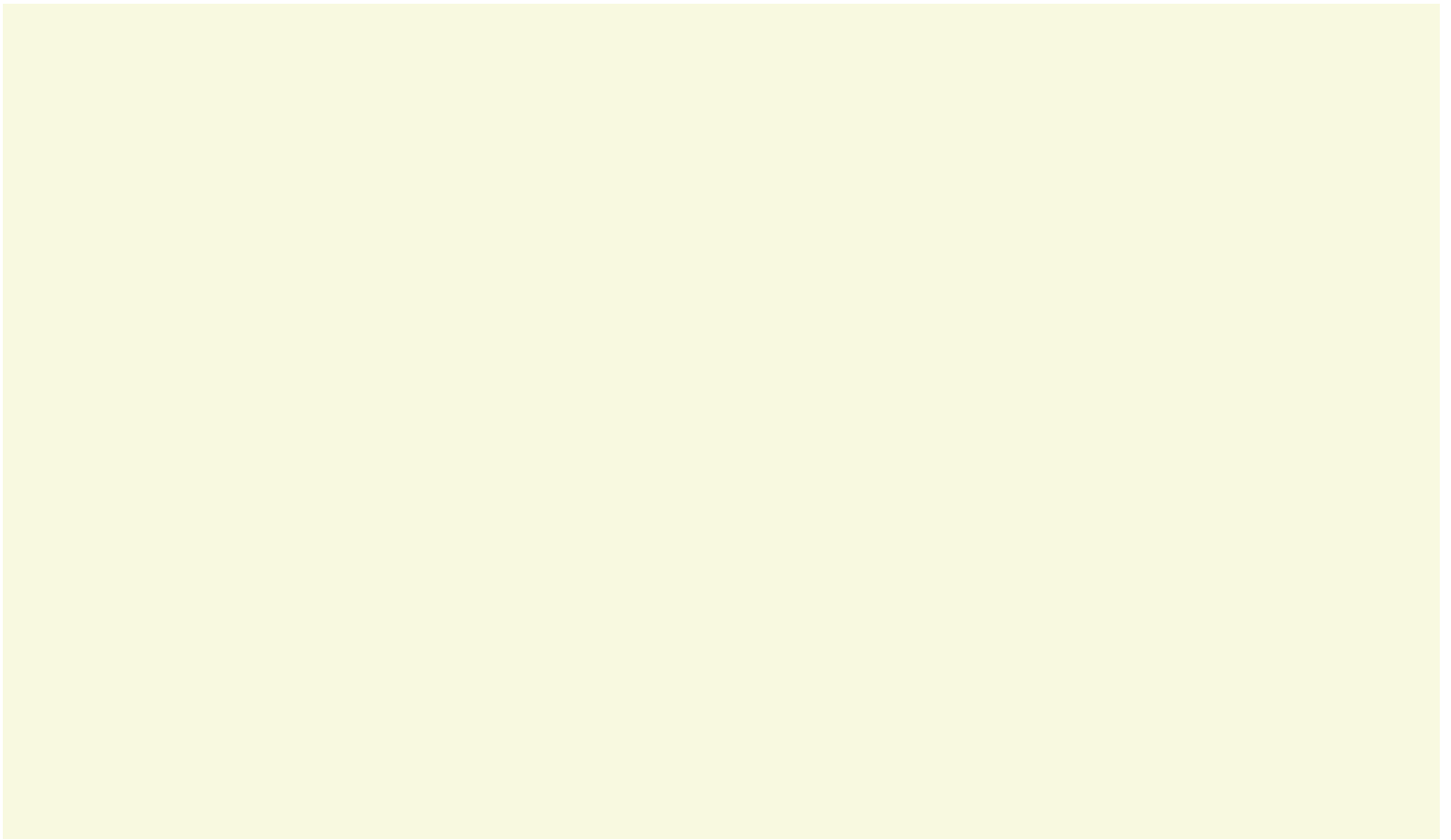


# welcome







## Congratulations on your upcoming delivery!

Thank you for choosing Cleveland Clinic Akron General for your maternity care. We are designated as a Baby-Friendly birth facility and offer optimal care for infant feeding. Our goal is to make this a special delivery for you, your baby and your family.

We offer many programs and classes to help you prepare for childbirth and parenting. Along with the information available in this booklet, helpful tips and tool are available online at [akrongeneral.org/welcomebaby](http://akrongeneral.org/welcomebaby).

This is a busy and exciting time for you, but there are some important things you need to do before coming to the hospital. Helpful information during this time is provided in this booklet. If you have any questions, please feel free to call us at 330.344.6868.

We look forward to taking special care of you and your baby at Cleveland Clinic Akron General.

*Registration for maternity tours is available by visiting [akrongeneral.org/maternityevents](http://akrongeneral.org/maternityevents).*



# welcome



# baby's doctor



## Your baby's doctor

### Choosing your baby's doctor

This is an important decision, and it's very important to begin your selection process now because we need the name of your baby's doctor before you deliver. The name of your baby's doctor will be confirmed on your admission to the hospital, and the doctor will be notified after your baby's birth.

