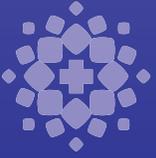


NEW BEGINNINGS BIRTH CENTER  
PATIENT HANDBOOK



**Brookings**  
HEALTH SYSTEM



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**Brookings**  
HEALTH SYSTEM

Dear  
Expectant  
Parent,

## **Congratulations! You are having a baby!**

The birth of your child is a very special time in your life when you and your partner will be making many decisions. We thank you for choosing Brookings Health System for this special moment.

We are honored to be a part of this life-changing moment in your life and are here to assist you with every step of the labor and delivery process.

Our New Beginnings Birth Center is much more than just a place to have your baby. We want you to have a wonderful experience. Our birthing suites are designed to provide you and your support partner the privacy and comfort you need throughout the labor and delivery process. Your partner is welcome to stay with you and your newborn 24 hours a day.

We hope you will find the information in this brochure helpful as you prepare for the birth of your baby. If you have any questions related to your birthing experience or upcoming stay at Brookings Health System, please call us at **(605) 696-9000, extension 8052**.

Let us know what we can do to help make this exciting time in your life even more extraordinary.

Sincerely,

New Beginnings Birth Center Staff and Physicians

## Education Classes & Support Groups

Brookings Health System offers a variety of classes, events, tours and support groups for healthy pregnancy, safe birth, parenting skills and assistance with breastfeeding to meet you and your family's health care needs.

Check out events and upcoming classes at [brookingshealth.org](http://brookingshealth.org). View the calendar for dates, times, location and registration information. Registration can be completed either online at [brookingshealth.org](http://brookingshealth.org) or by calling (605) 696-9000, extension 8052.

### Childbirth Preparation Class

These classes are held for two hours during a six-week session and include information about childbirth preparation (stages of labor, pain management techniques, and information on what to expect during delivery), baby care basics and a tour of New Beginnings Birth Center. **Cost for the class is free.**

### Breastfeeding Class

This class is taught by a certified lactation consultant. **Cost for the class is free.**

Class objectives include:

- Steps for successful breastfeeding
- Feeding cues of baby
- Benefits of physiology of breastfeeding
- Nipple assessment
- Importance of diet, nutrition, exercise, and sleep
- Tips for working mothers
- When to use a breast pump
- Possible hurdles to breastfeeding, such as engorgement, plugged ducts, sore nipples and mastitis

### New Beginnings Baby Café

New Beginnings Baby Café supports breastfeeding mothers in every aspect of nursing, from starting to weaning and every variation in between.



It is facilitated by two registered nurses who are also IBCLC lactation consultants. All pregnant and breastfeeding moms are welcome to attend. Attendees will be able to:

- Talk with other breastfeeding mothers
- Get one-on-one help from our lactation consultants
- Weigh-feed-weigh your baby to ensure baby is getting enough milk

**New Beginnings Baby Café is a free service from Brookings Health System and is offered every Tuesday evening from 5 to 7 p.m. and every Thursday from 1:30 to 3:30 p.m. in the New Beginnings Family Room.**

### **Tours of New Beginnings Birth Center**

A tour can be scheduled for any day of the week. Preregistration is required. To register, please call (605) 696-9000, extension 8052.

### **American Heart Association CPR Instructional Course**

This class is offered to health care providers and the general public. The class covers infant and child CPR. **Cost for the class is \$50.**

## **Making an Informed Decision about Breastfeeding**

Congratulations on your pregnancy. This is an exciting time and the beginning of an incredible journey—a journey marked by many important decisions.

All moms deserve to make an informed infant-feeding decision and feel good about it. As a designated Baby-Friendly® Hospital, we want to encourage you to explore your feeding options—both your concerns and the facts about feeding your infant before he or she is born.

Your body will go through many changes during pregnancy. You may have noticed your breasts are tender and your bra is fitting a little tighter. The area around your nipples also may become darker. These are all normal changes that occur during pregnancy as your body is preparing to make the perfect first food for your baby.

Brookings Health System strongly recommends exclusive breastfeeding for the first six months of your baby's life, with continued breastfeeding along with complementary baby foods for the first year and beyond. That means nothing but breast milk for the healthy newborn.

### **Benefits for Baby**

- Breastfed babies have a stronger immune system and are better protected from allergies, asthma, SIDS, childhood cancer, and diabetes than if they were formula fed.
- Breastfed babies will have fewer ear infections, respiratory infections, and diarrhea—three illnesses that are more common in a formula fed baby's first year of life.
- Breast milk is the perfect food for a baby. Breast milk has all the right ingredients for growth and development, including those for baby's brain and nervous system.
- Breast milk is a gift you can give your baby that will last a lifetime.
- Breastfeeding safeguards against over-feeding a baby, which means baby will less likely be overweight later in life.
- Breast milk is easier to digest so there is less spit-up and gassiness. A happy tummy means a happy baby.

