feeding, it matches the amount his or her tiny stomach can hold.

2. Your breast milk changes as your baby grows.
   Colostrum changes into what is called mature milk. By the third to fifth day after birth, this mature breast milk has just the right amount of fat, sugar, water, and protein to help your baby continue to grow. It is a thinner type of milk than colostrum, but it provides all of the nutrients and antibodies your baby needs.

3. Breast milk is easier to digest.
   For most babies — especially premature babies — breast milk is easier to digest than formula. The proteins in formula are made from cow’s milk, and it takes time for babies’ stomachs to adjust to digesting them.

   The cells, hormones, and antibodies in breast milk protect babies from illness. This protection is unique; formula cannot match the chemical makeup of human breast milk. In fact among formula-fed babies, ear infections and diarrhea are more common. Formula-fed babies also have higher risks of:
   - Necrotizing (nek-roh-TEYE-zing) enterocolitis (en-TUR-oh-coh-lyt-iss), a disease that affects the gastrointestinal tract in pre-term infants.
   - Lower respiratory infections
   - Atopic dermatitis, a type of skin rash
   - Asthma
   - Obesity
   - Type 1 and Type 2 diabetes
   - Childhood leukemia

Breastfeeding has also been shown to lower the risk of SIDS (sudden infant death syndrome).

Breastfeeding During an Emergency

When an emergency occurs, breastfeeding can save lives:

- Breastfeeding protects babies from the risks of a contaminated water supply.
- Breastfeeding can help protect against respiratory illnesses and diarrhea. These diseases can be fatal in populations displaced by disaster.
- Breast milk is the right temperature for babies and helps to prevent hypothermia when the body temperature drops too low.
- Breast milk is readily available without needing other supplies.

Breastfeeding Glossary

Nutrients are any food substance that provides energy or helps build tissue.

Antibodies (AN-tye-bah-deez) are blood proteins made in response to germs or other foreign substances that enter the body. Antibodies help the body fight illness and disease by attaching to germs and marking them for destruction.

The gastrointestinal system is made up of the stomach, and the small and large intestines. It breaks down and absorbs food.

The respiratory system includes the nose, throat, voice box, windpipe, and lungs. Air is breathed in, delivering oxygen. Waste gas is removed from the lungs when you breathe out.

Formula-feeding can raise health risks in babies, but there are rare cases in which formula may be a necessary alternative. Very rarely, babies are born unable to tolerate milk of any kind. These babies must have soy formula. Formula may also be needed if the mother has certain health conditions and she does not have access to donor breast milk.
Mothers Benefit from Breastfeeding

1. Ways that breastfeeding can make your life easier.
   Breastfeeding may take a little more effort than formula feeding at first. But it can make life easier once you and your baby settle into a good routine. When you breastfeed, there are no bottles and nipples to sterilize. You do not have to buy, measure, and mix formula. And there are no bottles to warm in the middle of the night.

2. Breastfeeding can save money.
   Formula and feeding supplies can cost well over $1,500 each year, depending on how much your baby eats. Breastfed babies are also sick less often, which can lower health care costs.

3. Breastfeeding can feel great.
   Physical contact is important to newborns. It can help them feel more secure, warm, and comforted. Mothers can benefit from this closeness, as well. Breastfeeding requires a mother to take some quiet relaxed time to bond. The skin-to-skin contact can boost the mother’s oxytocin (OKS-ee-TOH-suhn) levels. Oxytocin is a hormone that helps milk flow and can calm the mother.

4. Breastfeeding can be good for the mother’s health, too.
   Breastfeeding is linked to a lower risk of these health problems in women:
   - Type 2 diabetes
   - Breast cancer
   - Ovarian cancer
   - Postpartum depression

   Experts are still looking at the effects of breastfeeding on osteoporosis and weight loss after birth. Many studies have reported greater weight loss for breastfeeding mothers than for those who don’t. But more research is needed to understand if a strong link exists.

5. Nursing mothers miss less work.
   Breastfeeding mothers miss fewer days from work because their infants are sick less often.

