

EMORY

HEALTHCARE

Welcome to Emory Johns Creek Hospital



COVID-19 Precautions for OB Patients

Emory Healthcare is committed to the continued health and safety of all patients during the COVID-19 pandemic. Visit emoryhealthcare.org/covid for details on the precautions we are taking to keep you safe and prevent the spread of COVID-19.



For OB patients:

- Swab test administered when admitted for labor
- For scheduled C-sections only, swabbed/tested prior to delivery date

Parenthood Classes

(Updated November 2020)

All in-person classes/tours/support groups currently remain cancelled.

Many of our classes have been converted to an online (Zoom) format, including:

- Childbirth Preparation
- Newborn Care
- Breastfeeding Classes
- Infant Safety and CPR
- Preparing for Parenthood: Wellness and Self-care
- EJCH Tour (Free)
- New Parent Support Group (Weekly/Free)
- Breastfeeding Support Group (Weekly/Free)

Please continue to check the Emory Healthcare website for [classes](#) and updates.

- Alternate way to learn CPR at home - shopcpr.heart.org/infant-cpr-anytime-kit

Preparing for Parenthood

- Prior to delivery, choose a pediatrician to take your baby to after you leave the hospital.
 - At the hospital, an in-hospital pediatrician will care for your baby, and neonatology services are available 24/7 for sick or premature infants.
- Choose and purchase a car seat.
 - Practice using the car seat before coming to the hospital.
 - Pre-install the car seat yourself or go to [seatcheck.org](https://www.seatcheck.org) to find a nearby car seat installation center.
 - Hospital employees cannot install or assist with car seat operation.



Planning for the Hospital

- Make plans ahead of time for the care of your other children.
- Pack two bags: one for things you'll need during labor and one for your stay post-delivery.
 - Please check out our [FAQs](#) for a list of items to bring.
 - Choose a special outfit/blanket for the baby to wear home.
- Family is responsible for all belongings.

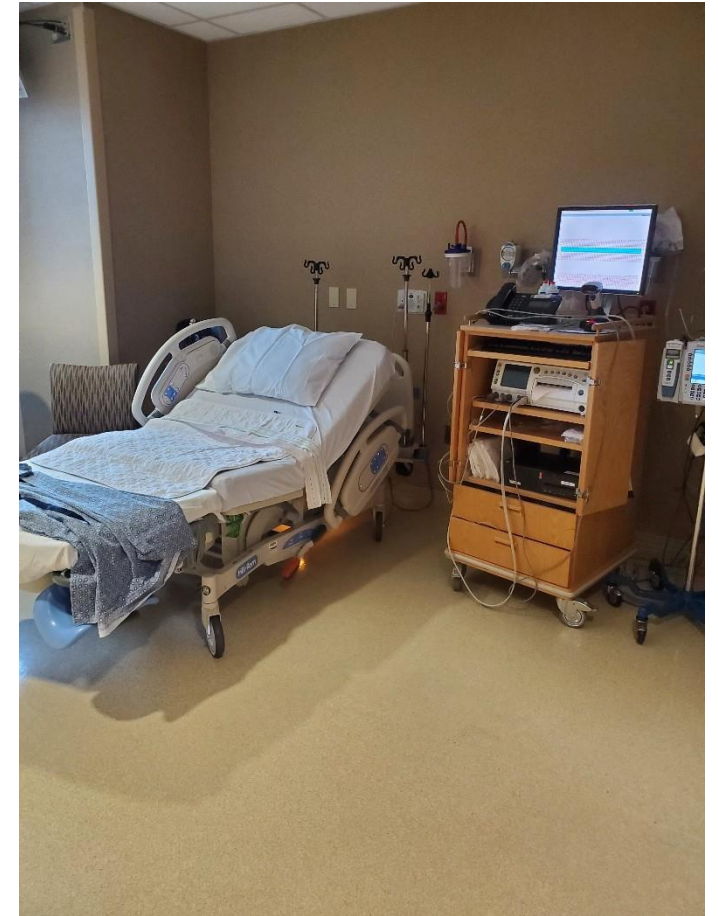


Arriving at the Hospital

- Remember to bring your photo ID and insurance card.
- Park in front of the hospital and enter through the main hospital entrance between the hours of 5 a.m. and 9 p.m. After 9 p.m., enter through emergency department.
- Front desk will direct you to the 2nd floor, Labor & Delivery.
- We are only allowing one(1) visitor over the age of 16 at this time and this visitor must be the same visitor for your entire stay