## **Benefits for Mother**

- It's convenient. Breast milk is free and as long as mother and baby are together, it's always readily available at the perfect temperature. Breast milk stores well and can be frozen for future use in case you need to be away from your baby.
- Mothers are more likely to get their shape back faster when they breastfeed. The uterus returns to pre-pregnancy size quickly and most mothers lose pregnancy weight faster when they breastfeed.
- Women who breastfeed have a decreased risk of breast and ovarian cancer and osteoporosis.
- Feeding time means mothers get quiet moments throughout the day to sit down, relax, and just enjoy their baby.

## **The Decision to Breastfeed**

- Now is the time to gather information and learn all you can so you can make your feeding decision for you and your baby.
- Be sure to talk with your physician. Talk to someone you know who has had a positive breastfeeding experience.
- All moms deserve to make an informed infant-feeding decision and feel good about it. We want to encourage you to explore your feeding options, including both your concerns and the facts about feeding your baby, before he or she is born.

## **Breastfeeding in the Hospital**

During your hospital stay, you will be encouraged to exclusively breastfeed your baby. Your baby has a small stomach capacity, so plan on feeding at least 8–12 times every 24 hours, or about every 2–3 hours, for the baby's first few weeks of life. We strongly recommend that you continue to exclusively breastfeed for the first six months of your baby's life, with continued breastfeeding along with complementary foods for the first year and beyond. This maximizes the health benefits available to both you and your baby for years to come.

### **At the Hospital, Exclusive Breastfeeding will:**

- Protect your baby's immature immune system from infection
- Keep your baby's blood sugar levels and temperature stable
- Help you make more milk
- Help calm your baby
- Help you bond with your baby

If your baby doesn't show interest in breastfeeding immediately after delivery, don't worry. By holding your baby skin-to-skin on your chest (and covered by blankets to keep you both warm) your baby will soon start to show an interest in feeding.

You will be encouraged to keep your baby close by at all times and feed your baby when you observe his or her hunger cues.

In fact, we encourage that you continue to hold your baby skin-to-skin as much as possible during your hospital stay.

## Skin-to-Skin Care

As soon as your baby is born, your baby will be placed on your chest. We call this “Skin-to-Skin Care.” This will happen for all babies regardless of mom’s feeding choice as long as you or your baby don’t require special medical attention.

Research shows this kind of care for your baby not only promotes bonding, but also helps to stabilize your baby as he or she transitions from the womb to the outside world. Babies who are skin-to-skin with parents tend to cry less, sleep better and stay warmer than they would wrapped in a blanket.

Breastfeeding shortly after delivery is the perfect time for the first feeding to occur as your baby is usually alert and interested in suckling then. In fact, we encourage you to continue to provide baby with skin-to-skin care as much as possible during your hospital stay. Dad can even do it!

If your baby doesn’t show interest in breastfeeding immediately after delivery, don’t worry. By holding your baby skin-to-skin on your chest (and covered by blankets to keep you both warm) your baby will soon start to show an interest in feeding.

## The “Golden Hour”

Most babies are alert and will begin to show interest in eating sometime during the first hour after they are born. We call this special time the “Golden Hour” and will not separate moms, dads, and babies during this time so you can get better acquainted. Your extended family is important, and we encourage them to anticipate holding your precious little one after you have spent the “Golden Hour” with your baby. After a couple of hours, you might be ready for a nap after all your hard work and your family can hold and rock your baby during that time, and dad can get some well-deserved rest.

## Rooming-In

You will be encouraged to keep your baby in your room, rooming-in with you at all times as long as you or your baby don’t require special medical attention. This time spent together helps you become more comfortable in caring for your new baby. Rooming-in can help your baby regulate his or her heart rate, body temperature and sleep cycle because he or she can sense you nearby. Nurseries have lights, noise and other distractions that can interfere with a baby’s body rhythms. And surprisingly, many new moms sleep better when her baby is in her room. Staying together helps a mom get “in sync” with her baby’s sleep cycle.





## 2

### Online Baby Nursery

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We are pleased to offer the online baby nursery to help families celebrate their newest addition and to share the joy of their newborn's birth with family and friends. Baby announcements from the online baby nursery can be printed, sent by e-mail or easily posted to Facebook.

In addition, we also post newborn photos to the lullaby screen at New Beginnings Birth Center.

Please note: newborn pictures are only posted if parents have given written consent.

Your friends and family also have the opportunity to choose online cheer cards to send to you.

The online baby nursery, birth announcements and cheer cards can be accessed at [brookingshealth.org](http://brookingshealth.org).

