

Your Hospital Stay: A Parent Pathway

Here is the path you will take as you prepare to go home with your new baby. The times indicated will allow you to plan for the trip home, as long as there are no unexpected developments.

Birth: _____

Expected stay:

- Vaginal birth 26 to 48 hours
- C-Section 36 to 72 hours



Recovered from Birth: _____

Mom:

- Walking around
- Peeing
- Bleeding OK
- Pain managed

Breastfeeding _____

- | | |
|-------------------------------------|------------------------------|
| <input type="checkbox"/> Latching | Baby: |
| <input type="checkbox"/> Sucking | <input type="checkbox"/> Poo |
| <input type="checkbox"/> Swallowing | <input type="checkbox"/> Pee |



Getting ready to go: _____

- Car seat
- Ride arranged
- Baby clothes/blankets

Learning: _____

- Discharge class _____
- One to one from your nurse
- Postpartum Physio Class

Discharge Class:

Date: _____
 11:00 3:30
 Location: *Patient Lounge*
between Balsam and Cedar

Baby & Mom checked by Doctor or Midwife: _____

Mom and Baby:

- Assessment
- Orders for going home

Screening & Tests for Baby: _____

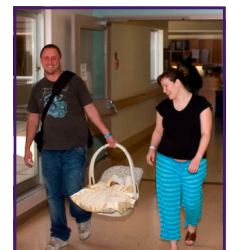
Baby:

- Hearing Screening
- Blood screening and test
- PKU screening
- Bilirubin test (if needed)

Links with your community: _____

Mom and Baby:

- Nurse to connect you to care in your community
- Give RN your phone number for the first week.



Home with your new family: _____

Date: _____
 circle one: AM PM Evening
 before lunch before dinner