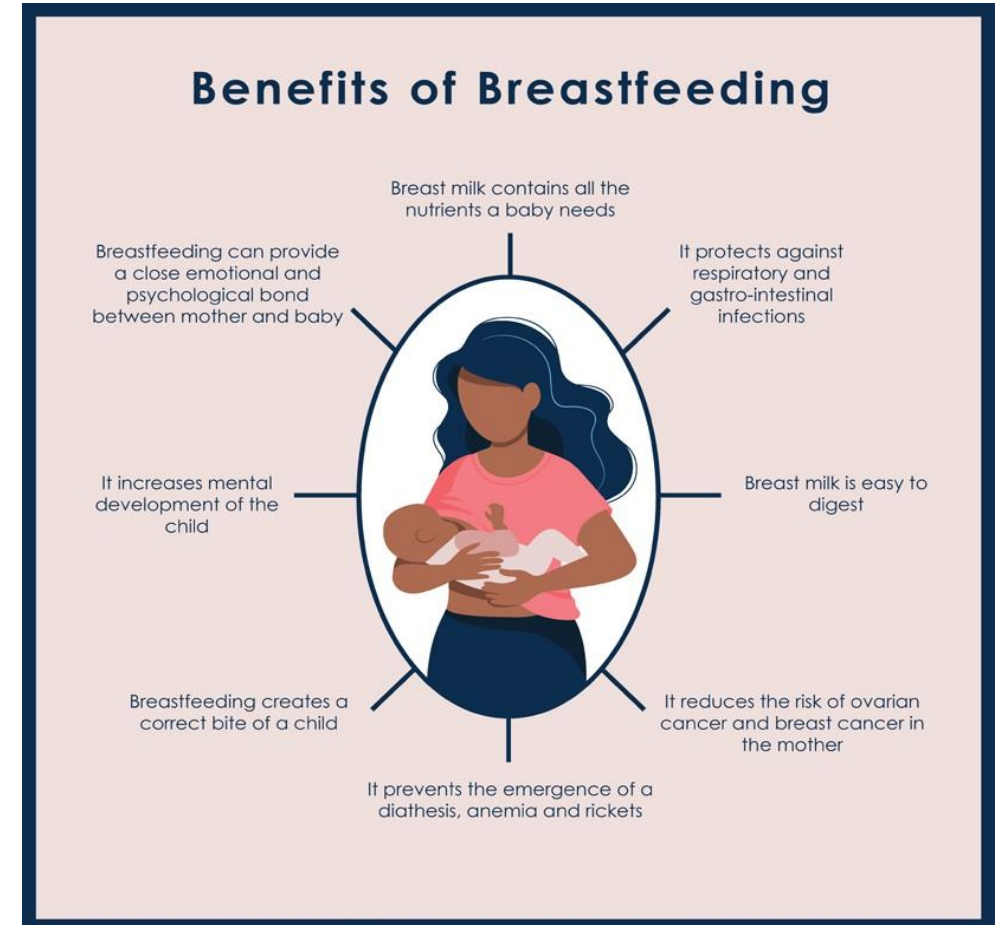
Only If Needed: Emergency Dept.

- **If you are experiencing an emergency, please go straight to our emergency room.**
- Your OB provider may also send you here for an urgent assessment during pregnancy.
- Obstetricians are on staff 24/7.
- Moms with complications up to six weeks after birth may also be sent here for assessment.



