

# Take Control of your health

Special baby edition

July  
2015



Lt. Dawn Walker and husband Dedrick pose with daughter Ava Walker at the hospital. "I am delighted to have been a part of NH Jacksonville's 'Baby Friendly' experience," said Walker.

Albany | Jacksonville | Key West | Kings Bay | Mayport

## Let's talk babies

Pregnancy is a very special time—an experience to remember forever.

Each pregnancy should be carefully planned to ensure the best outcome for baby, mom and family.

We are Northeast Florida's first WHO/UNICEF certified "Baby Friendly" hospital, and babies are our specialty. With focus on educating and preparing families for a healthy start, we offer a variety of choices to give you the best childbearing journey possible.

Various educational classes are offered free of charge to those giving birth at our hospital. Classes include New Obstetrics Orientation, Baby Bootcamp, Budget for Baby, Prepared Childbirth, Breastfeeding and Infant Massage.

The Hypnobirthing® technique is available for a more relaxed and calmer birth experience, and labor pain management options include nitrous oxide.

Babies are delivered directly to mom. For cesarean deliveries, skin-to-skin care is initiated immediately after delivery.

Lactation consultants are on-hand to assist mom with breastfeeding techniques or issues—when needed.

Rounding out our ultimate baby experience are our highly-skilled OB/GYN, midwives, pediatricians and [Medical Home Port](#) teams, who collaborate to provide world-class care during pregnancy, labor, and postpartum to our newest patients.

Talk with your PCM or call 904-542-BABY for more information.



## Innovative labor pain management

Our hospital now offers nitrous oxide as the newest option of assisting laboring moms with pain management during birth.

Nitrous oxide (a 50/50 mixture of nitrous gas and oxygen) is a colorless, almost odorless and tasteless gas made for inhalation for pain relief and decreased anxiety during child birth. It's been safely used by dentist for decades.

It is self-administered, via a facemask, and has no adverse effect on baby or mom.

Patients remain awake and alert, effects are short-lived, and mom retains complete motor and sensory function—rapidly blown off with normal respirations about 30 to 60 seconds after use.

Talk with your PCM for more information.

**1st**

WHO/UNICEF certified "Baby Friendly" hospital in NE Fla.

**621**

babies delivered at our hospital in fiscal year 2014

**77%**

of babies leave our hospital exclusively breastfeeding

## Babies, babies, babies!

We offer the entire spectrum of classes and techniques free-of-charge to expectant parents giving birth at our hospital. For more information call (904) 542-BABY (2229).

Sign up for our patient portal  
www.RelayHealth.com



### Baby Orientation

This class educates mom and dad on what to expect during pregnancy, the anatomy and physiology of early pregnancy, prenatal tests, recommended exercises for mom and what community resources are available to expectant parents.



### Baby Bootcamp

Prepares expectant parents for their first six weeks of parenthood. Class covers baby nurturing and calming techniques, baby safety— injury prevention and car seat, Sudden Infant Death Syndrome prevention, infant-CPR, sick vs. well baby, and when to seek medical care.

### Hypnobirthing®

Teaches enhanced self-hypnosis techniques for a more relaxed and calmer childbirthing experience. Moms learn to use natural instincts to bring about a safer, easier and more comfortable birth, while remaining awake throughout.



### Prepared Childbirth

Educates expectant parents on the laboring process, breathing and relaxation techniques and distinguishing true labor from false. Available for parents desiring an all-natural birth, those planning to use pain medications and those unsure which delivery process is best.

### Breastfeeding

Covers basic breastfeeding to include proper feeding techniques, latching on, frequency of feeding, determining if baby received sufficient feeding, and pumping and returning to work, essential need-to-know for mothers desiring to breastfeed.

### Infant Massage

This course allows mom and dad to enhance the infant-parent bonding that began during pregnancy. Designed to enrich mind, body and spirit connections between infant and parent, and is encouraged to be placed into parents daily routine.



### Don't forget your fruits & veggies

Consuming recommended daily servings of **fruits and vegetables** decrease risks of chronic diseases such as heart disease, cancer and type-2 diabetes. They contain essential nutrients to help reduce cholesterol, boost immune system and decrease bone loss. For more information contact your Wellness Center/Health Promotions.



### Breastfeeding: the best start in life

Breastfeeding provides nutrients needed for healthy growth and development and is recommended to be initiated within the first hour after birth. Studies have shown that breast milk decreases vomiting, diarrhea, ear infections, asthma, obesity and type-2 diabetes. Call (904) 542-2229 or see a lactation consultant for more information.



### Protect your skin from cancer

Skin cancer is the most common cancer in the U.S. The majority is caused by UV light and can be prevented. Stay in the shade, wear appropriate clothing, use sunscreen, avoid indoor tanning and know the "ABCDE" warning signs for moles—**asymmetry, border, color, diameter and evolving**. Find out more at the [American Cancer Society](#).



### Skip the trip—access your patient portal online to email your care team

Want to save a potential trip to the doctor's office? With RelayHealth you can email your **Medical Home Port** team for lab results, medication renewals and to request non-urgent appointments. You can also access your personal health library and get health e-news. It's free, easy and secure. Sign up at [www.relayhealth.com](http://www.relayhealth.com) or our [website](#).



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