



All Babies Welcome

MOUNTAIN VIEW HOSPITAL WOMEN'S CENTER



At Mountain View Hospital, all babies have one thing in common. They are going to be welcomed into the world with the best care possible.

Our relationship begins before birth. We know selecting the right place to have your baby is a big decision, and we do all we can to make your special experience a positive one. In order to help you prepare, we offer tours, free prenatal parenting, childbirth and exercise classes. We are confident you will love our facility and caring staff.



Proudly caring for infants as young as 25 weeks.

Most babies are born without complications, but sometimes, an infant needs extra assistance after birth. Mountain View Hospital is proud to offer the special care these newborns and their families need in our Level III NICU.

Our intentionally designed NICU allows our highly trained team to care for up to 14 babies at a time. Babies who need to spend time in the NICU will have an individual suite so that families can

stay connected. Parents even have the option to stay overnight with their little one. Maintaining a family-centered model of care has been shown to reduce stress for babies and improve their short-term and long-term health outcomes. We want you to be the experts in taking care of your baby when they are ready to go home.

We have carefully considered every detail to make sure babies get the best start possible.

Mountain View Hospital's NICU was built using the latest technology available and is the most advanced technology in the region. The equipment, created by Dräger, takes the baby's every need into account. Machines are designed to regulate temperature for optimal health, provide the perfect lighting to avoid overstimulation and reduce noise to protect the baby's highly sensitive ears. We can help infants overcome a variety of challenges, including:

- ◆ Infants born prematurely (as early as 25 weeks)
- ◆ Infants who are struggling with the transition to extrauterine life
- ◆ Feeding difficulties
- ◆ Blood sugar instability
- ◆ Breathing problems
- ◆ Temperature instability
- ◆ Antibiotics
- ◆ Jaundice

No matter what happens during your delivery or pregnancy, the team at Mountain View Hospital is here for you.

We know having a baby in the NICU can be a challenging experience. Our team is here to provide you comfort and support. While your baby's needs are our top priority, we've done our best to take your needs into account as well. Our NICU is set up with unique features to make your life a little easier:

- ◆ 24/7 NICU access for parents
- ◆ Hospital grade breast pumps
- ◆ Refrigerators for breast milk
- ◆ Fully stocked snack area
- ◆ Bedside milk warmers
- ◆ Meals available to parents



We know how important it is for expecting parents to see our facility and we offer in-person and virtual tours to help you envision your delivery experience at Mountain View Hospital. Our team wants to make sure you have all of the information you need. Please call **208.557.2729** with any questions, or to schedule an in-person tour.

Each of our luxurious Labor and Delivery suites is designed to accommodate your needs and make you and your partner's stay with us as comfortable as possible. We have a fully stocked snack fridge with 24-hour access, and jetted tubs in our suites to allow you to relax and aid in your labor if you choose a natural birthing plan. Visit our website to learn more about our amenities: mountainviewhospital.org/allbabieswelcome.



Prenatal Classes

We offer free prenatal parenting classes the second Saturday of every month. These classes are taught by one of our experienced nurses and designed to help get first time parents and parents who already have children at home ready to welcome their little ones. Visit our website to register. For any questions or concerns, please contact us via email a womenscenter@mvhospital.net.

FREE CLASSES AT CLUB APPLE!

Expecting Mountain View Hospital mothers can now participate in prenatal classes at Club Apple for free! If you're new to the gym, visit the front desk 15 minutes before your scheduled class time to register and get started.

Prenatal Yoga/Pilates

Mondays | 6:30pm

Prenatal Aquatics

Wednesdays | 6:30pm



Tools to Help You Prepare

When you're expecting it is easy to have a lot on your mind. Am I exercising enough? Am I eating the right foods for me and the baby? Should I learn infant CPR? Trust us, we've been there and we have you covered. Our team strives to offer a range of classes to help you navigate your pregnancy, delivery and all of the adventures to follow. Visit our website to find our current class offerings and other helpful materials you can review from the comfort of your home.



Lactation Consultant

If you are interested in breastfeeding, Mountain View Hospital is proud to offer new parents full-time lactation support in and out of the hospital. Our board-certified lactation consultants are trained to work with you and your baby to help solve any feeding challenges you may experience.

Shortly after you have welcomed your baby into the world, our lactation consultant will meet you in the hospital. They will help you navigate breastfeeding by showing you how to get your baby latched on, the optimal feeding position, and what to do if your little one is a fussy eater. As well as answer any other questions you may have.

Breastfeeding is a long journey and can be tricky sometimes — trust us, many of us are moms and speak from experience. But the support doesn't have to end once you leave the hospital. We are happy to provide you with ongoing support with outpatient visits once you go home.



**OUTPATIENT LACTATION
APPOINTMENTS AVAILABLE!**



Center
of **your**
world.

Pregnancy Milestones

If you are ever concerned at any time during your pregnancy, don't hesitate to call your doctor or our Mountain View Hospital nurse help line: **208.557.2729**.

FIRST TRIMESTER

First Prenatal Visit

It's very important to make an appointment with your doctor as soon as you learn you're pregnant.

First Ultrasound

The first time you get to "see" your baby!

First Trimester Woes

For many women, morning sickness can begin around six weeks. You may also experience food aversion and cravings.

Sweet Sounds

Hearing your baby's heartbeat for the first time is really special, and helps distract from those first trimester woes.

You've Made It Through The First Trimester!

This provides a huge sense of relief as this is the time when most miscarriages occur.

