

Welcome to



GUIDING YOU TO **BETTER**

Hannibal Regional

Chris Coons
Women's Care Center



Congratulations!

Bringing a new life into this world is one of the greatest blessings we have as human beings. On behalf of the staff, administration, and board of directors of Hannibal Regional Healthcare System I want to thank you for choosing the Chris Coons Women's Care Center for your care.

Every member of the Hannibal Regional team is committed to providing you and your family with compassionate, quality care, with a personal touch. We appreciate having the opportunity to share this special time with you.

If at any time during your stay you have a question about your care or any of our services, please contact a team member and we will do our best to meet your needs.

Our care for you does not stop when you and your baby leave our facility. If you have any questions after you are discharged from the hospital, please don't hesitate to call us.

We are happy that you have chosen the Chris Coons Women's Care Center for your care and we look forward to serving you. Thanks again for letting us be a part of your birthing experience.

Sincerely,

C. Todd Ahrens
President/CEO
Hannibal Regional Healthcare System

Throughout life we prepare for things that really matter such as school, career, or marriage. Giving birth should be no different. Just as an athlete prepares for a marathon or a musician practices for a concert, the techniques that help a woman give birth to her baby require practice. Having a baby deserves careful and thoughtful preparation, like any other major event in your life. During pregnancy you and your partner will want to prepare for the extraordinary experience of having a baby. This manual was designed by our childbirth educators to be used in conjunction with classes and to provide you with important information after the birth of your baby. During labor you can help yourself be more comfortable by using relaxation techniques, breathing techniques, and a variety of other comfort measures and body positions. These techniques can help reduce pain and stress to more manageable levels in most labors. To be able to use these techniques effectively requires practice. We have included guidelines for you to use at home when practicing breathing and relaxation techniques. Whether you are pregnant for the first time or already have children, Hannibal Regional Hospital offers a variety of classes to meet your family's needs as you prepare for your baby's birth. Our classes will help you feel more confident about childbirth and parenthood.

For more information about the topics, dates, times and location of our classes or to register for a particular class, please call us at The Chris Coons Women's Care Center at 573-248-5161 or register online at <https://hannibalregional.org/calendar>. Prenatal Education classes are free to parents giving birth at Hannibal Regional Hospital.

Childbirth Education – Childbirth classes give you the confidence and skills you need to relax and enjoy the birth of your baby. This class provides first-time parents with basic information about labor, vaginal birth, cesarean birth, pain management and postpartum recovery. Learn about pregnancy and basic labor coping skills. Classes are offered on Saturdays and include a tour. Plan to attend in the 6th, 7th or 8th month of your pregnancy.

Advanced Labor Coping Skills – This class offers a more in-depth discussion on working with the natural process of labor and birth. Practice labor coping skills, positioning, relaxation and breathing patterns. This class assumes basic knowledge of the birth process. It does not include a tour. Classes by appointment, to register call 573-248-5161.

Lunch at Mom's – Breastfeeding Class – As you start your baby out with the best, this class will provide information on the wonderful benefits of breastfeeding for baby and mom. Topics include getting started with breastfeeding, building milk supply, returning to work, pumping and storing breast milk. Classes are held on Monday evenings and Saturday mornings. Mothers are encouraged to bring a spouse, partner, relative or friend to class.

Little Helper's – Sibling Class – The arrival of a new baby in the family is a big event. Our sibling classes help reassure and prepare other children in the family for their mother's stay in the hospital and

the birth of their new baby. We invite you to bring your camera to class as you enjoy watching your children learn about the arrival of their sibling.

Infant CPR for New Parents – The American Heart Association Heartsaver AED/CPR class teaches lay rescuers to recognize and treat life threatening emergencies, including cardiac arrest and choking for an adult, child and infant victim. Students learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. Classes include instruction on use of an AED. Course participants will receive a CPR certification card. Course fee is \$15 per person, or \$20 per couple. Classes by appointment, to register call 573-248-3586.

Women's Care Unit Tour and Car Seat Safety Check – Tour the unit and learn how to install and use your baby's car seat safely. This class will last about 1 hour. Call 573-248-5161 to schedule a time.

Share Support Program – If you have experienced the loss of a baby and are pregnant or planning a pregnancy and interested in a one-on-one class, please call 573-248-5161.

HOSPITAL ROUTINES

Baby

Hannibal Regional Hospital encourages all expectant mothers to pre-register for their maternity care services. You can pre-register in person at the hospital between the hours of 6:00 am and 5:00 pm, Monday through Friday. When you arrive for pre-registration, please have your insurance information and a photo ID available. The pre-registration process expedites the check-in process when your big day finally arrives.

You can make financial arrangements at any time prior to the birth of your child by calling Patient Financial Services at 573-248-5641. Patient Financial Services can assist you with insurance questions and make payment arrangements both before and after your stay. If you are uninsured, the Short Stay Maternity Care Package is an available option you might discuss with your physician. If your physician feels you qualify for low risk maternity care, you may contact Patient Financial Services for information regarding this program.



FAMILY AND FRIENDS

At the Chris Coons Women's Care Center we provide family centered care in a secure and comfortable environment. Family and friends are important partners in your care as they will continue to help and support you long after you leave the hospital. Family and friends can use the camera- equipped intercom at our door to request access to the Women's Care Center.

