



DELIVERING GREAT BEGINNINGS

Maternity Care at Northwestern Medicine Lake Forest Hospital



TREASURED MEMORIES

The birth of your baby will be one of your most treasured memories. At Northwestern Medicine Lake Forest Hospital, our tradition of personalized, compassionate care blends with the most modern diagnostics and treatment options to give you the best experience and the brightest memories. Our Great Beginnings approach wraps you in pampered care, with the warm reassurance that advanced resources are readily available for you and your baby. Perhaps that's why so many mothers choose Lake Forest Hospital's Hunter Family Center for Women's Health.



A SERENE SETTING FOR YOUR BABY'S BIRTH

Set within 160 acres of rolling woods and featuring all private, individually decorated birthing suites, the Waud Family Center for Maternity Services at Lake Forest Hospital—in the Hunter Family Center for Women's Health—radiates warmth, caring and peace of mind. Each suite offers a home-like setting; yet discreetly tucked away are the latest tools for maternal care, fetal monitoring and pain management.

You and your family will be surrounded by the support of distinguished doctors, highly trained nurses and other care providers who are committed to your baby's well-being and your family's finest experience. Our flexible visitation policies and overnight accommodations for one guest enable your family to be involved, right from the start. Everyone can rest easy knowing that you and your baby will be safe in our secured maternity unit.

We encourage you to “room in” with your baby. Keeping your baby nearby promotes bonding. Cuddling your baby, especially with skin-to-skin contact, provides comfort and nurtures brain development, breathing and heart rate. Studies have shown that babies who are with their mothers cry less, soothe more quickly and get more rest. They also take in more breast milk, gain more weight per day and are less likely to develop jaundice.

SKIN-TO-SKIN CUDDLING

We recognize the importance of newborn bonding with parents as well as other family members. Beginning soon after the delivery of your baby, we advocate skin-to-skin contact with your newborn. All new parents and grandparents are encouraged to hold the newborn baby this way for a minimum of 30 minutes, three times a day.

OVERNIGHT GUESTS AND VISITING HOURS

The baby's father or a designated significant other is encouraged to stay at the hospital for the entire birthing experience, including overnight. We provide comfortable sofas, most of which convert into single beds, so that you don't need to separate from your baby. Visiting hours in the Mother Baby Unit from 10:00 a.m. to 8:00 p.m. daily. Siblings of the baby may visit at any time during general visiting hours. All other children visiting the Mother Baby Unit must be 12 years of age or older. To help us maintain a secure environment for our mothers and babies, please instruct your visitors to bring photo identification to receive their visitor passes.



ADVANCED CAPABILITIES WITH A PERSONAL TOUCH

Providing you and your baby with the best beginning is our highest priority. Our board-certified obstetricians/gynecologists deliver the most current medical expertise with old-fashioned, personalized attention. They provide optimal care with respect, compassion and responsiveness to you. These physicians listen to your concerns and take time to answer your questions. Your obstetrician will partner with you to plan and achieve the birth experience you want.

Lake Forest Hospital features state-of-the-art resources for testing and treatment throughout pregnancy and childbirth. Our sophisticated diagnostic capabilities and advanced monitoring identify unexpected issues as early as possible. Lake Forest Hospital was one of the first hospitals in Lake County with onsite maternal fetal medicine specialists (obstetricians with advanced training for higher-risk pregnancies). These doctors provide expert care for maternal complications such as preeclampsia or gestational diabetes.

Neonatologists (physicians who specialize in the treatment of premature infants) from Ann & Robert H. Lurie Children's Hospital of Chicago are onsite seven days a week. They are available to step in if we detect an issue during your baby's prenatal development or for medically managing babies born prematurely in our Level II+ Special Care Nursery. Additionally, a pediatric hospitalist from Lurie Children's Hospital is onsite 24 hours a day, seven days a week, to assist obstetricians with high-risk births. If your newborn requires surgery, intensive care, diagnostic imaging or other special services, the pediatric hospitalist will coordinate services and assist as needed.



EXCEPTIONAL RESOURCES FOR NEWBORN NEEDS

Our Level II+ Special Care Nursery is certified for extended capabilities to address the needs of infants who require more specialized attention in their first few days, including infants born prematurely and/or stable ventilated babies.