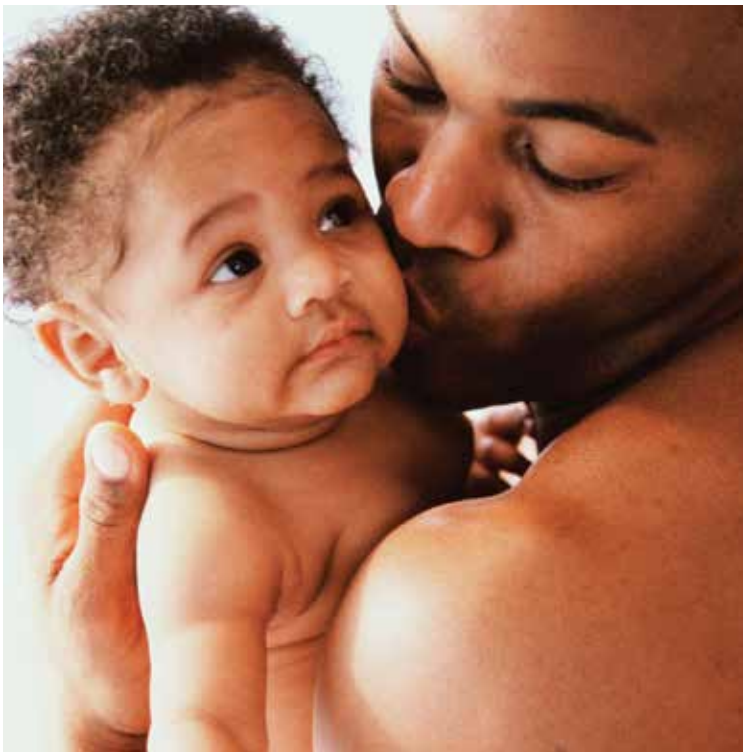
### Help with choosing a doctor for your baby

For information on a family practice physician for your baby, call Akron General's primary care scheduling service at 330.344.CARE (2273) or visit [physicians.akrongeneral.org](http://physicians.akrongeneral.org). For information on pediatricians, call Cleveland Clinic Children's at 216.444.5437 (KIDS) or visit [clevelandclinicchildrens.org/primarycare](http://clevelandclinicchildrens.org/primarycare).

When choosing your baby's doctor, remember the following:

- Check your insurance plan for a list of doctors who can care for your baby.
- Make a consultation appointment to interview doctors.
- Look for a provider who is a good listener, shares your philosophy on parenting, is board-certified and has convenient hours.
- Be prepared to share your chosen provider and which office or location you will receive care.
- If you have not decided on a provider, or your provider does not see patients at Cleveland Clinic Akron General, a provider will provide care for your baby throughout their hospital stay.





# birth certificate information



### **Your baby's birth certificate**

You will be provided a proof of birth and receive information on how to obtain your baby's official State of Ohio Birth Certificate from the health department in the "Caring for You and Your Baby" packet after delivery. There is a fee for the birth certificate. Processing your baby's birth certificate takes 10 days after delivery date.

### **Parents' information**

- For married parents, the husband is the legal father of a child if the parents are married when the child was born, the parents were married when the child was conceived or the parents were married any time during the 300 days before the child is born.
- Even if you finalized a divorce in the 300 days before your baby was born, the ex-husband is still considered the legal father and must be named on the baby's birth certificate unless you have a divorce decree stating that the ex-husband is not the biological father of the child.
- If the mother is married to someone other than the child's biological father when the baby is born, the law states that the name of the husband must appear on the birth certificate. If a husband or ex-husband meets the criteria of legal paternity, but is not named on the child's birth certificate, the document is considered incomplete and will not be processed, nor will a social security number be processed.

### **Important information for single mothers**

- Paternity is a legal word that means the named father is the legal father of the child. Establishing paternity can be confusing. For more information, you can call the Summit County outreach coordinator at 330.643.8732 or 888.810.OHIO.
- If the parents are not married when the child is born, the child does not have a legal father unless paternity is acknowledged. If the mother is a single parent and wishes to acknowledge the father on the birth certificate, both parents must sign a legal affidavit of paternity.
- A father who is not married to the mother when the baby is born can become a legal parent if he acknowledges paternity.
- If a man is unsure about paternity, he should request genetic testing through the local outreach coordinator at 330.643.8732.
- Fathers can acknowledge paternity by completing an affidavit at the hospital. The form must be notarized. Please contact the Birth Certificate Office located at Akron General at 330.344.6451. If the form is not signed at the hospital, the father's name can be added to the birth certificate by contacting the Department of Vital Statistics, 1867 W. Market St. at 330.812.3845.



# childbirth classes



Cleveland Clinic Akron General is excited for the opportunity to be a part of your journey as you prepare for the birth of your newborn. Akron General is designated as Baby Friendly, therefore our entire staff provides a nurturing environment for you and your newborn during your entire hospital stay.

