

welcome





Dear expectant mother:

Congratulations on your upcoming delivery!

Thank you for choosing Cleveland Clinic Akron General for your maternity care. 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 for parenting – everything from aerobic classes to baby massage, even a boot camp for new dads. There's information in this packet, as well as helpful tips and tools online at 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. Please follow the “8 steps before baby” checklist and complete the enclosed forms. If you have questions, or need assistance with our forms, please call us at 330.344.6868.

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

Sincerely,

Your friends at Akron General

P.S. – Maternity tours are available. Just call 330.344.6868.



welcome

There's lots to do before baby arrives. Please take the time to complete this list so we have everything we need to care for you and your baby.

8 steps before baby checklist

- 1. Check your insurance information.** Now's the time to make sure that you know what healthcare services are covered by your insurance plan. You need to make sure that the doctor you choose for your baby is covered by your plan. If you have questions, please call the number on the back of your insurance card.
- 2. Choose a doctor for your baby.** We need to know the name of your baby's doctor before you deliver. Please complete the page in this workbook, "Now is the time to choose your baby's doctor," and bring it with you when you are admitted.
- 3. Register in advance.** Please complete the Advanced Registration form included in the folder pocket and mail it back immediately in the postage-paid envelope. Please remember to include the name of your baby's doctor.
- 4. Complete the birth certificate worksheet.** Please complete as much as possible of the front of the Birth Certificate Worksheet included in the folder pocket and bring it with you to the hospital. We have enclosed a guide to help you.
- 5. Infant hearing screening information.** This will be given to you after your admission to the hospital.
- 6. Take a look at Akron General's childbirth classes and discounts.** Decide what's right for you and register now.
- 7. Get helpful tips online.** Enjoy tips on exercise, nutrition, parenting, breastfeeding and much more online at akrongeneral.org/welcomebaby.
- 8. Pack your bag.** Don't put it off until the last minute. We've enclosed a list to help you get started on the back page.





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. Please complete this form and bring it with you when you are admitted to the hospital.

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. For information on pediatricians, call Akron Children's Hospital's Ask Children's physician referral service at 1.800.358.KIDS (5437) or 330.543.2000, or visit akronchildrens.org.

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
- Choose a doctor and complete the form below
- Bring the form with you when you come to the hospital

Mother's name

Mother's doctor/group name

Baby's doctor/group name

Insurance company



Tips for completing the hospital birth worksheet

The information on our hospital birth worksheet is used for your baby's official birth certificate. Please fill in Part A, including your baby's name and do not leave any boxes blank. Print all information clearly, sign the worksheet at the bottom and bring it with you to the hospital. Your caregiver will be happy to help you.

Your baby's social security number

You may request a social security number for your baby by answering "yes" to the social security question on the worksheet. You must provide the social security number of each parent to be named on the birth certificate. It will take at least 2-4 weeks to receive your baby's social security card. If you have any questions, contact the Social Security Administration at 1.800.772.1213.

birth worksheet



Your baby's birth certificate

You will be given information on how to obtain your baby's official State of Ohio Birth Certificate 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 6-8 weeks.

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 and discounts

Now you can register and pay online - it's fast and easy! We will mail participants confirmation letters and maps prior to your class date. There is a \$10 processing fee for cancellations. For specific information, call the Cleveland Clinic Akron General Women's Center at 330.344.6868.

parent classes

Bundle your classes and save. More details online.
Visit akrongeneral.org/welcomebaby.

Childbirth preparation for first-time parents

Learn valuable breathing based techniques for relaxation, breathing during labor, managing discomfort, timing contractions and how your coach can play a role during labor. This series of classes can provide you with the basics on physical and emotional changes that occur during pregnancy, as well as what to expect during the childbirth process itself. You can choose from a four-week series or condensed two-session weekend series.

“Just the Facts” express class

One day, condensed, complete childbirth series designed for those with challenging schedules. Learn how to relax, breathe during labor, manage discomfort and time contractions. (Less time spent on the relaxation and breathing than the class series). This class includes a tour.

Infant/child CPR

Every parent should know what to do in case of an emergency. This one-session basic class will give you the confidence and security to act quickly and effectively. A certified instructor provides you with the latest education in this essential course. Class is not a certification.

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 handling/holding. Other topics such as safety, home preparation and when to call the doctor will be included.

Boot camp for new dads

This unique three-hour workshop helps to prepare men for fatherhood. It covers the needs of first-time fathers including baby care, fatherhood issues and addressing the needs of new mothers. Boot camp for new dads includes a hands-on opportunity for dads-to-be to practice baby care skills under the guidance of specially trained veteran dads, who bring their babies to class. Topics include dealing with a crying baby, feeding, handling and taking care of mom.

