Mother & Baby Care
PREPARING FOR YOUR HOSPITAL STAY

Your big day is almost here! As you prepare for your baby’s birth, you probably have lots of questions about your hospital stay. The information in this packet will answer those questions and help you become more familiar with the Women’s Services provided by Baptist Health System.

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HOSPITAL TOURS AND CLASSES

Baptist Health System offers hospital tours to help parents know in advance where they will deliver and how to get there. Ask about parking during your tour. Childbirth classes are also offered and include: Prepared Childbirth, Baby Care Class, Breastfeeding Class and many more. You are encouraged to register for classes early, preferably by your fourth month of pregnancy, to receive your choice of class dates and times. Please visit our website BHSWomen.com for a current list of classes offered. To schedule your tour and classes, call (210) 297-7005. Phone lines are open 24 hours a day, seven days a week.

SELECTING A PEDIATRICIAN

We recommend that you select a pediatrician or family practice physician before you come to the hospital for the birth of your baby. Please check with your insurance company for a list of providers as you make your selection. If you have not selected a physician prior to delivery, or if your physician does not have privileges at the hospital, the hospital’s on-call pediatrician will provide care for your baby while you are in the hospital. Please be aware that the on-call pediatrician may not be covered under your insurance plan. To find a pediatrician near you, call (210) 297-7005.

IMPORTANT PHONE NUMBERS

Ask your physician if he or she wants you to call prior to going to the hospital in labor. The Labor & Delivery phone numbers are:

- Baptist Medical Center ......................... (210) 297-7075
- North Central Baptist Hospital ............. (210) 297-4075
- Northeast Baptist Hospital ................. (210) 297-2075
- St. Luke’s Baptist Hospital ............... (210) 297-5075

PRE-REGISTRATION

We highly encourage you to pre-register for your hospital stay as soon as possible. By completing the required paperwork ahead of time, you will have one less thing to worry about when your big day arrives. A pre-admission form is included in this Women’s Services guide. You can also pre-register online at BaptistHealthSystem.com/preadmissions.
Use this list as a guide in packing for your hospital stay. These items may be useful or provide comfort during your labor.

PACKING LIST/THINGS TO BRING WITH YOU TO THE HOSPITAL

• Focal point (meaningful small object or picture to focus on during labor)
• Lotion for massage
• Toothbrush and toothpaste
• Chapstick or lip balm for dry lips
• Tennis ball, ice pack, back massager (for back labor)
• Relaxing music
• Hairbrush
• Hair clip or hair tie to hold long hair away from neck and face
• Comfortable pillows (you may want more than we provide)
• Colored pillowcases (so they aren't confused with the hospital’s white ones)
• Snacks for partner
• Childbirth class handbook
• Long distance phone card or cell phone
• Pen and paper
• Cell phone accessories including chargers
• Camera with new batteries and memory space (may not photograph procedures or actual birth)
• Change of clothes

ITEMS FOR POST-PARTUM STAY

• Pillows
• Nursing gowns
• Robe
• Slippers
• Nursing bras (1-2)
• Toiletries (toothpaste, toothbrush, shampoo, conditioner, deodorant, contact lens solution and case, etc.)
• Extra clothes and toiletries for support person if they wish to stay overnight
• Loose-fitting clothes for mom to wear home

ITEMS FOR BABY

• Baby book (for guests to sign and for baby’s footprints)
• Outfit for baby to wear in baby portrait taken at hospital
• Clothes to wear home and blankets for baby
• Car seat! Learn how to install and use car seat prior to birth of baby. You must have a car seat installed prior to leaving the hospital. Information can be found by going to www.txdps.state.tx.us.
The safety and protection of your baby are of the utmost importance to us. The following measures have been put into place to help keep your baby safe. Our staff will review these with you when your baby arrives.

**BABY IDENTIFICATION**
- As soon as your baby is born, a nurse will place IDENTIFYING BANDS on his/her wrist and ankle. Mother and her support person are also given bracelets that match those placed on baby’s wrist and ankle. Each time your baby is moved from your room or returned to you from the Nursery, the identification bands will be checked to make sure they match. Please DO NOT REMOVE any of these bands. They are important for your baby’s safety during the hospital stay. These bands are checked again prior to discharge.

