

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 <small>Discuss this sheet with each person and mark the checkbox</small>	My Champion(s): _____	DISCUSSED <input type="checkbox"/>	POSTPARTUM APPOINTMENTS	
	My Hospital: West Jefferson Medical Center	<input type="checkbox"/>		
	My Doctor/Midwife: _____	<input type="checkbox"/>		DATE _____
	My Baby's Doctor: _____	<input type="checkbox"/>		DATE _____
	My WIC: <input type="checkbox"/> N/A	<input type="checkbox"/>		DATE _____
	My Home Visitor: <input type="checkbox"/> N/A	<input type="checkbox"/>		DATE _____
Other: _____	<input type="checkbox"/>	DATE _____		

REFERENCE	PRACTICES	MY HOSPITAL OFFERS	I'M PREPARED & WANT	I RECEIVED
Get Ready	Let Labor Begin On Its Own	<i>By Request</i>	<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	<i>By Request</i>	<input type="checkbox"/>	<input type="checkbox"/>
	No Formula (Unless Medically Necessary)	<i>By Request</i>	<input type="checkbox"/>	<input type="checkbox"/>

HOSPITAL STAFF: Please fill in form and fax to approved community agency, like WIC.

FAXED

Baby's Name: _____ At Discharge Baby Has Been: Breastfed Formula Fed Combination
 Birthdate: ____ / ____ / ____ Gestational Age: _____ Notes: _____
 Birth Weight: _____ Length: _____ Head Circ.: _____ Mom's Post-Partum HCT/HG: _____ Weight: _____
 Discharge Date: ____ / ____ / ____ Weight: _____ Staff Name/Title: _____

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WJMC-LA-0615



The Family Birth Place

Need Assistance? Call The Family Birth Place at West Jefferson Medical Center

504.349.1301

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 infant to provide timely breastfeeding support. Contact your local agency at:

- Children's Medical Center WIC Clinic:** (504) 613-0921
- Crescent City WIC Services:** (504) 247-0592
- Jefferson Parish Health Unit:** (504) 349-8802, ext.272
- Children's Medical Center WIC Clinic:** (504) 363-4899

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 mamas embarazadas con recursos, servicios e información.

Nurse Family Partnership: (504) 568-5926
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 and resources for mothers, families and communities.

Hospital Resources

Breastfeeding Consults: (504) 349-6004
Inpatient/outpatient consultations and pump rentals. Please call for more information.

Classes: (504) 349-6200
Please join us to learn about breastfeeding, childbirth, baby care & siblings.

Car Seat Safety: (504) 349-2173
Car seat safety and NICU discharge planner

Community Resources

Text4baby: Text4baby.org
Get FREE text messages on prenatal care, baby health, parenting and more.

La Leche League of Jefferson: www.LLLJefferson.com
Mom-to-mom breastfeeding support. Contact for more information.

Café au Lait: (504) 535-4913
Breastfeeding support group for women of color. Call for more information.

Healthy Start New Orleans: (504) 658-2600
Want to learn more about breastfeeding? Please call for more information.

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"/>	<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"/>	<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"/>	<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"/>	<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! Search "Cofective" in your app store to learn more about these best practices and to get a start!