COMMUNICATING YOUR BIRTH PLAN

Childbirth is an experience unique to each woman and family, and we understand that you may have certain requests regarding the birth of your child. Discussing and creating a birth plan with your physician in advance will help us ensure that your wishes are considered. Topics to discuss include the use of safe pain management medications, natural childbirth, the option to bank your child's cord blood and the administration of routine vaccinations.



NURSES ENHANCE GREAT BEGINNINGS

Our nurses are passionate about the role they play in your care. Their blend of competence and compassion can make a real difference in your childbirth experience and your first steps into motherhood. They'll encourage you, hold your hand and help ease you through the childbirth process. All of our labor and delivery nurses have advanced certification in fetal heart monitoring — a vital asset during delivery — as well as advanced cardiac life support.

Our nurses are helpful well before your delivery. While you're pregnant, they offer instruction on prenatal care and childbirth expectations to prepare you for a healthy and satisfying birth experience. Afterward, your nurse can provide personalized guidance on infant care right in your room, such as tips for holding, bathing and soothing your baby. If you choose to breastfeed, she will also provide lactation support and education.

To provide exceptional care during your stay, our nurses conduct hourly rounding. This means they will check on you regularly, but they won't wake you unless it's necessary to monitor your clinical condition. Your nurses will keep you informed about procedures and tests, and they will discuss your pain management and mobility needs to help ensure your comfort. And when it's time for a shift change, the outgoing nurse and incoming nurse will conduct a bedside report in your room so that you know your needs are accurately communicated.

WE'RE HERE WHEN YOU NEED US

Taking your baby home is exciting — but sometimes a bit overwhelming. For the first six weeks of your baby's life, you can get extra support from a Lake Forest Hospital maternity nurse 24 hours a day, every day of the week. Just call our Newborn Hotline at 847.535.6161 with any question, any time. Not sure about your baby's eating or sleeping habits? Concerned about your own healing? Just call — we'll put your mind at ease.

HEARING TEST SUPPORTS YOUR BABY'S PROGRESS

Hearing problems can interfere with a baby's development. That's why we test every baby's hearing before discharge. Administered by an audiology specialist, our Universal Newborn Hearing Screening is a quick, painless and accurate method of assessing your baby's hearing. We administer the test by placing a small probe in the ear canal and recording an "echo" from the inner ear. If there's a problem, we can address it right away to minimize its impact on development. During your hospital stay, a caregiver will provide additional information about this important screening.

A LULLABY WELCOME AND PORTRAIT PHOTOGRAPHY

At Lake Forest Hospital, we announce your baby's birth in classical style by playing Brahms's Lullaby throughout the hospital. We also provide the opportunity for you to create a timeless treasure of your baby's first days with a keepsake photograph, captured in your private room surroundings, taken by professional photographers.



LEARNING TO BE A GREAT NEW PARENT

Doing what's best for you and your baby sometimes takes guidance from others who have experience. With a full array of classes and supportive programs, Lake Forest Hospital helps families prepare for childbirth and the changes that your baby will bring.

We encourage you to take as many classes as you'd like. Choose from programs like Childbirth Preparation, Lamaze Workshop, Preparation for Breastfeeding, Newborn Basics, Infant CPR and Safety, and Sibling Preparation. You also can take advantage of support programs after your baby arrives.

To register for a class, visit nm.org/lfhmaternityclasses. For more information on our pre- and postnatal classes, please call 847.535.6182 or email childbirthed@lfh.org. A listing can also be found at the back of this book.

SUPPORT FOR BREASTFEEDING SUCCESS

The American Academy of Pediatrics recommends breast milk as the healthiest option for babies' nutrition and overall health. Our nurses are trained to help you initiate breastfeeding with your newborn.

OF SPECIAL CONCERN: POSTPARTUM DEPRESSION

Becoming a new mother is a time of major change. It is not uncommon for new mothers to experience a wide range of emotions during the first several weeks following childbirth. For some, however, the sad emotions can take over. In fact, up to 20 percent of women (and even some men) will experience a more intense case of baby blues, known as postpartum depression. Symptoms can surface between three weeks and one year after delivery. If you are feeling overwhelmed by negative feelings during this time, intervention by a healthcare professional is necessary. Treatment may include medication, counseling and increased social support through hospital and community groups. Postpartum depression is not a life-long condition. Rather, it is a short-term, serious condition that your physician can help you manage. Lake Forest Hospital is a member of the Northwestern/Evanston/Children's Perinatal Network. You or any friends and/or family members can call the Postpartum Depression Hotline at 866.364.6667 at any time for support.



