

House of Birth

222 W. Brockett Sherman, TX 75090 903-718-0900

Client Evaluation

Name _____ Baby's Birth Date _____

May we have your permission to use your comments on our website or printed materials? Yes No

	Yes	No
1. The office was clean and pleasant.		
2. I did not have to wait more than ten minutes past my appointment time.		
3. The person who greeted me was courteous and helpful.		
4. People were courteous and helpful when I called on the telephone.		
5. The midwife explained all procedures and care to me.		
6. The midwife explained options and answered my questions.		
7. The midwife was respectful, courteous and knowledgeable.		
8. The midwife helped me during labor.		
9. The assistant helped me during labor.		
10. The midwife was calm and knowledgeable at the delivery.		
11. The midwife examined me and the baby thoroughly before discharge.		
12. My birthing experience was bad.		
13. My birthing experience was good.		
14. The midwife was available for my postpartum questions and concerns.		
15. My postpartum care was thorough.		
16. I would come to House of Birth again for my care.		

Please write any other suggestions or comments below. Thank you.

House of Birth

222 W. Brockett Street Sherman, Texas 75090 903-718-0900

Hillary mobile 214-478-9787

Postpartum Instructions for BABY

In case of emergency, call 911

- Call Baby's pediatrician. The pediatrician will usually want to see Baby within the next few days.
- **Required by law unless you decline.** We refer our infants to Dr. Collins at Hearcare Inc. for Newborn Hearing Screening (903-868-2650, 1800 N. Travis). We encourage you to call for an appointment ASAP. At your request, we can arrange for her office to perform the test or we will contact the audiologist of your choice to test your baby.
- Keep **Baby's cord** dry. There is no need to do anything special. It usually takes less than a week for the stump to fall off. After the stump falls off, you can use alcohol to clean the umbilical area if needed. If at any point it smells bad or appears infected, call me.
- Keep **Baby's hat on** for a few days, and dress Baby in one more layer than you need.
- **Do not submerge Baby in water** until the cord falls off.
- If Baby **appears yellow** to you, give me a call.
- Baby needs to **void** and have a **bowel movement** within the first 24 hours. If this doesn't happen, call me.
- Baby should **eat every (2) hours** until your milk comes in. After your milk comes in: every (2) hours during the day and wait no longer than every (4) hours at night. (If she/he does not eat at least this frequently, call me.) Exclusive breastfeeding for at least six months is important to your baby's health.
- **Lay Baby on her/his back** or side when you are not in the room or you are asleep. (Side-lying will help Baby to clear air passage in case of spitting up.)
- **If Baby chokes:** First, try allowing baby to clear mucus him/herself by turning her/him onto side or sit him up. **IF** Baby cannot clear, depress bulb syringe, place bulb in Baby's mouth, and gently allow bulb to expand while sweeping through mouth.
- Take the baby's temperature at least twice daily for a few days. If Baby seems **feverish**, take his temperature. Normal axillary (armpit) temp is 97.6.
- If temperature is higher or lower than expected, adjust baby's clothing and recheck in 20 minutes. Then, if temperature is more than 100.4 degrees, call me.
- If Baby should show any **signs of respiratory distress**, i.e.; continuous grunting, continual nostril flaring when inhaling, or chest retractions, **seek medical help immediately!! Do not hesitate to call 911.**
- You may obtain copy of your baby's birth certificate about two weeks after we release it to the state. Go to your local registrar (take photo I.D. and cash/money order) or apply online at texas.gov.

RELAX AND ENJOY YOUR BABY!!!

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Postpartum Instructions for MOTHER