Before Baby®

Free health fair

Come to Before Baby, a free maternity health fair at Cleveland Clinic Akron General. Tour the New Life Center, attend one of our mini-seminars about Baby Friendly, visit various information booths, register for free gifts and enjoy refreshments. Free parking.



breastfeeding

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

Breastfeeding classes and support

Breastfeeding essentials

Prepare yourself to breastfeed, and learn how to make sure you have an easy and successful experience. Husband and partners welcome to attend.

Breastfeeding: Beyond the first six weeks

Preparing to return to work and continue breastfeeding? Research shows that you have made a wise choice! Breastfeeding your baby beyond the first six weeks is essential for your baby's health, growth and development. A certified lactation consultant will give you tools and practical resources to help when away from baby. This class includes topics such as breastfeeding laws, how to choose the right pump, pumping and breast milk storage.

Lactation consultant

During your stay, you should know that our nurses are specially trained to help you and baby learn to breastfeed. After you go home, individual appointments with a board-certified lactation consultant are available to help address any issues you might have. Call 330.344.5705 for an appointment.

Breastfeeding support group

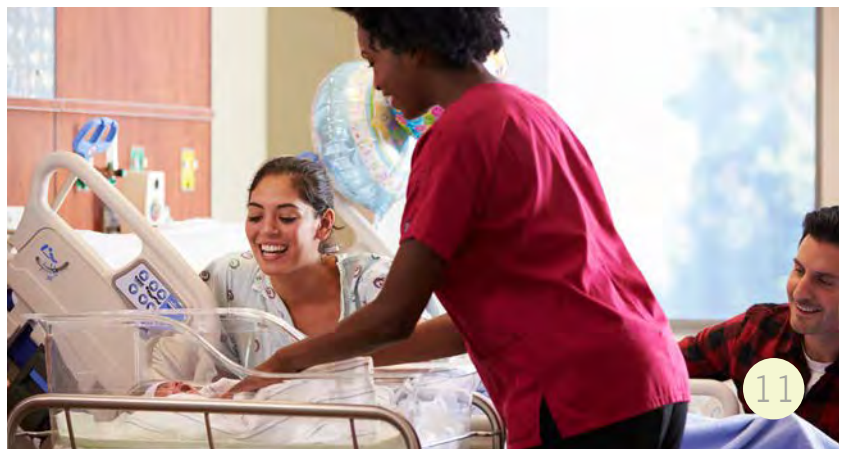
A free weekly support group for all breastfeeding mothers that offers baby weight checks, discussions and continued support. A board-certified lactation consultant helps guide the discussion and answers questions and concerns as needed. Sharing of information among mothers also provides needed support during the early weeks of breastfeeding. Free parking. For more information, please call 330.344.5705.

Breastfeeding supplies

Enjoy 20 percent off Medela maternity and nursing intimate apparel, breast pumps and accessories at the Cleveland Clinic Akron General Visiting Nurse Service Equipment & Supplies store located in Akron General's Main Lobby. Use code "Welcome Baby." Fitting rooms and trained staff are on-hand. Call 330.344.4VNS (4867) for information.

Some breastfeeding resources recommended by our lactation department:

- LaLecheLeague.org
- AAP.org (American Academy of Pediatrics)
- WomensHealth.gov
- *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

As your delivery date approaches, you will want to prepare the items needed for your hospital stay ahead of time. Don't forget:

For Mom

- Nightgown that buttons in the front, robe and slippers
- Regular or nursing bra
- Cosmetics, deodorant, toothpaste and toothbrush, hairbrush and/or comb
- Reading material and/or laptop (glasses if you need them)
- An item you will use as a concentration/focal point
- Comfortable clothes to wear home
- Other _____

For Dad/Partner

- Hospital paperwork, insurance information and any other necessary health information
- Watch with a second hand to help with timing contractions
- Tablet and pen to record weight, length and delivery time for phone calls
- Address book with family and friends' phone numbers
- Cell phone and charger
- Camera with a memory card and/or video camera with a charged battery (*Pictures and video may be taken of mom, baby and family, but the actual birth or any medical procedures may NOT be photographed or videotaped.*)
- Other _____

For Baby

- Approved car seat (learn to install correctly before the first ride home)
- Undershirt, nightgown, socks (or booties), cap and diapers for the trip home
- Receiving blanket
- Depending upon the weather, outerwear and an additional blanket might be needed
- Pacifier (not provided by hospital)
- Other _____