SECOND TRIMESTER

Time to Announce

Many expecting parents wait until the second trimester to share their pregnancy with family and friends.

Unsolicited Advice

Once friends and family learn you're pregnant, you'll likely get a lot of well-meaning advice.

Body Changes

Your body will gradually expand through pregnancy. You'll really start to notice these changes in the second trimester.

Was That a Kick?!

If you feel nudging or fluttering sensations in the second trimester, you're experiencing your baby moving!

Make a Birth Plan

If you haven't already made a birth plan, now's a good time to start!

THIRD TRIMESTER

First contraction

Contractions are one of the first signs you're going into labor. Grab your hospital bag!

It's go time!

The big day is finally here. Remember, you've got this. And we've got you.

Birth Plans

We know how special delivery experiences are for families and we will do all we can to respect your wishes. Developing a birth plan is a great way to communicate your goals, expectations, and ultimately make sure everyone's on the same page for your labor and delivery.

While we will do everything in our power to follow your plan, we may have to make adjustments for safety purposes. You may also change your mind on what you want halfway through labor...don't worry, our team is flexible!



Just like every baby is unique, so is every birth plan. There is no perfect formula. The most important thing is to communicate what your ideal experience would look like. Here are some questions to consider:

- ◆ Who do you want to have with you during your labor and delivery?
- ◆ Do you want to personalize the atmosphere by playing music or bringing special items from home?
- ◆ Are there certain birthing positions you want to try?
- ◆ How would you like to manage pain during your delivery? Do you want an epidural, IV pain meds or alternatives to medication?
- ◆ When do you want to cut the umbilical cord? Who should cut the cord?
- ◆ Do you want photos or videos taken during your labor and delivery?
- ◆ Would you like to immediately try breastfeeding or bottle feeding?
- ◆ After the delivery, do you want to have skin to skin contact with your baby?

Going home... now what?

Returning home after having a baby requires a bit of adjusting (which includes taking care of yourself!). Keep in mind that every new mom is different, so every woman will recover at a different rate. Here are a few tips to help with your postpartum recovery.

Ice Ice Baby

To relieve swelling and discomfort, ice your perineum every couple of hours for the first 24 hours post-birth. Also, a peri bottle is great for rinsing your perineum with warm water.

Practical Panties

You have enough things to think about after you bring your baby home. Ruining your favorite pair of (stretchy) pants or lingerie shouldn't be one of them. Purchase a package of postpartum underwear to help catch bleeding, which can happen for 1-6 weeks after delivering.

Easing Aches

Feel like you just ran a marathon? Well, having a baby is pretty close. If you're achy from pushing, this is normal! Taking acetaminophen or using a heating pad can help.

Keep Things Moving

Do not be alarmed if you experience constipation after giving birth. Drinking fluids, eating plenty of fiber-rich foods, going for walks, and using gentle stool softeners for bowel movements will all help you to "stay regular." Walks will also help boost your mood and energy level!

Why Am I Crying (Again)?

Hormones and lack of sleep can trigger a jumble of powerful emotions, including feelings of emptiness or sadness. Postpartum depression isn't a character flaw or a weakness. In fact, 1 in 8 women experience it. However, if you are experiencing intense hopelessness or anxiety for more than 2 weeks postpartum, please reach out to us. We can assist with treatment so that you can get back to feeling like yourself—and what you love.

Give Yourself Some Grace

You did it! You navigated a lot over the past several months, and in turn experienced one of life's greatest miracles. You deserve to give yourself some grace. Relish the sweet moments with your little one. Fill your camera roll with baby pictures. Never feel guilty about a nap. There will be good days and hard days, but never forget what a wonderful mother you are!

FAQ

Preparing for the birth of your baby is an exciting—and sometimes overwhelming—experience. At Mountain View Hospital, we want every new mother to have peace-of-mind when it comes to learning what to expect. All babies are welcome...as well as all questions! In our world, there is never a silly question (and we really mean that). Here are a few of the most common questions we receive from expecting mothers.

How many days do we stay at the hospital after the baby is born?

This depends on you and your infant's unique needs. Most parents and newborns stay two nights for a vaginal delivery, and three nights for a C-section.

How long should we expect for delivery?

The national average for most women experiencing labor is 12-24 hours.

Do I have to have an IV?

This is based on safety and provider discretion. A running IV is not required but having an intravenous catheter that is locked is best practice. Our ultimate goal is to provide your infant with the most healthy support team we can. You being the most important.

Who can stay with me?

Every new mother can have one guest stay overnight. Visitors are welcome during visiting hours. Please visit our website to find the latest information on our visiting hours and guidelines.

Can you watch the baby for the night and/or feed the bottle through the night?

At Mountain View Hospital, we encourage couplet care, which supports family bonding and ultimately healthy thriving. There are special circumstances that require a small adjustment period. All care plans are made with parent and infant needs taken into consideration to ensure the best outcomes.

If you have questions, please call us at **208.557.2729**. We are here for you and your baby.



Notes



Birth is a big
life-changing miracle.

And should it ever start to feel
overwhelming, just remember
one thing. You've got this.

And at Mountain View Hospital,
we've got you.



Mountain View Hospital

PROUD TO BE PHYSICIAN OWNED

208.557.2729 | 2325 Coronado St. Idaho Falls, ID 83404

mountainviewhospital.org/allbabieswelcome



Mountain View Hospital

PROUD TO BE PHYSICIAN OWNED