To help protect our mothers and babies from possible illness or infection, we ask guests to wash their hands before handling the new baby and refrain from visiting if ill. All children should be accompanied by an adult.

To be of most help to the woman in labor, we ask that she have one or two designated people to help in comforting her during labor. These designated support people will be the only people allowed in the room with her while she labors to give birth to her baby. After birth, guests will be welcomed as soon as mother and baby are stable and have had the opportunity to nurse and bond.

- 1) Areas to wait include: the OB waiting area, the hospital Mall area, Café if they need a meal while they wait, Chapel for some quiet reflection, and Judy's Boutique gift shop if they feel like shopping.
- 2) Soda and snack vending machines are located in the Emergency Department waiting area. An additional soda machine can be found at the north end of the Mall area on the right side of the wall.
- 3) The outside garden area near the Café is a pleasant change of scenery if guests are waiting for many hours.
- 4) Restrooms are at the main entrance of the hospital and in the Women's Care waiting room.

TOBACCO-FREE CAMPUS

The hospital has a tobacco-free policy for the entire campus. Thank you for not using tobacco.

INFANT SECURITY

The Chris Coons Women's Care Center team members wear pink scrub tops and pink identification badges featuring their photo and name. Do not give your baby to anyone who is not wearing a pink hospital picture ID badge. Your child's safety is extremely important to us. For this reason, babies room-in with their mothers 24 hours a day keeping them safely by your side. Babies requiring additional care spend time in our Special Care Nursery.

If your baby is transported from your room, the baby must be transported to and from your room in his/her crib. Do not carry your baby in the hallways in your arms or allow other family members to do so.

Each newborn will wear a security tag while in the Women's Care Center. Do not take your infant close to any of the double doors, stairwells, or exits on the unit as this will activate our alarm system.

The unit is secured with limited visitor access for additional safety.

FAMILY BONDING TIME

Your rest and privacy are very important to us. We have set aside "Family Bonding Time" from 1:30 pm – 3:30 pm each and every day to give our families a special time to nap and relax during your hospital stay. Hospital staff will not bother you unless you call for something during this time. You may want to advise your guests of this quiet time and plan visits for other times throughout the day.

ROOMING-IN

The time you spend with us is a very important time to learn about your baby so you are familiar with all the needs your baby will have once you return home.

“Rooming-In” keeps the baby with you during your stay. This is practiced across the country to provide the safest environment for newborn babies. Staying together with parents creates a valuable family time for learning what your baby needs.

Rooming-In encourages the healthy newborn and mom to spend as much time together as possible during their stay. As long as your newborn and you are healthy, the care and monitoring for your baby will be provided in your room.

Rooming-In is important to help you:

- Learn baby’s feeding cues
- Feed your baby on demand
- Learn how to care for your baby
- Bond with your baby; baby will learn to recognize you

Babies Rooming-In with their mothers also:

- Are less likely to become jaundiced
- Cry less
- Gain weight faster
- Sleep more
- Stay warmer
- Feed more frequently
- Establish their day-night rhythms quicker

SKIN-TO-SKIN

Your chest is the best place for your baby to adjust to life in the outside world. Right after your baby is born she will be placed naked directly on your naked chest. Your care provider will dry her off, put on a hat, cover her with a warm blanket and get her settled on your chest. Skin-to-skin continues to benefit babies with bonding, soothing, and breastfeeding even after you leave the hospital.

Skin-to-Skin

- Helps get breastfeeding off to a good start
- Keeps your baby warm
- Calms you and your baby
- Is good for bonding with your baby





WHAT TO PACK?

Baby

WHO SHOULD YOU BRING TO THE HOSPITAL WITH YOU?

We recommend only bringing your labor partner. It is usually one to two hours after the birth before visitors will be allowed in your room. During labor, we ask that only your labor partner or partners stay with you. Since labor may take many hours, children are more comfortable waiting at home. They can be called at home when the baby's birth is very close or as soon as the baby is born. Labor partners may want to pack a change of clothes and personal grooming items.

LABOR BAG

- This book
- Robe and slippers for walking in labor
- Focal point
- Favorite music with speaker, docking station, or headphones
- Chapstick
- Lotion or oil for massage
- Toothbrush and toothpaste/mouthwash
- Deck of cards, magazine or book
- Nutritious snacks for partner
- Contact lens case, contact solution, and eyeglasses
- Warm socks
- One or two items for massage
- Phone charger
- Change for vending machine
- Hair ties for long hair
- Equipment for your photo and video needs
- Extra pillows that are soft and smell like home

SUITCASE (FOR POSTPARTUM)

- Breastfeeding gowns with buttons in front or hidden openings
- Robe
- Slippers
- Nursing bra
- Toiletries: toothbrush, toothpaste, deodorant, shampoo, body wash or soap
- Hair items
- Cosmetics
- Going home outfit for mom (something that fit when you were 5 - 6 months pregnant)

FOR BABY

- Infant car seat. All infants leaving the hospital are required to have a regulation car seat
- Blankets
- Outfit for baby to wear home from the hospital