In case of emergency, call 911

- **You MUST have an adult in the house** within earshot at all times for the first 72 hours.
- **Keep visitors to a minimum** for a few days so you can adjust to your new schedule and lack of sleep.
- **Sleep when your baby sleeps** (especially the first 48 hours). He/she will be changing sleep patterns frequently over the next few days and you are going to need extra sleep.
- It is very important to keep a good routine **every two hours until your milk comes in**.
Beginning immediately every two hours you should:
 - First - **Empty your bladder** (So your uterus may contract properly while you nurse.)
 - Second - **Drink 12 ounces** of fluid while you nurse your baby.
 - Third - **Nurse Baby every two hours**, 10 minutes or so on each side.(This routine will assure a good milk supply and keep your breasts from becoming painfully engorged. It will help keep bleeding and after-birth cramps to a minimum.)
- **Take time for rest now! Your body cannot heal properly if you are too active!**
 - First 24 hours - Remain in bed, reclining. Keep your weight off your perineum. (You may get up to shower.)
 - 24 thru 48 hours - You should spend no more than 1-2 hours sitting. Do not do any standing on this day.
 - 48 thru 72 hours - You should spend no more than 3-4 hours sitting. Stand for less than 5 minutes at a time.
 - After 72 hours - Gradually increase your time up daily.**You should do only light household chores, i.e.; fold clothes, load/unload dishwasher, etc. for the next week. Again, gradually add daily, rather than jump in all at once.**
- **LIFT NOTHING HEAVIER THAN YOUR BABY** for 3 weeks to allow your organs and pelvic floor time to recover.
- **Begin your Kegels** immediately. Nursing is a good reminder. Do several at each feeding, working up to 100/day.
- **Use peri bottle with Hibiclens** mixture after voiding for the next week.
- If you have perineal tears or have stitches, remember to keep your knees together and weight off your perineum.
- Do not take tub baths or insert anything into your vagina until your bleeding has stopped for 5 consecutive days.
- If **bleeding increases** to more than double your normal period, empty your bladder, massage your uterus and do nipple stimulation. If your bleeding doesn't slow right away, seek medical help immediately by calling 911.
- If at anytime you feel **feverish**, take your temperature. If it is over 100.4, call me. (Up to 101.0 is normal when your milk comes in.)
- Signs of infection: If your **abdomen is tender** to the touch or your discharge is "stinky." Call me right away.
- Postpartum Depression is very real and can affect any woman, and can manifest in many ways. If you are concerned about any thoughts or feeling you may have, please take it seriously and call me right away. (Sleep as much as possible when the baby is sleeping. Lack of sleep/rest is a big contributor to PPD.)

Benefits of Breastfeeding

Conditions in Infants and Children who are breastfed (compared to formula fed):

- Lower Respiratory Tract Infections 72% lower
- Gastrointestinal Infections 64% lower
- Otitis Media 50% lower
- Atopic Dermatitis 42% lower
- Asthma: infants 27% lower, children 40% lower
- Diabetes:
 - Type 1 Infants 19% lower, children 27% lower
 - Type 2 39% lower
- Obesity: infants 7% lower, children 27% lower
- SIDS 36% lower
- Childhood Leukemia: infants 15% lower, children 19% lower

Conditions of Mothers who breastfeed (compared to those who don't)

Breast Cancer 28% lower

Ovarian Cancer 21% lower

*From: Breastfeeding and Maternal & Infant Health Outcomes in Developed Countries, Evidence Report/Technology Assessment No. 153 (Tufts-New England Med'l Center Evidence-based Practice Center.) AHRQ Pub No 07-E007. Rockville, MD: Agency for Healthcare Research and Quality. April 2007

Did you know?

1. Infants exclusively breastfed for about six months will have:

- a. fewer episodes of diarrhea
- b. fewer episodes of lower respiratory infection
- c. both of the above
- d. none of the above

(answer: C both of the above)

2. Compared to formula, human milk contains higher levels of:

- a. iron
- b. lipase
- c. vitamin A
- d. vitamin D
- e. none of the above

(answer: b lipase)

3. It is especially important that an infant with a strong family history of allergy should be exclusively breastfed for:

- a. 2 months
- b. 6 months
- c. 8 months
- d. 10 months

(answer: c. 6 months)

4. The most common cause of poor weight gain for breastfed infants during the first four weeks is:

- a. infant metabolic disorders
- b. infrequent or ineffective feedings
- c. low fat content of breast milk
- d. maternal endocrine problems
- e. maternal nutritional deficiencies

(answer: b. infrequent or ineffective feedings)

5. Jaundice in a normal full term breastfeeding infant is improved by:

- a. breastfeeding frequently (at least 8 or more times in 24 hours)
- b. giving glucose water after breastfeeding
- c. giving water after

(answer: a. breastfeeding frequently-at least 8 or more times in 24 hours)

Breastfeeding Resource List

House of Birth encourages all moms to breastfeed their babies!

IBCLC Services:

Lactation consultants:

Sharon Mattes, AAHCC, IBCLC
Board Certified Lactation Consultant
Bradley Childbirth Educator
Parent Education Instructor
(972) 495-2805
www.naturalbeginningsonline.com

Breastfeeding hotlines:

The *breastfeeding* community throughout the United States has access to a toll-free *helpline* service by calling 877 4 LA LECHE (1-877-452-5324).

WIC breastfeeding hotline: For our toll-free **Breastfeeding Hotline**, call **1-800-514-MOMS (6667)**.

