Welcome to South Miami Hospital's Birth-Day Place

The philosophy toward childbirth at South Miami Hospital encourages your individuality and supports family involvement.

As a full-service maternity center, we establish a relationship with new parents as early as the first trimester of pregnancy.

Precisely equipped and expertly staffed, the Birth-Day Place excels in every stage of the birthing experience. The obstetricians on our medical staff are highly skilled to care for you throughout your pregnancy and delivery. Our anesthesiologists are Board-certified and available 24 hours a day. Our nurses provide specialized obstetrical care and are well-known for their gentle touch and concern. We even have neonatologists in the hospital 24 hours a day in case a baby has any special problems. Our staff has the reputation for providing the most loving and professional care imaginable.

Our special birthing suites are designed to accommodate the needs and preferences of new parents, including “rooming-in” space for babies.
Great Expectations – a Program for Expectant Parents

Every pregnancy is special, but when it’s your first, no one understands your special needs better than we do. That’s why we created our Great Expectations program, free to parents delivering their babies at South Miami Hospital. A registered nurse counselor is available to answer your questions during and after pregnancy, and you’ll receive a newsletter explaining each stage of your pregnancy. Special free programs provide informative get-togethers featuring experts on a variety of topics related to pregnancy and parenting. Many local merchants offer discounts to our members on products that new parents need. Even if it’s not your first baby, you are welcome to join.

The Birth-Day School

Since it’s likely you will stay in the hospital only a short time after the birth of your baby, you’ll have little time to ask all the questions you may have about your infant’s care. It helps to know in advance all you can about caring for your baby.

Our Birth-Day School offers a full range of childbirth classes to help you understand pregnancy and the birth process, as well as learn parenting skills. More detailed information about these and other classes can be found in the Programs for Expectant Parents brochure. We encourage you to take childbirth classes to prepare you for your labor experience.

The Prepared Childbirth Series prepares the expectant mother and her labor coach for the birth process using the Lamaze techniques of relaxation and breathing. You will learn about various birth options, postpartum care and preparation for returning home. You will also be given a tour of South Miami Hospital’s Birth-Day Place.

Other classes offered for a nominal fee include breast-feeding, infant care, infant safety and CPR, infant massage and sibling classes.

Please register early for childbirth classes. You may register for classes on our website, www.baptisthealth.net/childbirth. A schedule of class dates and times as well as their cost can be found under the Services section on the right side of the page. Click on the link for childbirth classes at South Miami Hospital. You also can e-mail us at southmiamichildbirth@baptisthealth.net with the classes you are interested in taking along with the dates that work well for you. For more information, call the childbirth coordinator at 786-662-5026.

Pre-admission

When it’s time to have your baby, paperwork will be the last thing on your mind. South Miami Hospital has a pre-admission packet containing all you’ll need to arrange for your maternity stay. You can
obtain this packet from your doctor or call Maternity Pre-admission at 786-662-8125. The packet is also available online at www.baptisthealth.net/childbirth. Please read this material carefully, complete all forms and mail them, along with a copy of your insurance card, to our Maternity Pre-admitting Office. It’s best to register as early in pregnancy as possible.

**Know Your Health Plan**

Health insurance plans are not alike, so it is important that you understand what your health plan covers before you are ready to deliver. Most health insurance plans require a written request for change of coverage within 30 days of your child’s birth. If you don’t enroll your newborn according to your insurance company’s policy, you will likely have to wait until the next open enrollment period of your health plan to get coverage for your child. We urge you to contact your employer or health insurance company as soon as possible to ensure that your newborn is covered.

**Selecting a Pediatrician**

In the excitement of pregnancy, some parents forget a very important task: choosing a pediatrician for their baby. You can get referrals from friends and family, your health plan or your obstetrician. Or, you can call the Baptist Children’s Hospital Physician Referral Service at 786-596-6557. (Outside Miami-Dade County, call toll-free 1-800-228-6557.) We also offer our referral service online at www.baptisthealth.net.

You may also want to attend our class, Preparing for Baby’s Arrival, for hints to help you select the pediatrician who is right for you.

**Bringing Hospitality to the Hospital**

At South Miami Hospital, you and your family can experience the entire birth — labor, delivery and recovery — in a single room. With our qualified physicians and nurses, as well as our state-of-the-art clinical equipment in the labor room, you and your baby receive quality obstetrical care in a
home-like atmosphere. Also, each private room includes a separate sleeper so that an adult support person can spend the night.

**What to Bring to the Hospital**

Several weeks before your due date, you’ll want to pack a small bag to take with you to the Birth-Day Place. Please bring:

- Nightgowns and underwear (front-button gowns and nursing bras if you’re planning to breast-feed).
- Robe and slippers.
- Maternity pads and nursing pads.
- Toiletry items and cosmetics (don’t forget your hair dryer).
- Writing materials and important telephone numbers.
- Social Security numbers for you and the baby’s father.
- Baby blankets.
- Going-home outfits for you and your baby.

