

We're Prepared!

Learn best practices. Decide what you want. Tell your care team your wishes.
Being prepared helps you and your new baby have a great hospital stay.

My Name _____ **Signature** _____

I grant permission to the hospital staff to alert my care providers (marked below) when I leave the hospital.

| | | |
|--|--|--|
| Build My Team Discuss this sheet with each person and mark the checkbox. | My Champion(s): _____ DISCUSSED <input type="checkbox"/> | POSTPARTUM APPOINTMENTS DATE _____ DATE _____ DATE _____ DATE _____ DATE _____ |
| | My Hospital: St. Tammany Health System _____ <input type="checkbox"/> | |
| | My Doctor/Midwife: _____ <input type="checkbox"/> | |
| | My Baby's Doctor: _____ <input type="checkbox"/> | |
| | My WIC: <input type="checkbox"/> N/A _____ <input type="checkbox"/> | |
| | My Home Visitor: <input type="checkbox"/> N/A _____ <input type="checkbox"/> | |
| Other: _____ <input type="checkbox"/> | DATE _____ | |

| REFERENCE | PRACTICES | MY HOSPITAL OFFERS | I'M PREPARED & WANT | I RECEIVED |
|-----------------------|--|--------------------|--------------------------|--------------------------|
| Get Ready | Let Labor Begin on its Own | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Comfort During Labor | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| Fall in Love | Skin-to-Skin Right After Birth | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Magical First Hour Without Interruptions | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Help with Baby's First Feed | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Delayed Routine Procedures | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| Keep Baby Close | Keep My Baby in the Room with Me | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Continued Skin-to-Skin | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | My Quiet Hours: | 1:30pm - 3:30pm | <input type="checkbox"/> | <input type="checkbox"/> |
| Learn My Baby | Feed My Baby on Cue | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Comfort My Baby | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| Nourish | Help Learning How to Breastfeed | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | Help Learning How to Hand Express | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| Protect Breastfeeding | No Pacifiers or Bottles | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |
| | No Formula (Unless Medically Necessary) | ✓ | <input type="checkbox"/> | <input type="checkbox"/> |

The Louisiana Perinatal Quality Collaborative (LaPQC) and *The Gift* are focused on system and culture changes that promote safe, equitable, and dignified birth for all birthing persons and newborns. Visit partnersforfamilyhealth.org for more information about these programs.

Stay Connected with Local Resources

Louisiana Women, Infants, and Children (WIC)

WIC provides nutritional services, breastfeeding support and supplemental food for pregnant women, new mothers, infants and children. WIC will schedule a clinic visit as soon as possible after delivery to breastfeeding moms and their infants to provide timely breastfeeding support. Contact your local agency at:

- Start Community Health Center, Covington:** (985) 900-1626
- Tangipahoa Parish Health Unit, Hammond:** (985) 543-4165
- Washington Parish Health Unit, Bogalusa:** (985) 732-6615
- Washington Parish Health Unit, Franklinton:** (985) 839-5646

To locate a WIC clinic near you, please call:
1-800-251-BABY(2229)

Louisiana Resources

Partners for Healthy Babies: 1-800-251-BABY(2229) PartnersforHealthyBabies.org
Connects moms to pregnancy resources, services and information.

Aliados Para Bebés Sanos: 1-800-251-BABY(2229) AliadosParaBebesSanos.org
Conecta a mamás embarazadas con recursos, servicios e información.

Nurse Family Partnership: 1-800-251-BABY(2229)
Provides home visiting services from a nurse to support first-time moms throughout pregnancy and until baby's 2nd birthday.

Louisiana Breastfeeding Coalition: Louisianabreastfeeding.org
Provides breastfeeding information/resources for mothers, families & communities.

Breast Pumps
Contact your doctor, Medicaid health plan or insurance, or your local WIC.

Hospital Resources

Breastfeeding Warm Line: (985) 898-4446
Speak to a nurse 24 hours a day with breastfeeding questions or concerns.

Breastfeeding Class: (985) 898-4083
Join our class to learn more about breastfeeding. Call for dates and times.

Breast Pump Rentals: (985) 898-4446
This service is available to patients and the community.

Community Resources

LABreastfeedingSupport.org: Zip code search of breastfeeding resources & more.

Café au Lait Louisiana: (504) 515-4913 info@nolabreastfeedingcenter.org
Breastfeeding support for families of color. En español, mande texto "LECHE" al número 77948.

La Leche League of St. Tammany:
Mom-to-mom breastfeeding support. Ask to join our private Facebook group.

Parenting Center: (985) 898-4435
Breastfeeding support group and more.

Stanford University Breastfeeding Videos:
www.med.stanford.edu/newborns/professional-education/breastfeeding.html

Track Baby's Feedings & Diapers

Breastfeedings: At Least 8-12 Times Every 24hrs

(check the box and note the time)

| | | | | | | | | | | | | |
|-------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| DAY 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

NOTE: Holding baby skin-to-skin and feeding on cue may result in more than 8-12 feedings in 24 hours. This is normal and can help you make plenty of milk. If baby does not nurse at least 8-12 times every 24 hours or you are concerned about how baby is nursing, please check with your nurse or doctor.

Wet Diaper: 3-6 Every 24hrs by Day 3

| | | | | | | | |
|-------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------|
| DAY 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wet Diapers |
| DAY 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wet Diapers |
| DAY 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wet Diapers |
| DAY 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wet Diapers |

Bowel Movements: 3-4 Every 24hrs by Day 3

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Black or Brown Bowel Movements |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Brown or Green Bowel Movements |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Green or Yellow Bowel Movements |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Loose Yellow Bowel Movements |

NOTE: The first two days baby might not have many dirty diapers. This is normal. At first, baby's stools will be black and tarry, then they'll turn brown, then green, and then yellow and loose. If baby has fewer than 3-4 bowel movements by day 3, or if the stools are not changing colors, please check with your nurse or doctor.



FREE MOBILE APP!

Scan the QR code or search "Cofective" in your app store to learn more about these best practices and to get a great start!