

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 Discuss this sheet with each person and mark the checkbox.	My Champion(s): _____	DISCUSSED <input type="checkbox"/>	POSTPARTUM APPOINTMENTS DATE _____ DATE _____ DATE _____ DATE _____ DATE _____
	My Hospital: _____	<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"/>	<input type="checkbox"/>
	Comfort During Labor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fall in Love	Skin-to-Skin Right After Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Magical First Hour Without Interruptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help with Baby's First Feed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Delayed Routine Procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep Baby Close	Keep My Baby in the Room with Me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Continued Skin-to-Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My Quiet Hours: FROM ____ : ____ AM TO ____ : ____ PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn My Baby	Feed My Baby on Cue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Comfort My Baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nourish	Help Learning How to Breastfeed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help Learning How to Hand Express	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protect Breastfeeding	No Pacifiers or Bottles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No Formula (Unless Medically Necessary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Louisiana Perinatal Quality Collaborative (LaPQC) and *The Gift* are focused on system and culture changes that promote safe, equitable, and dignified birth for all birthing persons and newborns. Visit partnersforfamilyhealth.org for more information about these programs.

Stay Connected with Local Resources

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 mamás embarazadas con recursos, servicios e información.

Family Support and Coaching: 1-800-251-BABY(2229)
Supports healthy pregnancies, parenting, and child development.

Alcohol or Drug Treatments Services:
Find help at TreatmentATLAS.org and opioidhelpla.org.

Breast Pumps
Contact your doctor, Medicaid health plan or insurance, or your local WIC.

Community & National Resources

There are many people and organizations that can help families prepare for the hospital. Visit LABreastfeedingSupport.org to find breastfeeding support and resources in your area.

- **New parent classes at your hospital**
- **Parenting groups**
- **Breastfeeding consultants**
- **Doulas**
- **Local health department**
- **Text4baby:** Text4baby.org
- **Louisiana Breastfeeding Coalition**
- **Womenshealth.gov**

Learn More with a Free Mobile App

Find out more about all of these topics on the free Coffective mobile app. It's easy! Use the QR Code to download and start learning today! Coffective is trusted by many because it's:

- Written by experts*
- Based on current research*
- Filled with beautiful photos*
- Has info required by the Baby-Friendly Hospital Initiative, and...*
- Shows fathers and other family members their role!*



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

Bowel Movements: 3-4 Every 24hrs by Day 3

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.

DAY 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet Diapers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Black or Brown Bowel Movements
DAY 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet Diapers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Brown or Green Bowel Movements
DAY 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet Diapers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Green or Yellow Bowel Movements
DAY 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet Diapers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Loose Yellow Bowel Movements



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