### Release of Information

The name and birth of your infant will not be released to the news media or anyone else unless authorized written permission is obtained from you.

## 3

### New Beginnings Birth Center

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### Inspired by Life

Our experienced nursing staff and highly-skilled physicians, combined with our comfortable and well-appointed labor and delivery area provide you with high-quality, comfortable care, right here in Brookings. We strive to honor your personal preferences you and your physician have decided to give you the most positive birth experience.

## Prenatal Care

Your physician can easily and accurately monitor your care and your unborn child's care right here in Brookings.

Search for a physician from our online physician finder at [brookingshealth.org](http://brookingshealth.org) to find a local physician who can provide expert prenatal care and accurately monitor your care and your unborn child's care.

## Labor and Delivery

Our suites unit includes five labor delivery recovery and postpartum (LDRP) suites which are full-equipped to accommodate the entire labor, delivery, recovery and postpartum process in a comfortable atmosphere. The LDRP suites are outfitted with:

- Private bathrooms with full bath, shower, and Jacuzzi for mother's relaxation with a therapeutic treatment area available
- Glider chairs
- Birth balls
- TV
- Bose® bluetooth speaker
- Bassinet complete with baby supplies
- Free massage for mom; upgraded massage for mom and massage for dad available for an additional fee for each
- Recliners for the comfort of the father/partner/support person
- Selection of snacks available for the father/partner/support person

Additional private rooms with private bathrooms and family-centered beds are also available. These rooms are designed and equipped very similar to our LDRP suites. The rooms are used by medical obstetrical patients, post-operative caesarean section patients, and female post-operative surgical patients.



*New labor, delivery, recovery and postpartum room.*



## **Advanced Care for Mothers and Babies**

### **A Close Watch with OBIX**

A centralized monitoring technology called OBIX interfaces with the obstetrical patient's electronic medical records and acts as a surveillance tool that monitors a baby's vital statistics from fetal monitors at each bedside. The monitors feed directly into the system and can be viewed from the nurses' station.

### **Freedom of Movement with Cordless Fetal Monitors**

Mothers now have the freedom to move around freely while the nurses can measure the fetal heart rate, monitor uterine activity and mom's heart rate while in labor. Thanks to a new cordless fetal monitor system, mothers have the freedom to move around and change positions as they choose. Nursing staff still continuously monitor the status of mother and baby without interrupting data transmission.

### **Hugs Infant Protection System**

A small, soft tamper-proof anklet placed on your baby after birth is linked to a central monitoring computer. Alarms sound notifying nurses if abduction occurs. This added layer of security further assures you as a new mother your newborn is safe and sound.

### **Nursery**

Your room has everything you'll need to care for your new addition, and the child can stay in your room as much as you choose, but we also provide a nursery staffed with highly-skilled nurses so you can rest and recuperate before going home.

### **Caesarean Section Deliveries**

If a caesarean section is planned or occurs, certain guidelines are followed to help make the procedure safe for both mother and baby. A support person may be in the operating room at the time of birth under normal, controlled circumstances. This includes both planned and unplanned caesarean sections where the health and safety of the mother and/or infant are not threatened.

If an emergency arises, the support person will not be allowed in the operating suite but will be able to see the baby as soon as he/she is taken to the nursery. In this way, the support person will have an important initial contact with the child. Under only very special situations will the support person be allowed in the recovery room. If you have any concerns or questions about this information, please call New Beginnings Birth Center at **(605) 696-9000, extension 8052** to discuss these issues.

Your physician would like you to come to the hospital once you have experienced any of the following:

- Vaginal bleeding much like a menstrual period
- Rupture of membranes or leakage of amniotic fluid
- Call the obstetrical unit if uterine contractions are regular, last at least a minute in duration, and are coming close together at a frequency of 5-10 minutes apart
- If you have a history of rapid labors, please come to the hospital when you first start experiencing any backache or low abdominal cramping.

If you have questions or concerns, please call **(605) 696-9000, extension 8052**.

### Where to Come when you Reach Brookings Health System

Please come to the emergency room hospital entrance. Once you arrive, a receptionist will notify the nursing staff of your arrival. We recommend you call New Beginnings Birth Center at **(605) 696-9000, extension 8052** prior to leaving home. It is not necessary to call your physician prior to arriving at the hospital. New Beginnings Birth Center staff will notify your physicians upon arrival at the hospital.



After your baby is born, you will most likely have lots of questions on everything from feeding to bathing. Our qualified staff is able to assist you in learning to care for yourself and your new child.

We also provide educational videos in each room for you and your family to view during your stay.

Our nursing staff and certified lactation consultant can help you with breastfeeding issues and questions.