#1 CHOICE FOR HEALTHCARE

Lake Forest Hospital is the preferred choice for your family's healthcare. For the ninth year in a row, Lake Forest Hospital earned the top Consumer Choice rating as the "most preferred hospital" in Lake and Kenosha counties. The rating is based on a consumer survey, conducted by National Research Corporation, an independent market research firm.

OB HOSPITALISTS PROVIDE ADDED STAFFING AND URGENT CARE

OB hospitalists are board-certified obstetric gynecologists who do not have a private practice. Instead, they choose to treat pregnant and postpartum patients in the hospital. OB hospitalists provide a 24-hour-a-day, 365-day-a-year, onsite physician presence at Lake Forest Hospital and work with your OB/GYN to provide immediate, expert care in the case of an emergency. Our OB hospitalists serve as trained first responders in OB/GYN emergencies.

FINE DINING AT YOUR BEDSIDE

Commemorate your baby's birth with a delicious celebration dinner for two ordered through Bedside Bistro, our room service program. You will enjoy treasured time together with a restaurant-quality meal of your choice, including champagne, if you'd like.

CLERGY VISITS

The arrival of a new baby is a blessed event, and often a stressful time, in the life of a family. The Pastoral Care Department of Lake Forest Hospital provides blessings for babies and families, support for new moms and help for couples and families. Should you need it, we also provide grief counseling and support. For your convenience, Lake Forest Hospital has a chapel that you can visit, or we are happy to call on you in the privacy of your room. You can also contact us at 847.535.6070 if you would like to have a Bible or other sacred text, rosary, prayer rug or other items to help you pray and worship during your stay.



OUTSTANDING PHYSICIANS HELP KIDS GROW UP HEALTHY

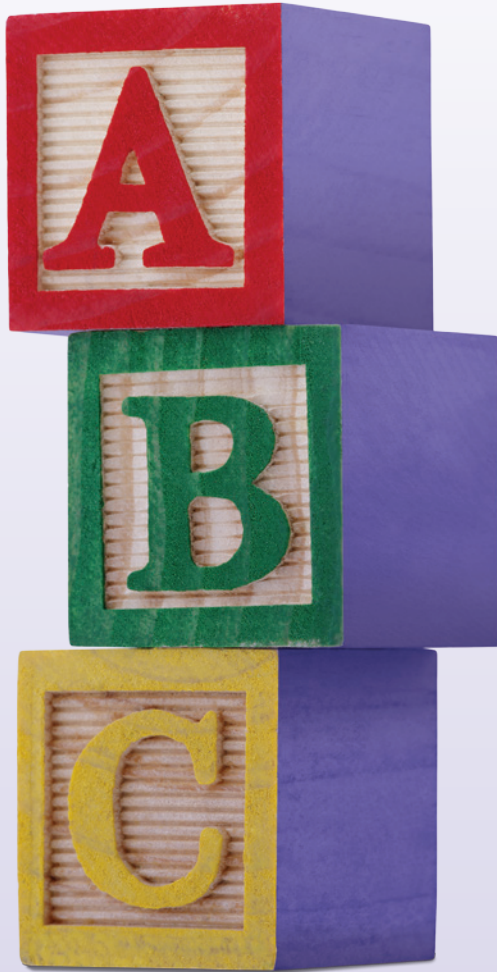
Great Beginnings at Lake Forest Hospital is just a start. Your child needs quality care from infancy through adolescence. Even before giving birth, it is important to select a pediatrician or family practitioner. When you deliver your baby, we notify your newborn's physician, as your infant's first pediatric exam occurs during your hospital stay. Oftentimes, parents visit physician practices before deciding the best fit for their growing family.

With the area's finest pediatricians and family practitioners on our medical staff, Lake Forest Hospital can help refer you to the physician who is right for your family. Additionally, through a unique partnership with Ann & Robert H. Lurie Children's Hospital of Chicago, we provide an even broader range of neonatology and pediatric specialty services for children of all ages.