Planning to Feed your Baby – the Benefits of Breastfeeding

- The first few days are critical bonding times between mother and child.
- Breast milk is the normal food for the human baby.
- Evidence-based practice recommends exclusive breast milk feeding for the first six months.
- After being given education regarding the benefits of breastfeeding, mothers who make an informed choice to formula feed will be supported at Emory Johns Creek Hospital.



Labor & Delivery Room

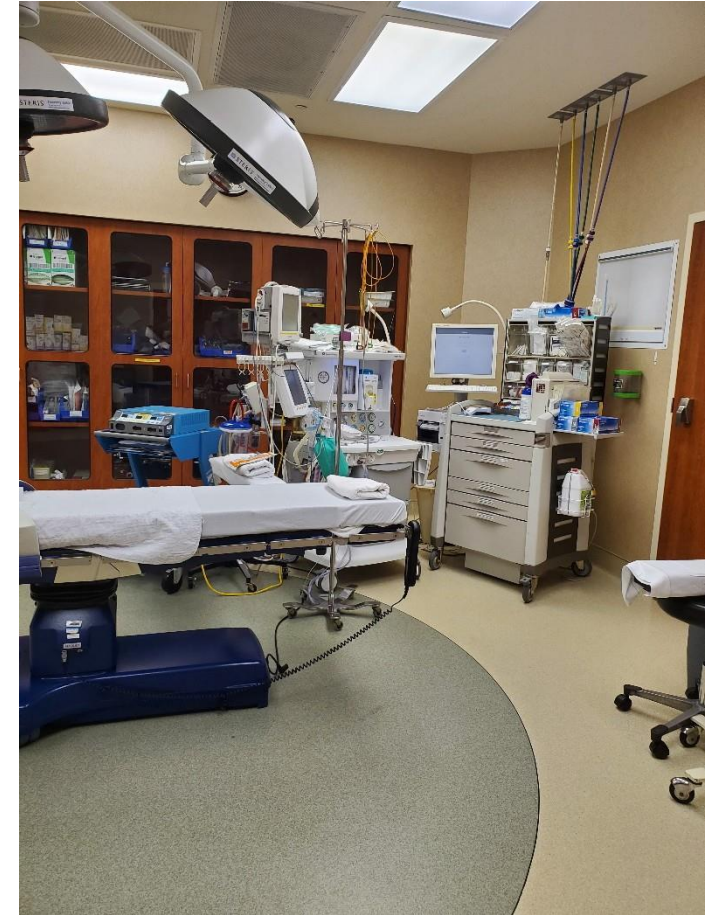


- Space for mom, baby, and support person (visitor policy may be updated by time of your arrival).
- One sofa/bed in each room.
- Equipped with monitors for mom and baby.
- Available labor support devices include squat bars, peanut balls and birth balls.
- 24/7 anesthesia services



Only If Needed: Cesarean Birth

- Mother and baby's safety is the top priority.
- Support person can accompany mom in most situations.



When Baby is Born: Skin-to-Skin

- Helps baby:
 - Regulate heart rate, breathing, temperature
 - Begin to build 'good' germs
 - Prepare for breastfeeding
- Lasts for at least 60 minutes
- Vaginal birth: immediately
- Cesarean birth: as soon as mom is able to respond
- After a vaginal birth and if the baby is stable, delayed umbilical cord clamping (30-60 seconds) provides evidence-based benefits for both mom and baby.



When Baby is Born: Infant Security

- Baby ID bands provided:
 - Two (2) for baby
 - One (1) for mom
 - One (1) for dad or partner

Baby's name will be listed as mom's first initial, plus B for boy or G for girl, and A for single baby and moms last name (i.e. Smith, AGA)

- Staff ID badges: all staff caring for babies have a pink stripe on their name badge
- Infant Security System: monitors for all babies ensures secure entrance/exit points



When Baby is Born: First Bath

Usually occurs eight or more hours after birth but may be delayed.

