

NEW PARENT HANDBOOK

Love Delivered — *Daily* —



In the Women's and Children's Department at Baylor Scott & White Medical Center - Round Rock, every mother and baby are special. This brochure is designed to give you valuable information about our services, including what to consider before, during and after delivery. We are honored to share this special event in your life.

Before Your Delivery

As an expectant parent, you already know there's much to be done before the arrival of your baby. We're pleased to offer a variety of services to help make these coming months as stress-free and productive as possible. Take a look at what you can expect from us, as well as some tips on how to prepare for your special day.

We have a philosophy of family-focused care. We strive to be a woman's health partner for life, often beginning with one of the most exciting events in a lifetime: Having a baby.

We Offer:

- Prenatal childbirth, newborn and breastfeeding classes (in-person as well as online)
- Labor-delivery-recovery-postpartum (LDPR) rooms
- Exclusive family-centered newborn rooming-in
- Level I neonatal designation (Well Nursery)
- In-house and outpatient lactation support



Enroll in Parent Education Classes

Whether you are expecting your first child or are already a parent, we offer a variety of classes to fit every family. The classes cover such topics as childbirth, breastfeeding, newborn care, and infant CPR and safety, and are offered both online and in a classroom setting. Please visit [BSWHealth.com/RRParentingClasses](https://www.BSWHealth.com/RRParentingClasses) for class availability. Feel free to email BSWHRRChildbirthEducation@BSWHealth.org with additional questions.

Tour Women's Services

Before you deliver, you and your family are invited to take a tour of Women's Services, a complete healthcare destination designed just for you. A tour is included with childbirth and childbirth hybrid classes, so no separate registration appointment is needed. If you would like a tour and are not signed up for a class, please speak with your primary OB about the best days and times to stop by. BSWH also provides scheduled OB Meet & Greet sessions. Visit [BSWHealth.com/Events](https://www.BSWHealth.com/Events) to learn more.

Make Admission Arrangements

To complete your admission online, visit [BSWHealth.com](https://www.BSWHealth.com) and look for Patient Tools at the top of the page. We would like to receive this information by your fourth month of pregnancy, so we may begin processing your admission paperwork before your delivery. You will receive an email confirmation of your submission. If you have an out-of-pocket responsibility, you will receive a letter confirming your benefits and an estimate of what you will owe. If there is a change in your pre-admission information, or you do not wish to register online, please contact our Maternity Financial Service Representative at [1.877.810.0372](tel:1.877.810.0372).

Select a Pediatrician

Prior to delivery, it is important that you select a pediatrician or family medicine doctor to see your baby. Your baby will need to be seen by his or her physician 48 hours after being sent home from the hospital. Speak with your obstetrician, call [1.844.BSW.DOCS](tel:1.844.BSW.DOCS) or visit our website at [BSWHealth.com](https://www.BSWHealth.com) for information regarding your choice of physician. You may also attend scheduled Pediatric Meet & Greets with our pediatricians in Round Rock, Cedar Park, Hutto and Austin. Visit [BSWHealth.com/Events](https://www.BSWHealth.com/Events) and enter "Pediatric Meet & Greet" in the search bar for upcoming dates.

PACKING YOUR BAG FOR THE HOSPITAL

What to Bring for Mom

Items that you may want to bring include:

- Your driver's license, insurance card and list of medications you are currently taking
- Loose-fitting casual wear, nursing gown, bras and other breastfeeding-related clothing
- Underwear
- Your toiletries (including lip balm and lotion)
- Robe
- Slippers or loose-fitting shoes
- Camera
- Cell phone charger
- Breastfeeding pillow

What to Bring for Baby

While your baby is in the hospital, we will provide diapers, wet wipes and a onesie. Items that you may want to bring include:

- Special clothing for baby's first picture
- Socks or booties
- Infant nail clippers
- Car seat that is weight and age appropriate for baby and not expired
- Receiving blanket or cover blanket for your trip home
- Clothing to wear home
- Pediatrician's name and contact information

We recommend that you have a certified car seat technician help you install your car seat before you deliver. Call 512.972.SAFE (7233), or visit [AustinTexas.gov/EMS](https://www.austintexas.gov/EMS)



Labor and Delivery Suites

You will enjoy the family-focused atmosphere provided in our spacious private suites. You can plan on laboring, delivering and recovering all in the same room. There is plenty of room for day or another adult family member to spend the night with you in your room. If you have a planned or unplanned cesarean section, the operating suites and recovery are located conveniently right within our department.