**SECURITY**
- When your baby is born, a SENSOR is attached to his/her ankle or umbilical cord. This device sets off an alarm if your baby is moved near any of the exits, stairs or elevators in our area.
- The Labor & Delivery and the Postpartum areas are always in “lock-down” mode. To enter these areas, visitors must identify themselves and the door must be unlocked by the staff inside.
- Check for official hospital ID badge. Release your infant only to staff members wearing the appropriate nametags. During your hospital tour you will be told how to identify these badges. Otherwise, the baby should not leave your room. Security cameras are strategically located at elevators, stairways and exits for your baby’s safety.

**TRANSPORT**
- If you have concerns about who is trying to transport your baby, contact your nurse or go with your baby.
- If your baby leaves your room for any reason, he/she must be in a crib. No infants are to be carried in the hallways by staff, parents or guests.

While in your room, keep your baby in sight at all times. Whether you are taking a nap or just going to shower, ask a family member to watch the baby for you, or call a nurse.

**SAFETY AT HOME**
For information about how to prepare your home for your new arrival, see the “Resource” section of this packet on page 13 for information on the Consumer Product Safety Commission and National Safe Kids Campaign organizations.
DURING LABOR & DELIVERY

• A nurse will monitor your labor, your baby’s heart rate and keep your physician informed of your progress. Our L&D nursing staff are certified in fetal monitoring.

• If an emergency arises, the on-call obstetrician will be notified immediately. Your physician group has someone on call 24 hours a day.

• While in labor you may be encouraged to walk the halls as your labor is progressing. You will remain in your labor/delivery/recovery room during the labor & delivery process and through the initial recovery period.

• Support persons may remain with you throughout and after delivery. Discuss your wishes with your physician and your nurse. There may be times when your support person will have to wait in the waiting area. This will be at the discretion of the physician, nurse and/or anesthesiologist. If this happens, every effort will be made to keep your support person informed of your status.

AFTER DELIVERY

We encourage you to spend as much time as possible with your newborn by keeping them in the room with you. All Baptist hospitals offer the Golden Hour period, which is time for special bonding between you and your baby during the first hour of life. We encourage skin-to-skin contact during the Golden Hour. Your nurse will be available to help with your new baby and answer any questions you may have.

• Staff will provide information on Meal Services including a celebration dinner for two.

• Certified Lactation Consultants and qualified staff are available to assist you in breastfeeding.

• You will receive regular visits by your obstetrician. Many mothers find it helpful to prepare a list of questions to ask, including options for birth control.

• Prior to your discharge from the hospital, your nurse will give you home care instructions and follow-up appointment information.

ANESTHESIA

Dedicated obstetrical anesthesia services are available 24 hours a day, seven days a week. We recommend that you and your physician discuss your pain control options for labor ahead of time.

TYPES OF DELIVERY

Vaginal: On average, the length of stay for an uncomplicated vaginal delivery is 24 hours. However, your length of stay is primarily determined by your physicians and occasionally, your health insurance company.

Cesarean Section (C-Section): Most moms stay in the hospital for 48 hours after a C-Section. A C-Section is a surgical procedure during which the baby is delivered through an incision in the abdomen and uterus. Cesarean births or high-risk deliveries are performed in conveniently located surgical suites in the labor & delivery unit.

NURSERY SERVICES

After an initial time in labor & delivery with you, your baby may go to the nursery for a transition period. Your baby’s heart rate, breathing and color will be checked often during the first couple of hours after birth. Weight, measurements and footprints will be taken. Your baby’s temperature and vital signs will be monitored closely and, once your baby is warm, he or she will be given a bath. Nursery staff will provide the state mandated hearing and Texas Newborn Screening.