- Vernix remains on skin
 - Protects and moisturizes baby's skin
 - Reduces risk of infection
- Better for baby
 - Less stressful for baby
 - Improves temperature regulation
 - Stabilizes blood sugar
- Better for mom and family
 - Improves initial bonding
 - Improves early breastfeeding
 - Allows mom or family to participate, if desired



Only If Needed: NICU

- Level III Neonatal Intensive Care Unit (NICU) with 24/7 Neonatology and Respiratory Therapy services
- Located on the 2nd floor near Labor & Delivery
- Common reasons for NICU transfer:
 - Prematurity
 - Low blood sugar
 - Respiratory distress
 - Symptoms of infection



Only If Needed: NICU

- Mom will be able to see and touch the baby before transfer if given permission by a health care provider.
- Support person is allowed to accompany baby to NICU.
- Mom should begin expressing breast milk within three to six hours of birth.
- NICU staff will support mom to hold baby skin-to-skin when it's medically appropriate for baby.
- Donor breastmilk may be available if certain criteria are met.



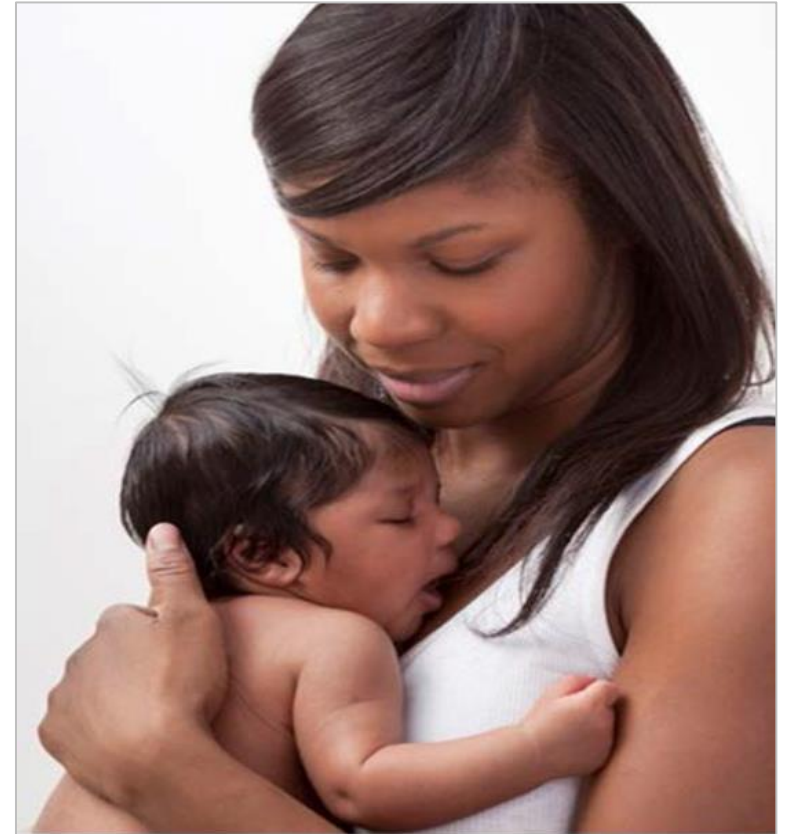
Mother/Baby Room



- All rooms are private
- Sofa bed for support person (visitor policy may be updated prior to your arrival).
- Glider/rocking chair in each room
- Bassinet for baby's safety and comfort
- Private bathroom with shower

Mother/Baby: Rooming In

- Babies stay in the room with the families instead of in a nursery.
- Better for babies:
 - Cry less and are more easily calmed
 - Improved initial bonding
- Better for moms:
 - Moms rest more
 - Respond better to baby's feeding cues
 - Make more breast milk faster
- AAP recommends room sharing for the first 6-12 months to reduce chance of SIDS.