Breastfeeding Benefits Society

The nation benefits overall when mothers breastfeed. Recent research shows that if 90 percent of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants would be prevented. The United States would also save $13 billion per year — medical care costs are lower for fully breast-fed infants than for never-breastfed infants. Breast-fed infants typically need fewer sick care visits, prescriptions, and hospitalizations.

Breastfeeding also contributes to a more productive workforce because mothers miss less work to care for sick infants. Employer medical costs are also lower.

Breastfeeding is also better for the environment. There is less trash and plastic waste compared to that produced by formula cans and bottle supplies.

Forrest General’s Breastfeeding Support Group

Forrest General’s Breastfeeding Support Group is led by lactation nurses and designed for moms who may need extra guidance in helping their baby get the best nutrition possible through breastfeeding. If you are having trouble, or just have questions, this group is for you! The group is free and babies are welcome to attend with their moms!

1st and 3rd Thursday of each month, unless it falls on a holiday
1st Thursday meets at 6 p.m.
3rd Thursday meets at 10 a.m.

All meetings are in the Spirit of Women Conference Room at 28th Place, 421 South 28th Avenue.
Before You Give Birth

To prepare you for breastfeeding, the most important thing you can do is have confidence in yourself. Committing to breastfeeding starts with the belief that you can do it!

Other steps you can take to prepare for breastfeeding:

1. Get good prenatal care, which can help you avoid early delivery. Babies born too early often need special care, which can make breastfeeding harder.

2. Take a breastfeeding class. To register for Forrest General’s Breastfeeding Class, call FGH OnCall at 1-800-844-4445, then press 1.

3. Establish a relationship with Forrest General lactation nurses (601-288-3763) before the baby comes, or be ready if you need help after the baby is born.

4. Talk to your health care provider about your health. Discuss any breast surgery or injury you may have had. If you have depression or are taking medications, discuss treatment options that can work with breastfeeding.

5. Tell your health care provider that you would like to breastfeed your newborn baby as soon as possible after delivery. The sucking instinct is very strong within the first hour of life.

6. Talk to friends who have breastfed or consider joining a breastfeeding support group.

Talk to Fathers, Partners, and Other Family Members About How They Can Help

Breastfeeding is more than a way to feed a baby — it becomes a lifestyle. And fathers, partners, and other special support persons can be involved in the breastfeeding experience, too. Partners and family members can:

- Support the breastfeeding relationship by being kind and encouraging.
- Show their love and appreciation for all of the work that is put into breastfeeding.
- Be good listeners when a mother needs to talk through breastfeeding concerns.
- Make sure the mother has enough to drink and gets enough rest, help around the house, and take care of other children at home.
- Give emotional nourishment to the child through playing and cuddling.

Fathers, partners, and other people in the mother’s support system can benefit from breastfeeding, too. Not only are there no bottles to prepare, but many people feel warmth, love, and relaxation just from sitting next to a mother and baby during breastfeeding.

What Dad Can Do

The bond between mother and baby is important, but so is the bond between father and baby. Babies need cuddles and hugs from their dads, too! In fact, skin-to-skin contact helps baby and father bond much like it does for mother and baby.
Available Classes

The Family Birthplace Sibling Class

Meets on Thursdays in January, April, July from 6-7:30 p.m.

Helps children ages four to eight adjust to the birth of a new family member. Teaches children about their role as big brothers or sisters and includes a tour of The Family Birthplace. To register, call FGH OnCall, 1-800-844-4445, then press 1.

Will Discuss and Demonstrate:
- How to properly hold, feed and burp a baby
- Feelings about new baby
- How to help Mom
- Diaper change
- What-if situations

March of Dimes March for Babies

March for Babies gives hope to the more than half a million babies born too soon each year. The money raised supports programs in our community that help moms have healthy, full-term pregnancies. And it funds research to find answers to the problems that threaten our babies.

The money raised in March for Babies funds important research and programs that help babies begin healthy lives. Forrest General is committed to the families in our community by supporting the March of Dimes March for Babies.
What to Anticipate from Your First Child When Bringing a New Baby Home

Every child who becomes a big brother or sister will not only require time to adjust, but also extra love and attention during this exciting family transition. Experts agree that children share similar emotions and reactions as they experience your pregnancy, the anticipated arrival of the new baby and the process of coming home and moving in.

