





*OCH Regional Medical Center is dedicated to providing state-of-the-art maternity care with a personal touch. We strive to do everything possible to make this the experience of a lifetime!*

**O**ur staff of registered nurses and obstetricians/gynecologists is entrusted with the delivery of more than 1,100 babies each year-- as many as neighboring facilities that are more than three times our size! We also pride ourselves in the fact that our annual primary Cesarean section delivery rate is far lower than the national average, and our vaginal birth after Cesarean success rate is well above it.

Several of our labor and delivery staff members are not only registered nurses, but also have certification in inpatient obstetrical care, and all L&D and nursery nurses are certified in neonatal resuscitation. We also have a board certified lactation consultant available to answer questions and address concerns about breastfeeding.

For more information about the staff, call the perinatal nurse manager at (662) 615-2840.



### *Gift Shop!*

Located in the nursery viewing area, the Special Beginnings Gift Shop is open 24 hours-a-day and offers an array of helpful items for new parents at affordable prices. The shop stocks top-quality brand breast pumps, nursing bras and other hard-to-find items such as premie clothing, supplemental nursing supplies and hospital-grade bulb syringes.

*Special  
Beginnings*



Other things you need to know...  
*Important Numbers!*

Once they get home, new parents can use "Cradle Call," (662) 615-2942, a telephone line that is answered by nursery nurses 24 hours-a-day, whenever they have questions. OCH also offers a breastfeeding hotline, (662) 615-2850. Since little ones don't come with instructions, we encourage parents to feel free to call anytime!



*First Photo and  
Web Nursery!*

All babies born at OCH are photographed through the nationally-recognized First Foto program developed to enhance infant and childhood security. The hospital also participates in the WebNursery program, enabling new parents to safely post a photo of their new arrival on the world wide web for out-of-town relatives and friends to view. Parents have the opportunity to purchase these photos prior to discharge. Call (662) 615-2943 for details.



*Special  
Beginnings*



## *Hey Dads!*

One or two people can remain with a patient through labor and a normal delivery depending on the physician's recommendation. A support person can also attend a scheduled Cesarean section if approved by the patient's physician. However, for either a normal delivery or a Cesarean section, consent forms must be completed for the father or support person to be present. Another consent form must be signed if the individual wants to videotape or take photographs in the delivery room.

## *Rooming-in Program*

At OCH, a new mother can choose to keep her baby in her room from as early as two hours after giving birth as long as she or another adult in the room remains awake. This greatly increases maternal-infant bonding and gives the mother a chance to care for her baby while professionals are nearby to give guidance and answer questions. Nurses check on the mother and baby periodically and, if the mother becomes tired, the baby can return to the nursery for care.

## *One-on-One*

While new mothers are at OCH, they are visited by nursery nurses to discuss the care of their babies. Each new mother is given a survey containing a list of topics she wants to discuss during a second visit, and the nurses provide educational material and demonstrations to help her feel as confident and relaxed as possible about caring for her newborn.

## *Infant Hearing Screenings!*

Hearing plays a crucial role in the development of language skills. Screening babies for hearing loss shortly after birth can help identify a hearing deficit early on, allowing parents and healthcare providers a greater opportunity to address the problem. The hearing of all babies born at OCH is tested, and parents are provided with an official record, as well as information about normal hearing development.





## *Childbirth Classes*

Instructed by a childbirth educator, Stork Support classes meet one night per week for four weeks in the hospital's educational facility. The course addresses fetal development, prenatal care, relaxation techniques, labor and delivery, pain management, infant CPR, breastfeeding, infant care, postpartum care and other topics of interest to expectant parents. It also includes special visits from healthcare providers and a tour of the hospital's labor and delivery, nursery and postpartum areas. Fee for the class is \$70.



## *Sibling Classes*

OCH offers Sodas for Siblings to help children prepare for the arrival of a new brother or sister. This hour-long weekend class is taught every other month and includes an ice cream party, certificate and an "I'm a Big Brother" or "I'm a Big Sister" T-shirt. The course fee is \$20 for one sibling and \$15 for each additional one. The fee is waived for children of parents enrolled in the Stork Support classes.



## *Grandparenting Classes*

Grandparents are Great is a two-hour Saturday session offered quarterly that brings grandparents up-to-date on the latest in infant care, including everything from nutrition and safety to educational play ideas. It also includes a tour of the hospital's labor and delivery, nursery and postpartum areas. Fee for the course is \$10 per grandparent.



## *Breastfeeding Classes*

The hospital's Breast is Best class is for expectant mothers and families who plan to or are considering breastfeeding. Instructed by a board certified lactation consultant, the two-hour class meets weekly for four weeks and addresses anatomy of the lactating breast, breastfeeding positions, hints for working moms, breastfeeding problems/solutions and much more. Fee for the course is \$60; however, mothers enrolled in the Stork Support class receive a \$10 discount.



To enroll in any of the above classes or for more information,  
call OCH's Perinatal Educator at (662)615-3364.