Labor and Delivery

The birth of your child is truly a miracle, and it is our privilege to be a part of that miracle. From advanced technology and comfortable labor and delivery rooms to understanding the needs of family and friends, we're focused on making sure your delivery is as smooth and comfortable as possible. We believe in patient-centered care; our primary goal is to keep you safe while supporting your goals and desires for your birth experience.

When It's Time, Where Do You Go?

During the day (5 AM to 8 PM), you may access our labor and delivery services through the entrance of Baylor Scott & White Medical Center - Round Rock. In the evening (8 PM to 5 AM), please enter through the Emergency Department entrance. You will be transported to the unit after your information is taken.

Visitors During Labor

Family members are welcome during your stay with us. For the safety and privacy of our patients, we ask that you keep the hallways clear.

Photography and Videotaping

Video and still photography will be limited to pre-delivery and will be allowed after your baby's birth at the discretion of the hospital staff. We ask that you please be respectful of staff by asking permission before including them in your videos and photos.



After Delivery

The first few days after the birth of your baby are so important. With our family-focused care philosophy, we customize care based on your needs. Fathers, partners or other support people are an important part of this experience, and are encouraged to stay the night with mom and baby. Our center includes a comfortable couch-bed in each room.



Time With Baby (Rooming-In)

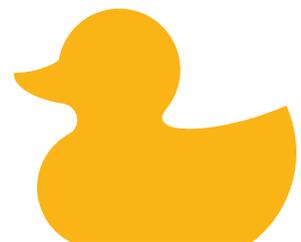
After the birth, you and your baby will receive care together unless additional care is needed. (We also refer to this as rooming-in.) We believe this time immediately after birth, while your baby is alert, is important. We encourage breastfeeding and skin-to-skin contact immediately after birth and throughout your stay. Your nurse will be available to assist you. Your nurse will be checking on both you and your baby during this time.

Feeding Your Baby

For interested families, breastfeeding is recommended for the first year of your baby's life. Our nurses have special lactation training and are available to assist you in a successful breastfeeding experience. Lactation consultants are also part of the staff and are here to help you. Breastfeeding classes and support groups are also available to help you learn about breastfeeding. See the Parent Education class schedule for information regarding our breastfeeding class.

After you have left the hospital, we encourage you to join our breastfeeding support and encouragement group. Our lactation consultants are also available to see you and your baby as outpatients if you need additional help and support as your baby grows.

If breastfeeding is not for you, that's OK! We will help and support you as you learn to feed and care for your baby. We will provide you with bottles and formula during your stay with us, and will provide education about safe bottle-feeding practices.



Security

We have several security measures in place to protect you and your baby. Our staff will review these measures with you upon admission.

Family and Friends

This is an exciting time, and your family and friends will want to visit you. The baby's siblings are important during this time of family transition, but they should be accompanied by an adult and be free of illness. Please ask anyone who holds your baby to first wash his/her hands. Snuggle/snooze time is daily from 2:00 - 4:00 PM. We try to limit visitors during this special time in order to promote rest, sleep, and bonding for our new families.

Special Tests for Your Newborn

Texas requires that your newborn be tested for metabolic disorders. These tests are performed when your baby is 24 to 36 hours old. The tests require a small blood sample that is collected from your baby through a heel stick. In addition, your baby will receive a pain-free hearing test and heart health screening.

Should your baby weigh less than five pounds or be younger than 37 weeks before going home, a car seat test will be needed upon discharge. The car seat test will help to ensure the car seat you have is a good fit for your little one. To find out more about these tests, please ask your nurse or contact [1.844.BSW.DOCS](tel:1844BSWDOCS).



We're here for you.

The physicians, nurses and technicians on staff at Baylor Scott & White Medical Center– Round Rock have just one goal: To ensure the health and well-being of every mother and baby we see. Nothing is more important to us, and we hope the facilities and services we offer are a testament to that. More importantly, we hope the warm, compassionate care of everyone here will help make this special event memorable.

Thank you for the privilege of being a part of your birth experience.

For breastfeeding support and encouragement group, call [**512.509.MILK \(6455\)**](tel:512.509.MILK(6455)). The support group meets on the third Saturday of each month, from 11 AM - 12 PM in the first floor Tiger conference room at Baylor Scott & White Clinic - Round Rock 425 University, located at 425 University Boulevard, Round Rock.

[BSWHealth.com/RoundRock](https://www.BSWHealth.com/RoundRock)

1.844.BSW.DOCS

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