Common reactions
(which are perfectly normal for your child):

- **Lots of questions!**
  Answer your child’s questions by keeping the answer simple, honest and using familiar words. The details you provide should depend on age and maturity level; don’t feel compelled to give all the details.

- **Jealousy after the baby comes home**
  Most children do not understand that babies require most of your time and attention. While it’s important to include your child in the daily care of the baby, like helping to change diapers or with feeding, it is just as important to spend time alone with your child — just the two of you — playing, reading or doing their favorite activity.

- **Resentment and animosity**
  Even the most prepared child will, on some level, experience these feelings; it’s a normal part of adjustment to the changing family dynamic. Don’t worry if your child doesn’t immediately embrace the idea of having a new baby around; understand it as a normal emotion and encourage your child to express their feelings.

Resources: For more information, check out these children’s books, which also include parental notes and tips:

**Book 1:** “What Baby Needs”  
William Sears, M.D.  
Martha Sears, R.N.  
Christie Watts Kelly

**Book 2:** “What to Expect When the New Baby Comes Home”  
Heidi Murkoff

**Book 3:** “Baby on the Way”  
William Sears, M.D.  
Martha Sears, R.N.  
Christie Watts Kelly
Easing the Transition: Tips and Tricks to Help Children Adjust to Being a Big Brother or Sister

There are many things you can do to help your child adjust to your growing family and their new role as a big brother or sister. Experts encourage specific activities for children prior to and after the arrival of the new baby. These activities can help ease the transition for your child and help them work through the questions, jealousy and resentment.

Activities to do with your child BEFORE the new baby arrives:

- **Go on doctor visits together** — include your child in listening to the heartbeat and looking at the ultrasound images.
- **Look at photos** — bring out your child’s baby pictures or baby book and include pictures of you and your spouse as an infant.
- **Think of baby names together** — this can be a fun activity that can include learning how to spell names.
- **Practice being a “big helper”** — changing diapers on a baby doll, packing diaper bags as well as helping to prepare the nursery are all activities that your child may enjoy.
- **Watch a movie** — try films that celebrate the “adventures” of siblings growing up together.
- **Read together** — look for books written by child experts that convey simple messages to prepare your child for the arrival of the baby.

*Topics typically covered include:*

- Describing what a new baby looks like and what they eat.
- Why a baby cries, why they sleep so much and why they can’t do anything by themselves.
- How to hold a baby and why they need to be held so much.

After the baby comes home – spend time with your child doing the following:

- **Plan a “Welcome Home Baby ‘Birthday’ Party”** – allow your child to pick the party food and ask them who should be invited; if your child is old enough, having them make invitations is a great way to spend time together.
- **Snuggle** – perhaps while breast or bottle feeding the new baby, include the older sibling in a peaceful snuggle fest or find time to nap alone with your older child.
- **Play** – whenever you can, by yourself if possible, with your older child.

Encourage your child to make friends with the baby by:

- Sitting and holding the baby (with supervision).
- Making silly faces at the baby.
- Quietly singing or reading to the baby.
- Holding out their finger so the baby can grasp it.
- Telling them stories about fun family times and planning future good times.
Parenting Quiz for Couples

It’s important to understand where your parenting styles differ and begin to think about approaches that you can both agree upon. You might think you have years to figure this out, but don’t be surprised if you find differences in opinion!

Use this Parenting Quiz for Couples to find out your “natural” response to everyday challenges. Take the quiz separately, write down your answers and don’t share them until the end. Compare answers and talk through your differences. This will help you develop a parenting philosophy that makes sense and “feels right” for both of you.