NICU

If your baby needs special care or treatment, all four Baptist Health System hospitals have Neonatal Intensive Care Units (NICU) staffed by highly-skilled nurses and in-house neonatologists or neonatal practitioners and the most technologically advanced equipment to care for your newborn. The NICU multidisciplinary team is available 24 hours a day, seven days a week and embraces a family-centered approach to patient care. During your baby’s stay, we
will work closely with you in planning developmentally appropriate care based upon the needs of your baby and family.

PHOTOGRAPHY AND VIDEO SERVICES WHILE IN THE HOSPITAL

Photography services are provided by an outside vendor. The photographer will bring you information regarding pictures. You may want to dress your baby in an outfit brought from home. Photos are taken in your room with your permission. You have the option to purchase pictures.

LACTATION

The American Academy of Pediatrics recommends mother’s milk as a baby’s best source of nutrition. At Baptist Health System, we support your choice to provide the best for your baby with:

- Qualified nursing staff who support breastfeeding during your entire hospital stay
- Inpatient and outpatient consultations provided by Certified Lactation Consultants
- Breastfeeding educational materials and support
- Pump rentals, instructions and support
- Special attention for babies in intensive care and their families
- Consultations for mothers returning to work
- Assistance with feeding multiples or other special-needs situations
- Telephone consultations

All Baptist hospitals are Texas Ten Step Certified. Facilities earn this designation by providing care that supports breastfeeding. A Texas Ten Step facility has trained staff and policies that will protect your decision to give your infant the very best.

*Baptist Health System is a Mother’s Milk Bank Collection Center should you want to donate your milk.

CIRCUMCISION

Many pediatricians will perform circumcisions during your son’s initial hospitalization. If you wish for your son to be circumcised before you are discharged from the hospital, please discuss this when you select a pediatrician.

DISCHARGE

The following details need to be taken care of once you and your baby are ready for discharge. If you have any questions, please feel free to ask your nurse.

- We encourage you to plan to be discharged by 11 am.
- Your physician must write your discharge orders before you can go home.
- Your baby’s physician must write your baby’s discharge orders before your baby can go home.
- Your discharge instructions will include information on follow-up appointments and prescriptions. **Please plan for your discharge immediately after instructions are given.**
- Arrange transportation in advance to avoid delays.
- Notify your nurse when you and your baby are dressed and ready to leave the hospital.
- Please check your room carefully for personal belongings before leaving the hospital.
- You will need to sign the baby’s identification form.
- You will be escorted in a wheelchair, or you can walk to your vehicle with a staff member or volunteer if you prefer. Your baby will be transported out in his or her car seat.
- **You must have an infant car seat securely placed in your vehicle.** Due to the variety of car seats available, the nursing staff will depend on you to secure your infant in the car seat according to the manufacturer’s instructions.

You may receive a follow-up phone call and/or a patient satisfaction survey from Baptist Health System. We are very interested in finding out if your doctors and nurses always communicated well with you, if the hospital was always clean and quiet at night during your stay, if your pain was managed well and if your needs were met quickly. Please let us know if there are any areas we can improve upon and/or if you would like to recognize any of your caregivers.
**POSTPARTUM MEDICAL CONDITIONS**

**“Baby blues”**
Are you experiencing mood swings or feeling sad? Do you just start crying and don’t know why? You may be experiencing “Baby blues” – an emotional response associated with hormonal changes, typically occurring within the first few weeks after delivery. “Baby blues” is very common and usually fades quickly.

**Postpartum depression**
Are you feeling worthless and guilty? Do you fear you will hurt your baby, yourself or someone else? Perhaps you have withdrawn from your family, or you are no longer interested in caring for your baby.

You may be experiencing postpartum depression – a serious medical condition that can develop within the first few months after delivery and last as long as a year. Moms suffering with postpartum depression may also experience reduced libido, fatigue, sadness and anxiety. Studies show hormonal changes are the likely cause. Most women recover with the help of support groups and counseling. For assistance, call your medical provider. For more resources, see page 13.
DOCUMENTATION

Birth Certificate Information
After the birth of your baby, a representative from the Birth Registrar’s Office will visit with you to obtain the information necessary to complete the birth certificate. Your baby will need to be named in order to prevent a delay in the process.

