

Options for Postpartum Birth Control:

- Birth control pills
- Depo-Provera shot
- IUD
- Nexplanon
- None

Discuss options with your provider before coming to the hospital so that we can support your choice

Support After Discharge:

- After the Bump, mom and baby weekly group
- Breastfeeding Support Group
- outpatient lactation consults
- postpartum nurse navigator assistance



scan for group info



Self-Advocacy Tips:

- share any unique needs you may have
- inform your health care team how you would like to be addressed
- ask questions about all of the options that may occur before, during and after birth
- make a list of what is important to you for the birth of your baby and share with your health care team
- identify what would help you feel confident and relaxed
- identify who you want to support you through labor and birth

Hartford
HealthCare
Hartford Hospital



Congratulations on your pregnancy! Thank you for trusting us with the care of your baby. You have options when it comes to your birth and care.

Consider taking a childbirth class and scheduling a tour of the maternity unit before delivery. Scan for more info:



EQUITY FROM THE START

This is intended to be used as a communication tool between you and your health care team. Please keep with you.

Options During Labor:

- dim lighting
- birthing ball/peanut balls
- squatting
- walking/standing
- birthing stool
- aromatherapy (no plug in diffusers or flame candles)
- intermittent monitoring
- allow for water to break on its own

Breaking your water releases hormones to help your labor progress

Frequent position changes are important to keep labor moving along. Ask to see our Labor Menu, a guide to different movements in labor

Wireless monitoring may be available to allow you to move freely

Options for Labor Pain Relief:

- minimize noise
- listen to my own music
- position changes
- breathing techniques
- meditation
- cold/ice packs
- warm shower
- walking
- dancing
- massage
- nitrous oxide
- IV medications
- epidural

Ask us about the tools in our comfort closet, free for you to use during your labor!

We routinely practice delayed cord clamping and immediate skin to skin contact

Options for Delivery:

- get coaching on when and how to push
- push in different positions
- warm compresses to the perineum
- perineal massage
- view baby's birth with a mirror
- touch baby's head when crowning
- avoid an episiotomy
- support person to cut baby's cord
- privately banking cord blood (arrangements are made prior to hospital visit)
- take my placenta home (there are times this is not available)

Options during a C-section:

- play own music play list
- surgery to be explained as it's happening
- skin to skin in operating room
- support person to hold baby in OR
- clear drape (if available)
- skin to skin in the PACU (post-anesthesia recovery area)
- keep umbilical cord long so that my support person or I can cut cord in Post Anesthesia Care Unit (PACU)

Options for Pain After Delivery:

- peri-bottle to clean vagina and prevent burning while peeing
- ice packs for perineum
- hemorrhoidal cream
- numbing spray
- stool softeners
- Tylenol
- Motrin
- requests no opioids be given to me

Walking in the room or hallway will help prevent gas pain

Sometimes other medications are used to help with severe pain-discuss your options with your provider

Options for Baby Care:

Feeding:

- breastfeeding
- formula feeding
- hand expression
- pumping
- a combination of breastmilk and formula

Medications:

- erythromycin eye ointment
- vitamin K (preservative free)
- hepatitis B vaccine

Bathing:

- done in the room
- bathing done by me
- bathing done by my support person
- do not bathe my baby while in the hospital

Circumcision for baby boy

Baby's first bath is usually performed at 12-24 hours of life. At times, a bath should be done sooner. Your team will communicate if an earlier bath is recommended

Skin to skin contact has the greatest positive impact on baby during the first few hours of life

We support your feeding choice

Options During Labor:

- dim lighting
- birthing ball/peanut balls
- squatting
- walking/standing
- birthing stool
- aromatherapy (no plug in diffusers or flame candles)
- intermittent monitoring
- allow for water to break on its own

Breaking your water releases hormones to help your labor progress

Frequent position changes are important to keep labor moving along. Ask to see our Labor Menu, a guide to different movements in labor

Wireless monitoring may be available to allow you to move freely

Options for Labor Pain Relief:

- minimize noise
- listen to my own music
- position changes
- breathing techniques
- meditation
- cold/ice packs
- warm shower
- walking
- dancing
- massage
- nitrous oxide
- IV medications
- epidural

Ask us about the tools in our comfort closet, free for you to use during your labor!

We routinely practice delayed cord clamping and immediate skin to skin contact

Options for Delivery:

- get coaching on when and how to push
- push in different positions
- warm compresses to the perineum
- perineal massage
- view baby's birth with a mirror
- touch baby's head when crowning
- avoid an episiotomy
- support person to cut baby's cord
- privately banking cord blood (arrangements are made prior to hospital visit)
- take my placenta home (there are times this is not available)

Options during a C-section:

- play own music play list
- surgery to be explained as it's happening
- skin to skin in operating room
- support person to hold baby in OR
- clear drape (if available)
- skin to skin in the PACU (post-anesthesia recovery area)
- keep umbilical cord long so that my support person or I can cut cord in Post Anesthesia Care Unit (PACU)

Options for Pain After Delivery:

- peri-bottle to clean vagina and prevent burning while peeing
- ice packs for perineum
- hemorrhoidal cream
- numbing spray
- stool softeners
- Tylenol
- Motrin
- requests no opioids be given to me

Walking in the room or hallway will help prevent gas pain

Sometimes other medications are used to help with severe pain-discuss your options with your provider

Options for Baby Care:

Feeding:

- breastfeeding
- formula feeding
- hand expression
- pumping
- a combination of breastmilk and formula

Medications:

- erythromycin eye ointment
- vitamin K (preservative free)
- hepatitis B vaccine

Bathing:

- done in the room
- bathing done by me
- bathing done by my support person
- do not bathe my baby while in the hospital

Circumcision for baby boy

Baby's first bath is usually performed at 12-24 hours of life. At times, a bath should be done sooner. Your team will communicate if an earlier bath is recommended

Skin to skin contact has the greatest positive impact on baby during the first few hours of life

We support your feeding choice