Mother/Baby: Skin-to-Skin

- Continue to hold baby skin-to-skin as often as possible
 - At least once a day, for sixty minutes
- Helps to wake a sleepy baby
- Father/partner can also hold baby skin-to-skin



Safe Positioning for Skin-to-Skin Contact



Check list

- ✓ Face can be seen
- ✓ Head is in a sniffing position
- ✓ Nose and mouth are not covered
- ✓ Head is turned to one side
- ✓ Neck is straight, not bent
- ✓ Shoulders are flat against mom
- ✓ Chest-to-chest with mom
- ✓ Legs are flexed
- ✓ A little upright, not flat on bed/chair
- ✓ Back covered with blankets

If no one can watch you and your baby after feedings and when sleep is likely, put your baby on his or her back on the baby's own firm bed.

Safe Sleep for Baby

- Always place your baby on their back in their crib for sleeping. There should be no loose blankets, toys, or other objects in the crib.
- Never sleep with your baby in the bed or chair. If you feel sleepy or plan to sleep, place infant in crib on their back. Sleeping with your infant can lead to accidental falls or suffocation.
- If the nurse sees you sleeping with your baby, he/she will wake you to help you place the baby in their crib, on their back.

The **ABC's** of Safe Sleep

[**A**lone, **B**ack, **C**rib]

- A. Alone** – Babies need their own sleep space.
- B. Back** – Babies sleep safest on their backs. Every sleep. Every nap. Every time.
- C. Crib** – Babies without blankets, quilts, crib bumpers or toys.



Mother/Baby: Breastfeeding

- Breastfeeding is learned, it takes time, practice and patience.
 - All staff in our departments are trained to assist you.
 - Lactation Consultants are available.
- All health organizations recommend:
 - Exclusive breastfeeding for at least the first four weeks
 - Exclusive breast milk feeding for the first six months



Mother-Baby: Breastfeeding

- Feed your baby on cue/demand.
 - Eight times or more in a 24-hour period
- Give only breast milk unless there is a medical reason for formula.
 - Donor breast milk available for medical need
- Avoid artificial pacifiers/nipples for three-four weeks until breastfeeding is established.
 - If appropriate, we will cup, syringe or spoon-feed the baby if supplementation is needed.
 - NOTE: To help prevent SIDS, AAP recommends pacifiers at night after breastfeeding is established (at approx. 3-4 weeks of age).

Going Home: Breastfeeding Support

- Our Lactation office number: 678-474-7269
 - Phone advice from a lactation consultant – please leave a message and we will return your call.
- Other local support
 - La Leche League (llli.org)
 - WIC Peer Counselors



Preparing for Parenthood Zoom Classes

**Baby Talk
Breastfeeding
Group**
Wednesdays
10:30 am

*Baby Talk is a peer-to-peer
breastfeeding support group
led by a lactation consultant.
Meet breastfeeding moms,
share tips and tricks, and get
your questions answered by
the experts.*

**Our New Parent Support
Group** is for parents of infants
0 to 6 months of age. Join us
for weekly support and con-
versation with other new par-
ents, and don't miss our
monthly education topics
ranging from infant massage
to postpartum anxiety, pelvic
floor health and more.

**New Parent
Support
Group**
Thursdays
12:00pm

Classes are currently being offered via video conferencing by Zoom.

Download the Zoom app or go to Zoom.us to join.

Baby Talk Breastfeeding Group: Email Melissa.Donovan@emoryhealthcare.org or call 678-474-7269 to get the Zoom info.

New Parent Support Group:
Meeting ID: 286-009-746, Password: baby

Going Home: POST-BIRTH Warning Signs

Call 911
if you have:

- P**ain in chest
- O**bstructed breathing or shortness of breath
- S**eizures
- T**houghts of hurting yourself or your baby

**Call your
healthcare
provider**

if you have:

(If you can't reach your
healthcare provider,
call 911 or go to an
emergency room)

- B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- I**ncision that is not healing
- R**ed or swollen leg, that is painful or warm to touch
- T**emperature of 100.4°F or higher
- H**eadache that does not get better, even after taking medicine, or bad headache with vision changes



Thank You for Choosing
Emory Johns Creek Hospital

Questions?

Please contact: Nyree Edmett

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