A birth certificate is a legal document, which by law, must be completed and submitted to the State of Texas Bureau of Vital Statistics within three days of the date of birth. This certificate is required for registering your child for school, proof of citizenship, obtaining a social security card, etc. It is important to provide complete and accurate information, as errors are difficult and expensive to correct after the certificate is filed.

You will receive a complimentary hospital birth certificate during your stay. Please note this is not the official, legal birth certificate. You will need to purchase the official birth certificate from the San Antonio Metropolitan Health District. During your hospital stay, you will receive a form explaining how to purchase a birth certificate.

Other Documents
Baptist Health System will request a Social Security number for your baby if you choose to receive one. The card will be mailed to the address provided on the birth certificate. A Certification of Birth Facts can be provided upon request for insurance purposes.
**Common Questions & Answers**

**HOW MANY PEOPLE CAN BE WITH ME IN THE LABOR & DELIVERY ROOM?**
We ask that no more than two people be in the Labor & Delivery Room at one time.

**WHAT ARE HOSPITAL VISITING HOURS?**
Our goal is to provide a patient care environment that is supportive of the patient’s relationships with family and friends. Your guests are welcome as long as you feel up to having them. If you want rest, your nurse can post a note on your door asking guests to leave a message for you at the nurses’ station. While we have a family-centered open visitation policy, the hospital may limit visitation based on the safety and/or condition of the patient. We welcome visitors to the hospital who are illness free, with no fever, open wounds or infections.

Daily from 2 p.m. - 4 p.m. is Quiet Time for our new moms. During this time we ask that all staff and visitors allow a time of quiet and rest for regeneration and energy recovery.

**WHAT ARE THE PHOTOGRAPHY/VIDEOTAPING POLICIES DURING LABOR & DELIVERY?**
Cameras are welcome, and we encourage you to photograph non-medical activities prior to and after the delivery of the baby. Medical procedures such as Cesarean section and active delivery may not be photographed or videotaped. If you have questions about what you and your visitors can or cannot photograph/videotape, please ask your nurse.

**HOW LONG IS THE AVERAGE STAY FOR NEW MOMS AND BABIES?**
Most moms who deliver vaginally are discharged between 24 and 48 hours after delivery. Moms who deliver by Cesarean section usually stay 48 to 72 hours. Please make arrangements for transportation by 11:00 a.m. on the day of discharge.

**WILL MY BABY BE ABLE TO STAY WITH ME THROUGHOUT THE HOSPITAL STAY?**
You and your baby will likely stay together in Labor & Delivery until your baby is one to two hours old, after which time both mom and baby will move to the Postpartum unit. Within two hours of birth, the baby must be assessed and bathed, which may require them to be in the Nursery. Within 24 hours, your pediatrician or family practice physician will visit the hospital to examine your baby and discuss his or her health status with you.

We encourage you to spend as much time as possible with your newborn during your hospital stay by choosing to have your baby in the room with you. However, if you feel mom needs rest, parents have the option to have the baby in the Nursery until he or she is hungry.

**CAN MY SUPPORT PERSON STAY WITH ME AT NIGHT WHILE I AM IN THE HOSPITAL?**
It is our goal to provide care in an atmosphere that is respectful and supportive of the integral role of loving relationships during hospitalization. You may have an adult (18 or older) stay with you at night. Children must be supervised in both the patient care and waiting areas by a responsible adult and may not stay overnight.

**WHEN ARE MEALS SERVED?**
Patient meals are served between 6:30 a.m. and 6:30 p.m. Family members and visitors may go to the cafeteria for meals during business hours, bring food into the hospital or order delivery from nearby restaurants. A special celebration meal for two will be offered one time during your stay.