Pediatric hospitalists from Lurie Children's Hospital are onsite 24 hours a day, 365 days a year at Lake Forest Hospital. These Lurie Children's Hospital physicians are board-certified in pediatrics with extended training in the management of neonatal and pediatric inpatients. They assist the child's primary care physician by providing consultation, admission and care during the child's entire hospitalization, and are available for Emergency Department consultations as well. Hospitalists can assess your child's needs and determine whether more intensive, long-term care at Lurie Children's Hospital in Chicago is necessary. Also onsite are board-certified neonatologists from Lurie Children's Hospital, providing care and support to our Special Care Nursery patients with extended capabilities. Through the collaboration of these physicians, the best in high-acuity care is provided for our newborns.

Military families have the opportunity to utilize the services of pediatric hospitalists at Lake Forest Hospital during their stay.

To find the right physician for your family, visit our online Physician Directory at nm.org/lfh, or contact the Physician Referral line at 847.535.6171. We can help you identify a Lake Forest Hospital pediatrician or family practitioner who has locations near you.



EDUCATIONAL PROGRAMS

Through education and caring, Lake Forest Hospital touches upon one of the most important times in your life by helping you make the transition to parenthood as healthy and happy as possible.

Lake Forest Hospital offers a wide variety of educational programs and services to help you and your family prepare for and welcome a new baby into your lives. Through our Great Beginnings program, we look forward to guiding you through a wonderful childbirth and early childhood experience.

Because our program is comprehensive and in demand, classes often fill up in advance. **Please sign up for classes early** — during your first trimester — to ensure your spot is held as your pregnancy progresses. Online registration is available for all classes at lfh.org/maternityclasses.

For course registration, program specifics or additional information, please call our Childbirth Education Line at 847.535.6182 or email childbirthed@lfh.org.

Through the Lake Forest Hospital Health and Fitness Center in Lake Forest, we also offer pre- and postnatal exercise programs. For more information, please call 847.535.7071.

CHILDBIRTH PREPARATION

This class is designed for first-time parents and those who desire an expanded review of childbirth preparation. Course content includes anatomy and physiology of pregnancy; lecture and discussion of the labor and delivery process; and epidural anesthesia and other methods of pain management. Policies and procedures specific to Lake Forest Hospital are discussed during a tour of the Maternity Department.

For your convenience, this class is offered in two formats and two locations. Our three-week evening series is offered in Lake Forest and Grayslake. Our popular all-day Saturday class is taught in Lake Forest.

Sessions are designed for couples. The father, partner or support person is urged to attend, since their role is an active and important one. *Early registration is suggested as classes often fill up in advance. You should plan to complete your class six to eight weeks prior to delivery.*

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. Classes will be taken in the last trimester of pregnancy.

TIME: Evening classes are from 6:30–9:00 pm, one day a week for three weeks. One-day Saturday classes are from 8:30 am–5:00 pm.

LOCATION: Lake Forest Hospital Health Education Center and Grayslake campus

PRESENTER: Perinatal Education Staff

FOR: Expectant parents and/or another support person

FEE: \$100 per couple for weekday classes; \$125 per couple for a weekend course

CHILDBIRTH REFRESHER

This three-hour workshop is designed for expectant parents who have previously attended a childbirth course and wish to review labor and delivery techniques and hospital policies. Preparation for an unanticipated Cesarean is included as is an optional tour of our facility.

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. Classes will be taken in the last trimester of pregnancy.

TIME: 6:30–9:30 pm.

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Expectant parents and/or another support person

FEE: \$40 per couple

TOUR OF THE MATERNITY DEPARTMENT

Expectant couples and any couple considering starting or adding to their family can tour the Waud Family Center for Maternity Services. Registration is necessary.

LOCATION: Lake Forest Hospital's Hunter Family Center for Women's Health

FEE: None

To learn more or register for our classes, please visit nm.org/lfhmaternityclasses or email childbirthed@lfh.org.

LAMAZE WORKSHOP

This two-hour workshop is taught once a month in Lake Forest by an ASPO/Lamaze-certified instructor for parents-to-be who want additional instruction and practice in Lamaze breathing and relaxation techniques. It is available to those expecting their first baby who have completed the Childbirth Preparation course or parents who have previously attended a childbirth course.