## How Suite It Is!

OCH's labor and delivery unit is located in a private area on the hospital's fourth floor, and nursing personnel in the department work exclusively with obstetrical patients. The unit features eight beautifully decorated birthing suites which allow mothers to labor and deliver in a home-like setting. The suites have a multi-position bed for labor that can be transformed into a birthing bed or chair at the time of delivery. The suites satisfy parents' priorities of privacy and comfort, while meeting the hospital's high quality standards. They provide a smooth transition from labor to delivery and offer couples an increased opportunity to bond with their new baby. In the event a Cesarean section is required, the unit houses two state-of-the-art surgery suites.

## Baby Tune-Up

Newborns are seen one to two days after delivery through the hospital's newborn follow-up clinic, which follows the recommendations of the American Academy of Pediatrics. Lactation consultations are available during these visits, and new parents are encouraged to ask questions and share any concerns they have about caring for the new baby. For more information about the clinic and the services it provides, call (662) 615-2938.



## Go On Tour

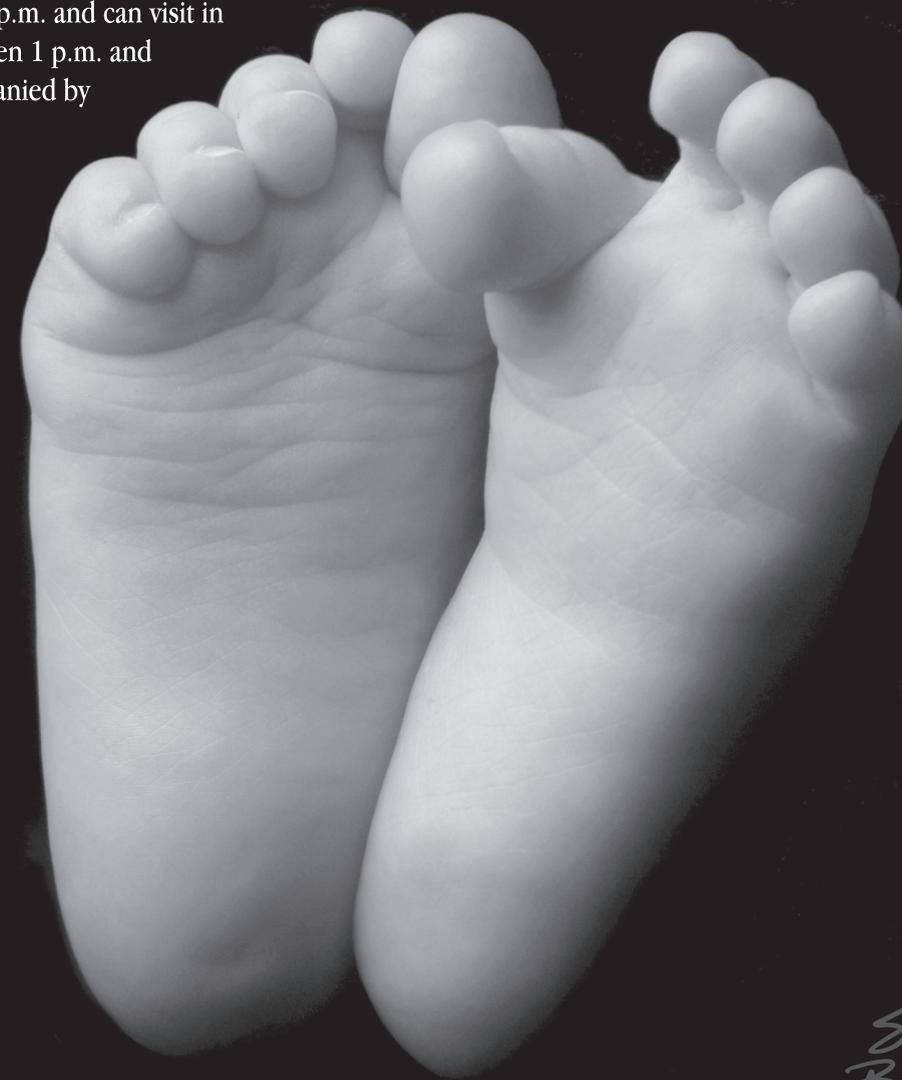
Couples in OCH's prepared childbirth classes are given a tour of the hospital's labor and delivery and nursery facilities. Tours are available to other expectant couples by calling the labor and delivery department at (662) 615-2842.

## Pump & Go

Many mothers who choose to breastfeed are pleased to know that OCH has several Medela breast pumps available for rental. The pumps, which far surpass the quality of those available to the general public over-the-counter, enable mothers to express breast milk for occasions when they will be away from their infants or when they may be ill or having breastfeeding complications. Various other breastfeeding supplies and accessories are also available for purchase through the hospital. For information about these items, call (662) 615-2842 or (662) 615-3364.

## Hey Kids!

As long as accompanied by a responsible adult, siblings can visit their mother and newborn brother or sister in patient rooms between 7 a.m. and 9 p.m. daily. Other children who are under 12 years of age can see the newborn through nursery viewing windows between 7 a.m. and 9 p.m. and can visit in patients' rooms between 1 p.m. and 9 p.m. daily if accompanied by a responsible adult.



*Special  
Beginnings*