If you have any special need or request we can assist with during your stay, please contact your physician or New Beginnings Birth Center staff. These requests can include a special formula you wish to use with your baby due to a specific allergy or a product you would like us not to use with you or your baby.

### Room Service

At Brookings Health System, we believe good nutrition is an important part of a good recovery. We are pleased to offer hotel-style room service during your stay with us.

#### A Progressive Dining Experience

Our progressive dining experience has redefined the term hospital food. It allows you the freedom to select your favorite foods from an extensive menu at your leisure. You are not restricted by the hospital's meal schedule.

#### It's Your Choice

If you are an early riser, you may call for breakfast as early as 6:45 a.m. If you would like to sleep in or have breakfast for lunch, we are flexible. All menu items are available from 6:45 a.m. to 6:45 p.m. Daily lunch specials are only available from 10:45 a.m. to 1:30 p.m.

Please ask your nurse about a room service menu. To order food, please call extension 8345. Room service is available between 7 a.m. to 6 p.m. daily. We hope you enjoy your dining experience with us.





## Telephones

Bedside phones are provided in each room. To make a local call, please dial 9 and then the number. There is no charge for local calls. For all long distance calls, dial 9 + 0 + area code + number. You will be asked to dial in your credit card number or hold for operator assistance. Long distance calls can be charged to your home phone number. Cell phones may interfere with specific equipment and should not be used without prior approval and only in designated areas.

## Videotaping and Photographs

Parents and family members are encouraged to videotape and/or take pictures of the new infant. However, the hospital policy allows for videotaping only before and after the delivery. Please obtain prior approval before photographing or videotaping nursing and medical staff.

## Discharge

Your physician will need to determine how you and your infant are doing medically before a decision is made concerning discharge. Fathers, partners and/or support persons may stay with mothers and infants at any time. Other family members and friends will be allowed to visit as the mother wishes prior to 8:30 p.m., with the exception of daily quiet hour from 1 to 2 p.m. It is important all visitors be healthy. It will be necessary for all visitors to wash hands thoroughly before holding the baby.



# 6

## Visitor Information

### Food Services/Refreshments

A family visitor's lounge and refreshment center is located at New Beginnings Birth Center.

#### Brookings Health System Cafeteria

The cafeteria is open seven days a week. Daily features include assorted hot and cold beverages, self-serve salad bar, soup of the day, choice of two entrees and fresh baked goods. In addition, a Grab and Go cooler provides a variety of snack and deli items.

Vending machines with assorted beverages and snacks are also located in various locations throughout the hospital.

#### Cafeteria Hours

- Breakfast: 6:45–9:45 a.m.
- Lunch: 10:45 a.m.–1:30 p.m.
- Dinner: 4–6:45 p.m.

### Baby Bucks

We know that dads, life partners, and support persons are an important part of the labor and delivery process, too. That's why we offer Baby Bucks, meals vouchers to our cafeteria for significant others and children of delivering moms.

## Gift Shop/Coffee Shop

Patients and visitors are invited to visit the gift shop. The shop is located on the first floor of Brookings Hospital. It offers a variety of gift items, greeting cards, balloons, flowers and other useful products that can be delivered free to patients' rooms.

The gift shop also offers the option to order items over the phone and have gifts delivered to patient rooms. To place an order, please call **(605) 696-8860**.

Scooter's® coffee shop is located next to the gift shop. Brookings Health System invites all to stop by for a tasty beverage or snack during their visit.

## Visiting Hours

Fathers, partners and/or support persons may stay with mothers and infants at any time. Other family members and friends will be allowed to visit as the mother wishes prior to 8:30 p.m., with the exception of daily quiet hour from 1 to 2 p.m. It is important all visitors be healthy. It will be necessary for all visitors to wash hands thoroughly before holding the baby.

## Tobacco-Free Campus

For the health and well-being of all who access our services, Brookings Health System does not allow tobacco use on any property owned or operated by the health system.

We would appreciate it if you would please refrain from using any tobacco products while in any of the health system buildings, parking lots, and vehicles parked in the parking lots. Thank-you.

This policy applies to all Brookings Health System employees, patients, visitors, students, trainees, volunteers and vendors.

To assist you while on our campus, free nicotine gum and lozenges are available for patients, families and visitors at the Emergency Department information desk, New Beginnings Birth Center information desk, and the main entrance information desk.



visit  
**brookingshealth.org/OB**

Enroll in our weekly *pregnancy e-newsletter*

**New Beginnings Birth Center**  
**(605) 696-9000, extension 8052**

# New Beginnings Birth Center at Brookings Hospital

300 22nd Avenue

Brookings, SD 57006

(605) 696-9000, extension 8052

[www.brookingshealth.org/OB](http://www.brookingshealth.org/OB)



# Brookings

HEALTH SYSTEM



Inspiring Health