Please leave valuable jewelry and large amounts of money at home. South Miami Hospital cannot assume responsibility for these items.

**When It’s Time to Be Admitted**

Your doctor will discuss with you when to come to the hospital. The Birth-Day Place is located on the third floor of the North Tower building. If you need help getting to the maternity floor, stop by the Admitting Office or the Emergency Center, and we will escort you in a wheelchair. Otherwise, just follow the signs to the Birth-Day Place. Please use the hospital’s front entrance between 6 a.m. and 8:30 p.m. At other times, please enter through the Emergency Center.

**Labor and Delivery**

During labor and delivery, you will have one of our nurses assist you in every way possible. She will keep you informed of your progress and administer any medications ordered by your doctor. Your husband or support person may remain with you throughout labor and delivery and may help coach you through the stages of your baby’s birth.

After the baby’s birth, you’ll have some time to be with your newborn before the baby is taken to be admitted in the nursery. Your baby’s heart rate, temperature and other important indicators of a newborn’s health and well-being will be monitored.

You and your baby will be cared for together throughout your stay at the Birth-Day Place. This allows parents to get to know their baby’s patterns and preferences. Since babies tend to sleep the first few days, it’s the perfect time for mom and dad to learn about their newborn and ask questions.

Your family and friends will want to meet your baby as soon as possible; however, during these first days with your...
baby, it’s important to spend quiet time alone. That’s why we encourage you to limit visitors as much as possible. Visiting hours are 12 noon-9 p.m. Of course, dads are welcome any time. Only five visitors passes will be issued at a time to those over the age of 12. Siblings are welcome during visiting hours.

**Newborn Intensive Care Nursery**

Most babies are healthy when they are born, but should your baby need specialized care and observation, he or she will be admitted to the Newborn Intensive Care Nursery. Here, a team of physicians, called neonatologists, and neonatal nurses will care for your baby. Parents may participate in their infant’s care as much as the baby’s condition allows. Grandparents and other designated visitors may visit the baby in the special nursery with prior arrangements.

**Help with Breast-feeding**

Our nurses will offer assistance and answer most questions about breast-feeding. Lactation consultants (specialists in breast-feeding education) are also on staff to assist mothers with special needs. Referrals for breast pump rentals and outpatient consultations are also available. For information, call 786-662-5151.

**Making Plans to Leave**

You can plan to leave the Birth-Day Place by 11 a.m. on the day your doctor says it’s all right for you to go home. Please make the necessary transportation arrangements to leave the hospital by this time. As required by law, you must have an infant car seat installed in your car according to the manufacturer’s instructions when you leave the hospital.

**Home Health Services**

A complimentary nursing visit will be provided by Baptist Health Home Care, if you and your baby go home within 36 hours of your baby’s birth, and if you live in Miami-Dade County.

The visit helps ease your transition from hospital to home, and from expectant parent to parent. Registered nurses offer guidance on baby and mom care, nutritional needs and parental concerns. They also follow up with necessary lab work. For information, ask your doctor or call 305-596-4343.

If you leave the hospital from 37 to 48 hours after the baby’s birth, arrangements can be made for a lab technologist to visit your home for the necessary blood work on the baby. Your doctor and nurse will make these arrangements for you.
Once you’re at home, we suggest the following:

❖ Limit your visitors so that you and your baby have time to rest.
❖ Keep your baby away from crowds and people who are sick, since babies are vulnerable to colds and flu.
❖ Let people help you with housekeeping, meal preparations, sibling care, etc.
❖ Eat nourishing foods and drink lots of fluids.
❖ Avoid climbing stairs for the first few days.
❖ Tell your doctor if you experience any signs of depression.
❖ For any concerns that you may have, contact your doctor.
South Miami Hospital wants to make everything related to your “birth day” as pleasant as possible. Please feel free to call us if you have any questions. You may receive a survey in the mail asking for your evaluation of the care you received while in the Birth-Day Place. Your responses will help us ensure quality care for future patients. We look for every opportunity to make the birth of your baby at the Birth-Day Place a natural, relaxed family experience — one that will bring pleasant memories for each of you.
Important Phone Numbers

South Miami Hospital ......................... 786-662-4000
Childbirth Education/Birth-Day School ........ 786-662-5026
Great Expectations Program .................. 786-662-5151
Home Health Services ......................... 305-596-4343
Maternity Pre-admitting ............ 786-662-8125 or 786-662-8119
Patient Information/Room Numbers ........ 786-662-8131
Referral to a Pediatrician .............. 786-596-6557

Visit our website at www.baptisthealth.net.