1. Babies need to “cry themselves to sleep” as long as it doesn’t last longer than an hour.
   - Agree
   - Disagree
   - Comments:

2. Babies and toddlers should always sleep in their own crib or bed.
   - Agree
   - Disagree
   - Comments:

3. Breastfeeding is important for the first 12 months.
   - Agree
   - Disagree
   - Comments:

4. It’s important to find a babysitter within the first 60 days to allow parents time to be alone and maintain “couple time” without the baby.
   - Agree
   - Disagree
   - Comments:

5. Children should have a vote in the family’s “rules” or “policies.”
   - Agree
   - Disagree
   - Comments:

6. Lying down with children to help them fall asleep is acceptable.
   - Agree
   - Disagree
   - Comments:

7. Children should be allowed to discuss rules or instructions they feel are unfair.
   - Agree
   - Disagree
   - Comments:

8. Physical punishment (spanking) is acceptable after age two.
   - Agree
   - Disagree
   - Comments:

9. Children should be allowed to eat when they are hungry and not be restricted to mealtimes.
   - Agree
   - Disagree
   - Comments:

10. Children should be given chores as soon as they can follow simple directions.
    - Agree
    - Disagree
    - Comments:
Before the baby arrives, consider taking a “babymoon” — whether it is a short overnight or weekend trip to a nearby destination or a full-fledged dream vacation, take some time to be away with just yourselves. You will make great memories and nourish your relationship while basking in the glow of your soon-to-be expanded family.

During pregnancy, spend time making deposits in the “bank” of your relationship, because once the baby arrives, chances are you will make a lot of withdrawals! The first few days, weeks and months after you bring your baby home can turn your world upside down and it helps to have a healthy reserve of love in the bank!

Understand that this is new territory for both of you, especially if you are first-time parents. Your first days, weeks and months as new parents will be one of the most intense periods in your relationship. There will likely be many nights ahead where you will not get much sleep, questions and concerns to worry you and an entirely new “routine” to your life. Cutting each other some slack when one of you spills the milk, puts a diaper on backwards or misplaces the pacifier will help keep your relationship healthy. Laugh at your mistakes — everyone makes them!

Set boundaries — with family, work and other priorities. Adding a new child to the family can bring issues to the surface with grandparents or other relatives, demands from coworkers, and a to-do list that is ten miles long but soaking in the experience and caring for your baby during the first days as a new parent is your most important priority. If you have to, tell family and friends that you are going on lockdown for a while and will call if you need them, but that you want to focus on your wife/husband and baby for a while. If you are able to take some time off from work, truly take that time off and avoid answering e-mails or taking calls from the office if possible. Most folks, especially those who have children, will certainly understand and support your request.

It’s no secret that having a new baby at home can greatly affect the passion in your relationship. Sleep deprivation, struggles with a new body image for Mom, physical discomfort, stress, hormone shifts and adjusting to new roles as Mom and Dad can add up, resulting in a major need to rekindle the spark that once existed between the two of you. Showing your love for each other verbally and behaviorally needs to be a priority in your relationship.

Though you will be reluctant the first few times, it is OK to hand the baby over to a grandparent or trusted babysitter for a few hours of uninterrupted couple time — eat dinner out, see a movie or spend time at home catching up with each other (no laundry or house cleaning allowed!). It’s amazing what even a few hours can do!

Divide the work equally. Many moms feel that they end up with the bigger share of work, especially if they are breastfeeding. Moms and Dads are equally great at bathing, changing diapers and rocking with a little practice! Divide and conquer!
Tips for Couples
(continued)

- Keep the peace. Babies can pick up on emotions easily, including stress and tension between Mom and Dad. Remember that maintaining a peaceful household is important for your baby’s comfort, so if you find yourselves getting upset, take a break, count to ten and re-evaluate the situation to see how it needs to be resolved.

- Don’t be afraid to ask for help! Parents, neighbors and church friends are usually more than willing to help and just need to be asked! Make a conscious effort to build up your support system so that you have someone to turn to when you need it most. If you have the option, perhaps ask for frozen casseroles instead of traditional baby gifts at a shower!

- Watch for signs of stress, anxiety or depression. While many moms experience the “baby blues” following childbirth, more severe symptoms of postpartum depression or other mental health issues need to be given serious attention. Don’t sweep them under the rug and think they will go away — talk with your doctor.