**IS BREASTFEEDING HELP AVAILABLE? WHAT ABOUT BREAST PUMPS?**
All of our nurses are trained to assist you with breastfeeding should you have questions. Certified Lactation Consultants are available should you require additional assistance. Breast pumps and other breastfeeding supplies are available for rent. Check with your nurse for more information.
Nothing is more important than the health and wellbeing of a child. That’s why Baptist Health System provides comprehensive, compassionate pediatric care, led by board-certified and fellowship-trained physicians who specialize in working with infants and children. Among the care available for children at Baptist hospitals is:

- Kids Care Children’s Emergency Centers
- Dedicated pediatric surgery and anesthesia
- Specialties such as orthopedic surgery, spine, cardiology, ENT, GI and ophthalmology
- Quality inpatient care including intensive care and hospitalist coverage
- Specialized Pediatric Sedation and Procedural Clinic
- ChildLife Unit
- Pediatric transport in partnership with AirLIFE and Acadian

- High-risk infant followup clinic
- Pediatric rehabilitation program (PT, OT, speech)

**Children’s Emergency Centers**
In an emergency, minutes matter. That’s why parents trust the Kids Care Emergency Services at Baptist Health System. Our emergency rooms are built for kids. Our doctors and nurses are specially trained in delivering the best care for your child. Kids Care Pediatric Emergency Centers are located at North Central Baptist Hospital and Mission Trail Baptist Hospital. Board Certified pediatricians with vast experience in pediatric emergency medicine staff each emergency room. Kids Care at North Central Baptist Hospital is open 24 hours a day, seven days a week.
**Sedation Services**
Inpatient as well as outpatient pediatric sedation services provided in the Pediatric Sedation and Procedural Clinic at North Central Baptist Hospital are administered by a dedicated sedation team of highly-trained physicians and nurses. Imaging studies and minor procedures can be performed on children under mild sedation with one-on-one attention, while in a safe and comfortable environment. The one-call system for scheduling sedation services can be accessed by calling (210) 297-4YOU.

**Surgery and Anesthesia**
Baptist Regional Children's Center provides comprehensive, compassionate pediatric care performed by medical professionals who specialize in working with infants and children. Our pediatric anesthesiologists are specialty trained and experienced in managing discomfort and pain. We have a certified Child Life specialist on staff and a Child Life play area in the inpatient pediatric unit for patients and siblings. Pre-surgery tours are also available to help children and parents know what to expect before surgery, to answer questions related to the procedure and the hospital stay and to eliminate any anxiety that they may have.

**Pediatric Intensive Care Unit (PICU)**
The Pediatric Intensive Care Unit at North Central Baptist Hospital is the only unit of its kind in north San Antonio. Fellowship-trained pediatric intensivists, certified pediatric intensive care nurses and specially trained pediatric staff, all certified in Pediatric Life Support (PALS), deliver individualized, personal, hands-on care in a family-centered environment. Advanced and non-invasive ventilation techniques are practiced in the PICU. We maintain detailed communications with referring physicians and subspecialists.

**Gastroenterology**
Children of all ages, from birth to adolescents can experience a variety of gastrointestinal problems. North Central Baptist works closely with pediatric trained gastroenterologist to diagnose and treat abdominal pain, constipation, diarrhea, vomiting, gastro-esophageal reflux, and irritable bowel syndrome through medicinal and surgical treatment. For more information please call (210) 297-7005.

**Neurology/Neurosurgery**
North Central Baptist Hospital strives to provide unmatched care when it comes to nervous system disorders. This involves family centered coordinated care between board certified pediatric neurologists and board certified pediatric neurosurgeons. This includes medical and surgical care for epilepsy, sleep disorders, neuromuscular disorders, genetic neurological disorders, neonatal conditions, spasticity management, stroke, concussions, headaches and cerebral palsy to name a few. In our Pediatric Sedation and Procedural Clinic, patients receive Botox injections to assist with spasticity management as well as baclofen pump refills by the neurology team. Our pediatric neurosurgeons also cover our dedicated pediatric emergency department at North
Central Baptist Hospital, creating a Level III trauma center. For more information please call (210) 297-7005.

**Orthopedic Surgery**
When a child arrives at the pediatric emergency room with a broken bone that might require surgery, you can be sure he or she will be taken care of by an expert. Orthopedic surgeons are on call and available to respond to the needs of patients seen in the Children’s Emergency Center. Patients are treated on site and will not be transferred to another hospital unless necessary via PediTransport.