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. *Classes will be taken in the last trimester of pregnancy.*

TIME: 9:00–11:00 am

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Expectant parents and/or another support person who have completed a Childbirth Preparation course or parents who have previously attended a childbirth course and desire additional Lamaze instruction.

FEE: \$30 per couple

TRANSITIONING INTO PARENTHOOD

Most of us enter pregnancy and parenthood with little preparation for what lies ahead. The transition into a new role that begins with 24-hour days, seven days a week without vacations or holidays can be overwhelming. Topics of discussion range from economic concerns, social support systems and hormonal changes. Learn more about the difference between baby blues and postpartum depression, and how to find the support and resources you may need if you suffer from postpartum depression.

WHEN TO REGISTER: May be taken pre- or post-delivery

TIME: 7:00–9:00 pm

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Anyone (Women, Spouses, Partners, Support Persons)

FEE: \$10

NEWBORN CARE BASICS

This class covers basic baby care skills. Shorter hospital stays make this class a must for all expectant parents. Topics include infant bathing, diaper changing, cord care, circumcision care, temperature monitoring, newborn appearance and the importance of creating a routine.

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. Classes will be taken in the last trimester of pregnancy.

TIME: 6:30–9:00 pm

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Expectant or adopting parents and/or another support person

FEE: \$30 per couple

NEWBORN CARE FOR OLDER SIBLINGS

This class is designed for older siblings who want to help care for the new baby. We will teach children how to provide basic care for their new brother or sister. We will practice how to safely hold, diaper, dress and swaddle the baby and much more.

WHEN TO REGISTER: Early in pregnancy. A waiting list will be established to form a class.

TIME: 6:00–8:30 pm

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Siblings nine years and older

FEE: \$20 per child, \$10 for each additional child

PREPARATION FOR BREASTFEEDING

Our international board-certified lactation consultants have designed this class exclusively to provide the information needed for a positive breastfeeding experience. This class is recommended for first-time parents and a great review if you've breastfed before.

Topics include the anatomy and physiology of the breast, latching on, proper positioning, milk expression, engorgement and techniques for success. An optional “pump chat” is offered at the end of class for those participants wishing to increase their knowledge about breast pumps.

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. Classes will be taken in the last trimester of pregnancy.

TIME: 6:30–9:00pm

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Expectant couples and/or another support person

FEE: \$30 per couple

INFANT CPR AND SAFETY

This class is designed for new or expectant parents interested in learning lifesaving techniques, such as what to do when an infant is choking, as well as cardiopulmonary resuscitation for infants. This class also covers some safety issues related specifically to infants. Please note: this course is not a certification.

WHEN TO REGISTER: Early in pregnancy, as classes fill up quickly. Classes will be taken in the last trimester of pregnancy. May also be taken after delivery.

TIME: 6:30–9:00pm

LOCATION: Lake Forest Hospital Health Education Center and Grayslake campus

PRESENTER: Perinatal Education Staff

FOR: Expectant, adopting, or new parents and grandparents

FEE: \$30 per couple

SIBLING PREPARATION

Prepare your child for the arrival of the new family member! This class is designed for the big brother-to-be or sister-to-be and teaches your child the proper way to hold the new baby, talk about feelings and learn sibling responsibilities. A visit to the nursery window is included. One parent must accompany the child to class; both parents are welcome.

WHEN TO REGISTER: As soon as possible. This class is offered one Monday evening a month and should be taken in the last trimester of pregnancy.

TIME: 6:30–7:30pm

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Three- to eight-year-old children, accompanied by a parent

FEE: \$10 per child, \$5 for each additional child

SURVIVING MOTHERHOOD 1 AND 2

New mothers (and their babies) are invited to this forum to share and learn coping strategies. Topics include infant feedings, sleep patterns, changing family relationships and other areas of concern.

WHEN TO REGISTER: After the birth of your baby. Enroll in “Surviving Motherhood 1” when your baby is two weeks to six months old. Enroll in “Surviving Motherhood 2” when your baby is six to 18 months old.

TIME: Surviving Motherhood 1 meets from 10:00 am–12:00 pm. Surviving Motherhood 2 meets from 10:30 am–12:30 pm.

LOCATION: Lake Forest Hospital Health Education Center

PRESENTER: Perinatal Education Staff

FOR: Any mother of a new baby looking for support or wishing to network with other mothers

FEE: None

To learn more or register for our classes, please visit nm.org/lfhmaternityclasses or email childbirthed@lfh.org.

