Welcome your baby with us.
Nursing staff that are experienced and caring.

The **ARRIVAL OF A NEW BABY** makes every beginning precious. Our team is ready to share this experience with you. From delivery until you go home, our staff will make you feel like part of our family, giving you the best knowledge on baby and mommy care.

“We understand that you have choices when it comes to this very special moment in your life and we are proud to be your choice.”

OB Manager
Southview Medical Center
Having a baby can feel a little overwhelming, but our team of highly trained nurses embrace you and your baby with open arms. At Kettering Health Network our team of nurses are ready for your baby’s arrival. Beautiful and natural colored rooms help soothe you while our staff creates a family atmosphere that helps bring ease to the mother during this exciting time.

What to Expect Upon Arrival
- Check in at Labor and Delivery
- Staff monitors labor progression
- Nurse prepares you for labor
- Physician delivers baby
- Mother and baby may move to mother/baby unit where they are monitored until discharged
- Family-centered care

Neonatal Intensive Care Unit
- Private neonatal rooms
- Comforting environment
- Special care and NICU nurses
- Neonatal respiratory team available
- Neonatologists available
- Special feeding needs
- Oxygen therapy
- Multiples (twins, triplets)
- Low birth weight
- Pre-maturity

The professional care teams at Southview, Soin, Fort Hamilton, and Kettering are equipped and ready.

- Connecting rooms for multiples
- Long term IV therapy
- Ventilator support
- Specially trained and certified NICU nurses
- Pediatric subspecialty coverage
- 24 hour in house OB, Neonatology anesthesia coverage

Now even the tiniest babies and their moms can stay together inside the Kettering family of hospitals. If you and your baby require Level III care, you will be transported to the OB and NICU department at Kettering Medical Center.

Benefits of Breastfeeding
Lactation Consultants on site
Benefits to your baby:
- Provides the best food for your baby
- Less ear infections
- Less allergies and asthma
- Less childhood obesity
- Less childhood diabetes
- Less childhood leukemia
- Higher IQ scores
- Calms and soothes fussiness

Benefits to the mother:
- Less breast cancer
- Less ovarian cancer
- Less diabetes
- Convenient
- Economical (free)

**Delivery Checklist**
As soon as pregnancy is determined
- Find a physician
- Take prenatal vitamins
- Eat well and drink lots of water

At 24 Weeks
- Sign up for prenatal classes
- Hospital pre-registration

At 30 Weeks
- Choose a pediatrician
- Get a car seat

At 36 Weeks
- Pack hospital bag

“Each and every birth is a unique experience; being part of such a special time in a family’s life is a true blessing that we don’t take for granted.”

OB Manager
Soin Medical Center
Your journey begins before entering the hospital and extends well beyond bringing your new baby home. At Kettering Health Network, we offer many classes to help you prepare for welcoming your precious baby. The following is an overview of available classes, but check with the hospital as we are constantly updating the classes to better serve you throughout your journey.

**Childbirth Preparation**

- Basic prenatal education:
  - Physical and emotional changes
  - Nutrition, stages of labor
  - Signs and symptoms of labor
  - Relaxation and breathing techniques
  - Cesarean information
  - Postpartum adjustments

**Breastfeeding**

- Preparation
- Common Problems
  - Management
- Breastfeeding upon return to work

**Childbirth Preparation**

- Preparing for childbirth
- Stages of labor
- Signs and symptoms of labor
- Relaxation and breathing techniques
- Cesarean information
- Postpartum adjustments

**Baby Care**

Focuses on basic care of the newborn. Topics include:
- Bath demonstration
- Normal newborn characteristics
- Well baby/sick baby
- Feeding, bathing, and diapering tips
- Infant safety

**Infant/Child CPR**

Class instructed by a CPR certified registered nurse or respiratory therapist.
- Basic CPR skills
- Choking prevention
- Space Limited

**Connecting you to family & friends**

**Baby Gallery**

We offer a secure site for your friends and family to see the first picture of your newborn baby. A professional photographer will take a photo of your son or daughter to share with those you care about. They can use Baby Gallery Guestbooks to send a note of congratulations to the new parents. Rest assured, patient privacy is an important aspect of the care that we provide.

**Many Shades of Blue**

Research shows that hormonal changes, a personal or family history of depression and lack of support can lead to Postpartum Depression. There is help. Ask your nurse for more information. 937-401-6844 or Toll Free 1-866-848-3163.

**“The education and support provided by our nursing staff will give mothers the confidence they need to care for themselves and their babies at home.”**

OB Manager

Fort Hamilton Hospital

**Grace Lynn**

- Birth Date: January 21
- Time: 6:11 PM
- Weight: 7 lbs. 11 oz.
- Length: 19.5 inches
- Eyes: Brown
- Hair: Black

Visit our website to view all our class offerings or to register today ...ketteringhealth.org/maternity/