Breastfeeding support:

WIC - **FREE** breastfeeding education and services to WIC mothers and their breastfed babies. **(512) 719-3010**

La Leche League, Sherman, Texas facebook page <http://texaslll.org/group/sherman>

La Leche League, Durant, Oklahoma facebook page <http://www.facebook.com/LLLDurant?ref=ts&fref=ts>

Web resources for breastfeeding:

www.momsplace.org

www.kellymom.com

www.voices.yahoo.com/top-5-breastfeeding-web-sites-forums-nursing-2462161.html

www.breastfeedingbasics.com

Hearing Testing for Your Newborn

We will contact a newborn hearing screen provider upon your request. The following office has agreed to accept our babies for testing:

HearCare, Inc.
1800 N Travis Street
Sherman, Texas
903-868-2650
www.hearcareinc.com

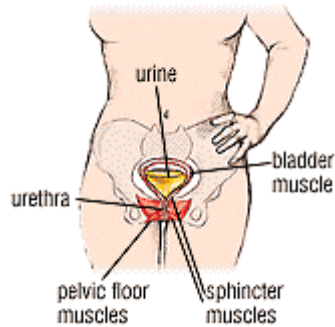
We offer referrals to the hearing clinic of your choice for newborn hearing screen tests. Feel free to request referral to any office that provides newborn hearing screens.

Other Local Newborn Hearing Screen Providers:

1. Hearing Healthcare Center
903 N. Travis Street
Sherman, Texas
903-892-1597
2. The Hearing Clinic
119 W Main St
Denison
(903) 463-9900
www.thehearingclinic.org
3. ENT Centers of North Texas
2600 US Hwy 75 N
Sherman, TX 75090
(903) 416-6225

Why exercise pelvic muscles?

Life's events can weaken pelvic muscles. Pregnancy, childbirth, and being overweight can do it. Luckily, when these muscles get weak, you can help make them strong again. Pelvic floor muscles are just like other muscles. Exercise can make them stronger. Women with bladder control problems can regain control through pelvic muscle exercises, also called Kegel exercises.



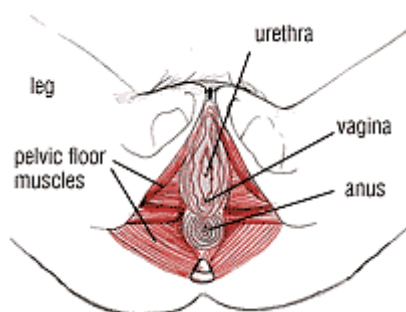
Pelvic fitness in minutes a day

Exercising your pelvic floor muscles for just 5 minutes, three times a day can make a big difference to your bladder control. Exercise strengthens muscles that hold the bladder and many other organs in place. The part of your body including your hip bones is the pelvic area. At the bottom of the pelvis, several layers of muscle stretch between your legs. The muscles attach to the front, back, and sides of the pelvis bone. Two pelvic muscles do most of the work. The biggest one stretches like a hammock. The other is shaped like a triangle. These muscles prevent leaking of urine and stool.

How do you exercise your pelvic muscles?

Find the right muscles. This is very important.

You should tighten the two major muscles that stretch across your pelvic floor. They are the "hammock" muscle and the "triangle" muscle. Here are three methods to check for the correct muscles.



You can make these pelvic floor muscles stronger with a few minutes of exercise every day.

1. Try to stop the flow of urine when you are sitting on the toilet. If you can do it, you are using the right muscles.
2. Imagine that you are trying to stop passing gas. Squeeze the muscles you would use. If you sense a "pulling" feeling, those are the right muscles for pelvic exercises.
3. Lie down and put your finger inside your vagina. Squeeze as if you were trying to stop urine from coming out. If you feel tightness on your finger, you are squeezing the right pelvic muscle.

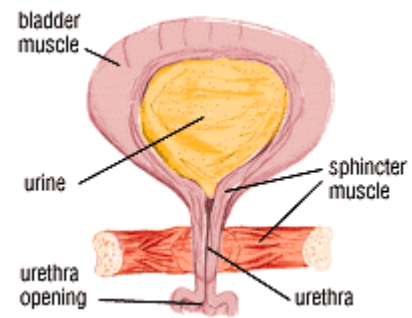
Don't squeeze other muscles at the same time. Be careful not to tighten your stomach, legs, or other muscles. Squeezing the wrong muscles can put more pressure on your bladder control muscles. Just squeeze the pelvic muscle. Don't hold your breath.

Repeat, but don't overdo it. At first, find a quiet spot to practice--your bathroom or bedroom--so you can concentrate. Lie on the floor. Pull in the pelvic muscles and hold for a count of 3. Then relax for a count of 3. Work up to 10 to 15 repeats each time you exercise.

Do your pelvic exercises at least three times a day.