Please check our maternity events website for upcoming class events and times, additional classes may be added. The site is [akrongeneral.org/welcomebaby](http://akrongeneral.org/welcomebaby), click on childbirth classes to view the current offerings.

Below is a list of our core classes, the ones we believe are most beneficial for all new families. We make every effort to be as accommodating to your schedule and unique situation. Please reach out to our women's Center with additional questions or specific concerns.

### **Childbirth Preparation (recommended for first-time parents)**

Learn valuable information on the birthing process, plus breathing-based techniques for relaxation during labor, managing discomfort, and the important role your labor coach can play. This series of classes can provide you with the basics on physical and emotional changes that occur during and after pregnancy. You can choose from a four-week series, weeknight series or a condensed two-session weekend series.

### **Baby Care for Beginners - A Guide to the First Six Weeks**

Whether you are brand new to babies or just need to “brush-up” on the basics, this class is recommended for expectant parents, grandparents or anyone else who will be taking care of a newborn. Hands-on practice will include feeding, bathing, diapering, swaddling and comforting a crying baby. Other topics such as car seat basics, SIDS risk reduction and when to call the doctor are included.

### **Breastfeeding 101**

Prepare yourself to breastfeed and learn how to make sure you have an easy and successful experience. Support people are encouraged to attend.

### **Breastfeeding Beyond the First Six Weeks**

Preparing to return to work and continue breastfeeding? Breastfeeding your baby beyond the first six weeks is essential to your baby's health, growth and development. In this class, you will learn the tools and practical resources to make breastfeeding while being away from baby manageable. This class includes topics such as breastfeeding laws, how to choose the right pump, pumping and breast milk storage.



# breastfeeding

We want to make breastfeeding a positive and comfortable experience for you and your baby by offering support and encouragement.

# Breastfeeding Support

## Lactation consultant

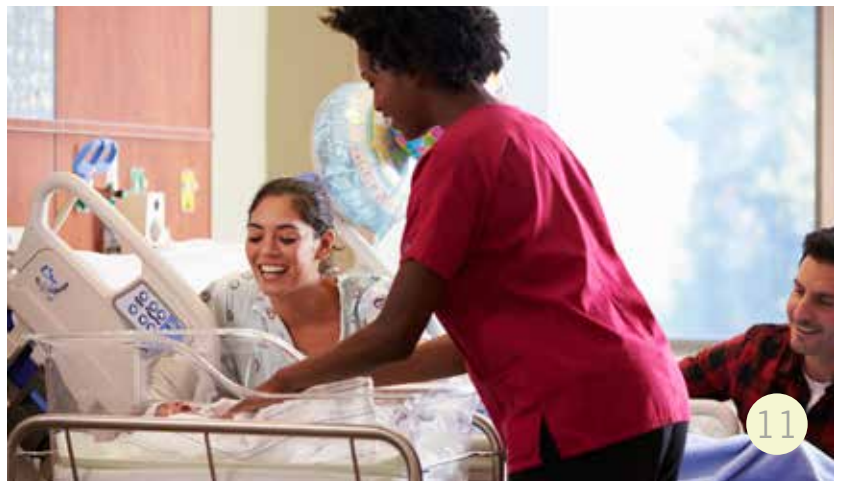
During your stay, you can learn to breastfeed, and a lactation specialist can be consulted if needed. After you go home, you can consult with a board-certified lactation consultant to help address any issues you might have. Call 330.344.5705.

## Breastfeeding support group

A weekly support group for all breastfeeding mothers is available. A board-certified lactation consultant helps guide the discussion and answers questions and concerns as needed. Sharing of information among mothers also provides needed support during the early weeks of breastfeeding. For more information, please call 330.344.5705.

## Some breastfeeding resources recommended by our lactation department:

- AAP.org (American Academy of Pediatrics)
- WomensHealth.gov
- KellyMom.com
- LLLI.org
- *The Ultimate Breastfeeding Book of Answers* by Dr. Jack Newman
- *Breastfeeding: A Parent's Guide* by Amy Spangler
- *The Nursing Mother's Companion* by Kathleen Huggins



# What to bring to the hospital

## Mom

- Comfortable clothing, nursing bra/tank top, robe, slippers.
- Toiletries, deodorant, toothpaste and toothbrush, hairbrush/dryer.
- Relaxation items for labor.
- Phone and/or camera with chargers.

## Baby

- Approved car seat (learn to install correctly prior to coming to the hospital).
- Home going outfit.
- Any personal items you'd like the baby to have/wear while hospitalized.

At Akron General, we will provide the baby with diapers, wipes, snap open t-shirt, baby soap, hat, Halo Sleepsack Swaddle and any necessary feeding materials.

## Support Person

- ID cards, insurance information, any other necessary health information
- Comfortable clothing
- Phone and/or camera with chargers

**We offer free wi-fi during your stay.**