- Following childbirth, many moms are often overly emotional, mentally and physically tired, and may not feel very attractive. Many dads can feel disconnected from the mother/baby bond and worried about finances, other concerns or that they are not very good at caring for baby’s needs. Take time to reassure each other that you ARE doing a great job with these new responsibilities. Volunteer to bathe and put the baby to bed while she takes a long soak in the tub, or while he watches the game. Teamwork is key!

- Somebody once said that if it weren’t for the last minute, we’d never get anything done at all. Well, in the area of financial planning, it’s a whole lot better not to wait until the last minute. Now’s the time to plan financially for the added expenses of a baby. To get a good understanding of what those expenses are, spend a little time browsing in the stores and check out the costs of baby items like diapers, formula, baby food, clothes and the other more permanent needs such as cribs and other furniture.

“Now What?”
The initial elation, the possible surprise, and the congratulations of family and friends are beginning to fade. But the realities of having a baby — especially your first baby — are coming on strong. So when you look at each other and say “Now what?,” here are some ideas you may want to consider:

If you’re an expectant mother working outside the home, it’s never too early to find out everything you can about your company’s maternity leave policies. So later on, when you actually sit down to negotiate your leave, you’ll have done your homework.

Now’s a good time to look at what lies ahead for you financially. Discuss the expenses involved in having a baby (you’re bound to miss a few), and come up with a strategy to meet them.

Traveling a long distance from home when your body is still making its initial adjustment to pregnancy may not be a good idea. So consider a close-by vacation, somewhere within an hour’s drive. If you do plan an out-of-town trip, be sure to get an OK from your doctor.

Read, find out about our parent education classes, ask questions, read some more, and learn everything you can about having babies and being a parent. The more information you get, the more comfortable and confident you’ll feel about what’s going on with your body, your emotions and your relationships.

The point is, don’t think of pregnancy as a time of waiting. Think of it as a time of doing and planning.
Choices and Changes

Based on the experiences of friends and family, as well as your own imagination, you and other couples without children have some ideas about what to expect when you become parents. You also have doubts, questions and concerns about this same experience. But there’s one thing about which you can be certain — your lifestyle will be changed in many ways. Much of it will be for the better, some aspects will seem worse and nothing will ever be quite the same.

But before you mourn the passing of life as you know it, consider this: you can still enjoy many of the things you enjoy now, you just need to be a little more flexible. Vacations are a good example. You don’t have to give up travel, you just have to learn how to travel with children. That generally means shorter but more frequent vacations, including long weekends that let you take advantage of reduced travel and accommodation costs. It also means seeking out destinations with a strong family orientation. Lately, that’s not so hard to do. Even Club Med, once known for its single scene, now caters to the family with children.

And of course there’s dining out, and we use the term “dining” loosely. You can still go out for a meal, but where you once looked for that special combination of food, service and atmosphere, you’ll now be more impressed by who offers children’s menus, booster chairs and crayons. And where you once lingered over dessert and coffee, you’ll more likely get to know those establishments where the food comes quickly and nobody minds that a good portion of it ends up on the floor.

In general, things become less spontaneous. Doing something on a whim and being quick about it is a bit tough when you’ve got to go through the checklist of diapers, wipes, extra clothes, toys, something to eat or drink and other distractions.

But there’s good news. This period of adapting your leisure time, your vacations, your recreation, and so much of your other valued activities to the needs of a very small person won’t last forever.

Before long, with the help of friends, family, babysitters and the passage of time, you’ll move back into some of those adult rhythms that you’re used to now. But you know what? Someday when you’re sitting in a fine restaurant, listening to the hushed tones of other grownups like yourself, you just may find that you miss those noisy, carpet-stained places where the clown hands out balloons and lollipops at the cash register.
Parents Need Care, Too
When the new baby arrives, sometimes parents get caught up in the many demands of having a baby and overlook some of their own needs. It’s an easy thing to do. However, it is equally important to nurture yourself and your relationship while you bond and care for your new baby. The more you learn about the baby — and your own needs at this time — the less stress you will experience as new parents.