Every day, use three positions: lying, sitting, and standing. You can exercise while lying on the floor, sitting at a desk, or standing in the kitchen. Using all three positions makes the muscles strongest.

Be patient. Don't give up. It's just 5 minutes, three times a day. You may not feel your bladder control improve until after 3 to 6 weeks. Still, most women do notice an improvement after a few weeks.



Healthy sphincter muscles can keep the urethra closed.

Exercise aids. You can also exercise by using special weights or biofeedback. Ask your health care team about these exercise aids.

Hold the squeeze 'til after the sneeze

You can protect your pelvic muscles from more damage by *bracing yourself*. Think ahead, just before sneezing, lifting, or jumping. Sudden pressure from such actions can hurt those pelvic muscles. Squeeze your pelvic muscles tightly and hold on until *after* you sneeze, lift, or jump.

After you train yourself to tighten the pelvic muscles for these moments, you will have fewer accidents.

Points to Remember

- Weak pelvic muscles often cause bladder control problems.
 - Daily exercises can strengthen pelvic muscles.
 - These exercises often improve bladder control.
- Ask your doctor or nurse. Are you squeezing the right muscles?
- Tighten your pelvic muscles before sneezing, lifting, or jumping. This can prevent pelvic muscle damage.



This Home Has A New Baby

Name _____ **Birth Date** _____

Weight _____ **Length** _____

Born To: _____

Dear Visitor,

Birth Is Hard Work! *To maximize recovery, mother and baby are spending most of their time resting and adjusting to one another.*

* **Please limit your visit to ten minutes.**

* **Do Not** *come in if you or your children are sick.*

If you are asked to stay longer, please help out with _____

Prepare or arrange for a nutritious meal.

Run an errand. Grocery shop. Wash dishes. Do laundry.

Clean a bathroom. Take out the trash. Mop or vacuum.

Ask for a task. Jump in and do whatever needs to be done.

Thanks for your help and thoughtfulness,

_____, *Midwife*

POSTPARTUM DEPRESSION RESOURCES & TOLL-FREE TELEPHONE ASSISTANCE LINES

If you think you might be seriously depressed, call 911 or go to the nearest hospital emergency room.

Texas DSHS - Family Health Services, Information & Referral Line: 1-800-422-2956

2-1-1 in Texas: Free, bilingual information and referrals to critical nonprofit and government agencies, health and human services, community organizations.

Texas Information and Referral Network On-line Assistance: www.hhsc.state.tx.us/tirn/tirnhome.htm

B Bexar County Resources

Alamo Area Home Couns'g Svcs

P.O. Box 500064
San Antonio, TX 78280
(210) 521-6392

Alpha Omega In-Home Services

4538 Centerview Dr., Ste. 218
San Antonio, TX 78228
Toll-Free # 1-866-730-2674
Counseling

Avalon Social Services

3707 N. St. Mary's
San Antonio, TX 78212
(210) 735-7275
In home counseling, psychosocials

Benitia Family Center

4650 Eldridge Ave
San Antonio, TX 78237
(210) 433-9300
Counseling

Community Counseling Service of Our Lady of the Lake University

590 N. Gen McMullen
San Antonio, TX 78228
(210) 434-1054

Ecumenical Center for Religion & Health

8310 Ewing Halsell
San Antonio, TX 78258
(210) 616-0885

Family Life Center

One Camino Santa Maria
San Antonio, TX 78228
(210) 436-3133

Family Service Association

230 Pereida
San Antonio, TX 78228

(210) 226-3391
Counseling, groups

Jewish Family & Children's Services

12500 NW Military Hwy
San Antonio, TX 78231
(210) 302-6920
Counseling, groups

Mental Health Association of Greater San Antonio

8431 Fredericksburg Road, Suite
110
San Antonio, Texas 78229
210-614-7566 Office
healthymindconnection.org

Mexican American Unity Council

2300 W. Commerce, Ste 200
San Antonio, TX 78207
(210) 978-0500
Counseling

Methodist Women's Center

803 Castroville, Ste. 131
San Antonio, TX 78207
(210) 575-0355
Groups every Tuesday 1-2

St. Peters St. Joseph

919 Mission Rd
San Antonio, TX 78210
(210) 533-6545

Postpartum Depression Center of San Antonio

921 Proton
San Antonio, TX 78258
(210) 490-4540
Counseling

Bowie County Resources

Community Healthcare

1002 Texas Blvd.

Texarkana, TX 75501
903-831-7602 Local
1-800-832-1009 24 hr Crisis Line
1-800-446-8253 Intake & Adm. Line

Southwest Arkansas Counseling and Mental Health Center

2904 Arkansas Blvd
Texarkana, AR 71854
870-773-4655 Local
1-800-652-9166 24 hr Crisis Line

Brooks County Resources

Coastal Plains Center

101 West Potts
Falfurrias Texas 78355
(361) 325-3676 or Crisis Hotline -
1800-841-6467

C Collin County Resources

Supporting Moms

www.supportingmoms.org

D Dallas County Resources

Dallas Association for Parent Ed.

