

# 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** \_\_\_\_\_

<p style="text-align: center;"><b>Build My Team</b></p> <p>Discuss this sheet with each person and mark the checkbox</p>	My Champion(s): _____	<b>DISCUSSED</b> <input type="checkbox"/>	<p><b>POSTPARTUM APPOINTMENTS</b></p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p>
	My Hospital: North Oaks Medical Center	<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"/>		

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	<i>By Request</i>	<input type="checkbox"/>	<input type="checkbox"/>
Learn My Baby	Feed My Baby on Cue	✓	<input type="checkbox"/>	<input type="checkbox"/>
	Comforting 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 Milk	✓	<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"/>

## INFORMATION ABOUT MY BABY

Baby's Name: \_\_\_\_\_  
 Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gestational Age: \_\_\_\_\_  
 Birth Weight: \_\_\_\_\_ Length: \_\_\_\_\_ Head Circ.: \_\_\_\_\_  
 Discharge Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Weight: \_\_\_\_\_

At Discharge Baby Has Been:  Breastfed  Formula Fed  Combination  
 Notes: \_\_\_\_\_  
 Mom's Post-Partum HCT/HG: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Staff Name/Title: \_\_\_\_\_

# Stay Connected with Local Resources

## Louisiana 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:

**Tangipahoa Parish Health Unit, Hammond:** (985) 543-4165

**Tangipahoa Parish Health Unit, Amite:** (985) 748-2020

**Livingston Parish Health Unit:** (225) 686-7017

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](http://PartnersforHealthyBabies.org)  
Connects moms to pregnancy resources, services and information.

**Aliados Para Bebés Sanos:** 1-800-251-BABY(2229) [AliadosParaBebesSanos.org](http://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](http://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 Class:** [www.northoaks.org/calendar](http://www.northoaks.org/calendar)

Learn about breastfeeding and how to be successful. Register online.

**Prenatal Classes:** [www.northoaks.org/calendar](http://www.northoaks.org/calendar)

Learn about pregnancy, childbirth, baby care and more. Register online.

**Lactation Consultations:** (985) 230-6415

We offer breastfeeding support during and after your stay.

**Educational Classes:** (985) 230-5723; [www.northoaks.org/calendar](http://www.northoaks.org/calendar)

Car seat checks, CPR lessons and more. Call with questions and register online.

## Community Resources

**LABreastfeedingSupport.org:** Zip code search of breastfeeding resources and more.

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

**Restoration House:** (985) 542-0492  
Breastfeeding education and resources for unplanned pregnancies.

**North Oaks OCGYN Rural Health Clinic:** Marissa Cannon (985) 542-0663  
Breastfeeding classes held every third Wednesday of the month 6-8pm.

**Stanford University Breastfeeding Videos:**  
[www.med.stanford.edu/newborns/professional-education/breastfeeding.html](http://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 "Coffective" in your app store to learn more about these best practices and to get a great start!

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