Tired of Feeling Tired?
The fatigue you feel isn’t just the natural effect of the major changes taking place in your body — it’s also the natural affect of existing responsibilities such as work, family, and even friends and social activities. And the only remedy is rest.

There are some things you can do to help, however. To start, try (and the emphasis is on “try”) getting to bed at an earlier hour. Ask for help with household chores. And if you think about it, you can always come up with some truly nonessential activities to hold off on. For example, this is no time to be compulsive about housekeeping. When it comes to assistance, get it where you can, from anyone who offers it. Sitting down and relaxing as much as possible is extremely helpful.

If you’re at work, try to take a short nap during your break or during lunch. When that’s not practical, at least find some way to get your feet up as much as you can. But whatever you do, don’t fight this very natural occurrence by drinking coffee or other sources of caffeine.

The jury is still out on what harmful effects — if any — excessive amounts of caffeine may have on developing babies. So until more is known, it’s better to err on the side of safety.

Postpartum Depression
The birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. But it can also result in something you might not expect — depression.

Many new moms experience the baby blues after childbirth, which commonly include mood swings and crying spells and fade quickly. But some new moms experience a more severe, long-lasting form of depression known as postpartum depression. Rarely, an extreme form of postpartum depression known as postpartum psychosis develops after childbirth.

Postpartum depression isn’t a character flaw or a weakness. Sometimes postpartum depression is simply a complication of giving birth. If you have postpartum depression, prompt treatment can help you manage your symptoms — and enjoy your baby.

Postpartum depression isn’t generally a condition that you can treat on your own — but you can do some things for yourself that build on your treatment plan. In fact, taking good care of yourself can help speed your recovery.

Make healthy lifestyle choices. Include physical activity, such as a walk with your baby in your daily routine. Eat healthy foods and avoid alcohol.

Set realistic expectations. Don’t pressure yourself to do everything. Scale back your expectations for the perfect household. Do what you can and leave the rest. Ask for help when you need it.

Make time for yourself. If you feel like the world is coming down around you, take some time for yourself. Get dressed, leave the house, and visit a friend or run an errand. Or schedule some time alone with your partner.

Avoid isolation. Talk with your partner, family and friends about how you’re feeling. Ask other mothers about their experiences. Ask your doctor about local support groups for new moms or women who have postpartum depression.

Remember, the best way to take care of your baby is to take care of yourself.

References

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Area Map
28th Place and Forrest General Hospital

Directions:
From 28th Avenue, turn onto the 28th Avenue Parking Garage Ramp. On the 4th floor of the Parking Garage, you will see the Forrest General’s Women’s and Children’s Entrance.
Pre-Registration Instructions

Pre-registration provides us with the valuable information we need ahead of time to help avoid unnecessary delays when you arrive for service and gives you important information about your stay in The Family Birthplace. We offer three convenient ways for you to pre-register:

- **Go online** and print out the pre-registration form.
- **Complete** the pre-registration form provided on the opposite page.
- **Call** 601-288-2013.

Phone Directory

Pre-Registration
Last Name A-GO ........................................... 601-288-1859
Last Name GR-O ........................................... 601-288-1858
Last Name P-Z ........................................... 601-288-1857

Main Information Line
or Direct Admit.............................................. 601-288-2013

C.A.R.E.ing Expressions
Gift Shop ....................................................... 601-288-4283

FGH OnCall ................................................. 1-800-844-4445

Lactation ...................................................... 601-288-4554

Pediatric Unit.............................................. 601-288-4375

Post Partum .................................................. 601-288-4500

Labor & Delivery ........................................... 601-288-4600

Fitness for Two ................................. 601-264-2210 or 601-434-1350

Spirit of Women ................................. 601-288-4968
Pre-registration Form

Complete form, tear out, fold, and seal to mail using the postage paid mailer on back.

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This form is also available at forrestgeneral.com.
Fold with Business Reply Mail panel facing out and secure with tape.

Fold LINE

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Thank you for letting us be a part of this exciting time in the life of your family! If you have other questions about your pregnancy, delivery, newborn care or other topics that are not answered in this booklet, please call our nurses at FGH OnCall at 1-800-844-4445, or contact your doctor for more information.