777 S. Central Expressway, Ste 1-T
Richardson, Texas 75080
Phone: 972-699-0420
www.dallasparents.org

Mental Health Association of Greater Dallas

624 N. Good-Latimer, Ste. 200
Dallas, Texas 75204
Phone: 214-871-2420
www.mhadallas.org

F Fort Bend County Resources

Mental Health Ass'n of Ft Bend

10435 Greenbough Drive
Suite 200

Stafford, TX, 77477
Phone: 281-261-1876
www.mhafbc.org

H Harris County Resources

BERING SUPPORT NETWORK
1440 Harold
Houston, Texas 77006
Phone: 713-526-1017
www.beringumc.org

CRISIS HOTLINE NUMBERS FOR HOUSTON

Phone: 713-HOTLINE
Spanish hotline: 713-526-8088

DEP'N SUPPORT GROUPS
Depression & Bipolar Support Alliance
Multiple sites
Phone: 713-528-1546

KINGWOOD HEALTH CTR
2001 Ladbroke
Houston, Texas 77339
Phone: 281-358-1495
www.kingwoodhealthcenter.com

Mental Hlth Ass'on of Gtr Hstn
2211 Norfolk, Suite 810
Houston, Texas 77098
Phone: 713-523-8963
Info & Referral Line: 713-522-5161
www.mhahouston.org

MOM-TO-MOM GROUP
Columb.-Clear Lake Reg. Med'l Ctr
Phone: 713-371-5666

MONTROSE COUNSEL'G CTR
701 Richmond
Houston, Texas 77006
Phone: 713-529-0037
www.montrosecounselingcenter.org

**POSTPARTUM ADJUSTMENT GROUP,
WOMEN'S HOSPITAL OF TX**
Phone: 713-791-7593

POSTPARTUM EDUCATION FOR PARENTS (PEP)

Phone: 1-805-564-3888
www.sbpep.org

J Jefferson County Resources

Mental Health Ass'n of Beaumont
670 North Seventh
Beaumont, TX 77702
Phone in Beaumont area: 833-9657
Phone outside of Beaumont: 1-800-240-9657
www.mentalhealthbeaumont.org

Jim Hogg County Resources

Border Region MHMR
517 West Viggie
Hebbronville, Texas 78361
(361) 527-5771 or Crisis Hotline 1-800-687-4241

Jim Wells County Resources

Coastal Plains Center
(provides for Jim Wells, Duval)
1165 East Main
Alice, Texas 78332
(361) 664-9587 or Crisis Hotline 1-800-841-6467

Alice Counseling Center
63 South Wright
Alice Texas 78332
(361) 664-8829

K Kleberg County Resources

Coastal Plains (Kleberg)
914 East Fodyce
Kingsville, Texas 78363
(361) 592-6481 or Crisis Hotline 1-800-841-6467

L Lubbock County Resources

Covenant Beh'l Health Care Svcs
1-800-972-7575

N Nueces County Resources

Nueces Cnty MHMR Com'ty Ctr
102 North 4th St.

Robstown Texas 78380
(361) 387-3588 or Crisis phone number (361) 814-8633

P-R Potter/Randall County Res's

Family Support Services
1101 South Polk
Amarillo TX 79101
(806) 342-2500
Crisis Hotline 800-749-9026
Website www.fss-ama.org

Samaritan Pastoral Cns'g Ctr
200 NW 7th, 3C
Amarillo TX 79107
(806) 353- 1668

Pavilion- NW Tx Hlthcare Sys
1501 South Coulter
Amarillo TX
(806) 354-18010
www.nwtexashealthcare.com

T Tarrant County Resources

Mental Hlth Ass'n of Tarrant Cty
3136 W. 4th Street
Fort Worth, Texas 76107
Phone: 817-335-5405
www.mhatc.org

Taylor County Resources

Mental Health Ass'ciation of Abilene
500 Chestnut Street, Suite 1807
Abilene, Texas 79602
(915) 673-2300
www.abilenementalhealth.org

Tom Green County Resources

San Angelo Community Med'l Ctr
SACMC Postpartum Group
3501 Knickerboker Road
San Angelo, Texas 76904
Phone: 325-947-6388
Email:
Evelyn.Ashley@TriadHospitals.com