CHECKLIST: WHAT TO PACK FOR YOUR HOSPITAL STAY

Lake Forest Hospital realizes that having a baby can be an overwhelming experience — especially the first time. Whether it is your first child or your fourth, we want to do everything possible to make your experience a memorable one. Please consider bringing the following items with you:

- A camera (regular or video) and battery charger. Please note that videotaping may be restricted, so consult your physician.
- Free broadband Internet access is available. If your laptop computer has a wireless card, you can utilize Wi-Fi throughout the hospital. Please note that Wi-Fi may not be accessible in all hospital areas, so we encourage you to bring a cord to access the hospital's DSL to avoid disappointment.
- Toiletries: toothbrush and toothpaste, lip balm, mouthwash and shampoo/conditioner. Hair dryers are available in each postpartum room.
- Footwear: slippers or comfortable, warm socks with non-slip bottoms to walk while in labor and during your postpartum stay.
- Clothing: comfortable, going-home clothes for yourself (maternity wear still generally fits most new moms for a few weeks) and a weather-appropriate outfit for the baby to wear home. Also, consider bringing a special outfit for your baby's first picture. We recommend solid colors rather than prints.
- Husbands/partners/coaches: wear and pack comfortable and warm clothes to the hospital. You will be wearing them for the delivery experience and the labor rooms can become cool as labor progresses. You may also want a bathing suit in case your partner wants to labor in the shower, and sweatpants or pajamas if you spend the night. Bring a soft, buttoned shirt so you can accommodate "skin-to-skin" contact with your baby. Pack toiletries if you spend the night and bring favorite snacks in case the Coffee Shop or Cafeteria is not open. Refrigerators are provided in all patient rooms.
- Photographs of siblings. You can tape them to your baby's crib if you'd like.
- Insurance information if you have moved or changed insurance companies. Please bring copies of the current information with you and inform the Registration Department.
- Bring an iPod, tablet, CDs, DVDs, a deck of cards, magazines or books for entertainment. Each labor and delivery room and postpartum room has a DVD player for your use.
- Chargers for your mobile phone and portable devices.

Do not bring large amounts of cash, jewelry, pillows or other linens.

If you have any further questions, please call our Childbirth Education Line at 847.535.6182 or email us at childbirthed@lfh.org.

TAKING BABY HOME: IMPORTANT INFANT CAR SEAT GUIDELINES

Before the mother and infant are discharged from the hospital, an infant car seat must be properly installed in the back seat of the car. Practice installing your car seat prior to your baby's due date. If you need help or want to have an expert check the accuracy of the car seat installation, contact your local fire or police station to schedule a safety check.

The importance of car seats for young children cannot be overstated. By properly installing car seats and using seat belts correctly, you can greatly reduce the chance of injury in the event of a car crash.

Please follow these simple rules when using a car seat:

- All children age 12 and younger must be properly restrained in the back seat.
- Infants must ride in the back in a rear-facing car seat until they are at least 12 months old and weigh at least 20 pounds.
- Children older than one year who weigh more than 20 pounds may ride in a forward-facing child safety seat in the back seat. They should ride in a safety seat with a full harness until they weigh 40 pounds.
- Children who have outgrown safety seats should be restrained in belt-positioning booster seats until they are between eight and 12 years of age or taller than 4 feet, 9 inches.
- When selecting a car seat, you may want to review safety test results for different car seat models to help you choose the seat that is right for your child.

Important safety rules:

- Always use a car safety seat.
- Never place a child in a rear-facing car seat in the front seat of a vehicle with an airbag.
- The safest place for all children to ride is in the back seat.
- Set a good example for your children by always wearing your seat belt.
- Each car seat is different. Make sure to read and follow the owner's manual and the manufacturer's installation guidelines.
- You should practice installing your seat prior to your baby's delivery.

To obtain information on car seat recalls, current federal and state laws about car seats, and installation guidelines, please visit the National Highway Traffic Safety Administration's website at nhtsa.gov.

This information was provided courtesy of the Lake Forest Fire Department Fire Prevention Bureau.



Lake Forest Hospital
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nm.org

We are proud to do our part to help the environment.



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