**Developmental Follow-up/Therapy**
Whether you child was born premature or begins to fall behind in their development, the Developmental Follow-up Team at North Central Baptist Hospital is here to help track their progress and provide feedback to parents and caregivers on ways to facilitate progression. The team is made up of a developmental pediatrician, pediatric physical, occupational and speech therapist, a dietician, nurse and case management. We serve children at risk for developmental delay due to premature birth, neurological problems, congenital malformations or syndromes, cardiac problems and complex feeding or weight gain issues. We also offer outpatient and inpatient physical therapy, occupational therapy and speech therapy services by pediatric trained therapist. Due to our highly skilled feeding speech therapist, North Central Baptist Hospital also offers outpatient and inpatient Modified Barium Swallow Studies. For more information call (210) 297-7005.

**Audiology**
Audiometric testing can be done at any age, from birth on, and can be done at North Central Baptist Hospital. Different methods are used during a pediatric evaluation to include Tympanometry, Acoustic reflex testing, evoked otoacoustic emissions (OAE), behavioral observation audiometry. Auditory steady state response and Auditory brainstem response (ABR) to name a few. For children who cannot be tested behaviorally, physiological tests are available and maybe completed under natural sleep or under sedation in our Pediatric Sedation and Procedural Clinic at North Central Baptist Hospital. For more information please call (210) 297-7005.

**Pulmonology**
Pulmonary medicine is the diagnosis and treatment of diseases of the lungs and respiratory system and respiratory conditions may vary in the way they present and are treated. North Central Baptist Hospital works with board certified pediatric pulmonologist to provide highly skilled care that is patient and family focused empowering families to provide the absolute best care for their children. Along with pediatric trained respiratory therapist, our pediatric pulmonologist commonly treat allergic conditions, chronic lung disease due to premature birth, asthma, sleep-related breathing disorders, sleep apnea, acute and chronic respiratory difficulties, repeated or unresolved pneumonia, chronic cough, bronchiolitis, bronchiectasis, pulmonary hypertension, upper airway obstruction, vocal cord dysfunction and various other complications. For more information please call (210) 297-7005.
Hospitalist Services
Board certified pediatric hospitalists are available 24/7 for inpatient pediatric care at the Baptist Regional Children’s Center at North Central Baptist Hospital. The pediatric hospitalists are dedicated to providing patient-focused education for families and facilitating clinical collaboration for seamless transition from the PICU to the 25-bed general pediatric unit. When needed, specialist consultation is also available.

Ear Nose & Throat (ENT) Services
Newborns and children often require care for disorders of the ear, nose and throat. We have specialists on staff who are trained to handle a wide range of issues from breathing disorders to hearing problems.

Child Life Center
The Child Life Center at North Central Baptist Hospital provides a nurturing and comforting environment for our pediatric patients. A Certified Child Life Specialist works with families to make sure their stay is as comfortable as possible. The child life center features a playroom equipped with videos, games and activities to keep children busy and happy during their stay. Pre-operative tours are available for patients and families prior to admission to the hospital.

Pedi Q Outpatient Testing and Treatment
Pedi Q is a place children can go for outpatient diagnostic tests and treatment. Short wait times and a kid-friendly atmosphere help make the visit quick and easy. Pedi Q is staffed by skilled pediatric nurses, technicians and aides. Call 297-4440 to schedule tests.

Pediatric Transport
In the event of an emergency, you want to know that your child will get the immediate and expert medical care they need. Working together, North Central Baptist Hospital, San Antonio AirLIFE and Acadian Ambulance provide safe and superior rapid transport and critical care of sick and injured children. Experienced and highly trained AirLIFE flight nurses and paramedics provide care immediately on the scene as well as in route to the hospital.
There are hundreds of agencies and organizations that offer new parents information, support and answers to their most pressing parenting questions. The following are just a few:

**AMERICAN ACADEMY OF PEDIATRICS**
The AAP offers dozens of free brochures with information on topics such as toy safety, allergies and diaper rash.
(800) 433-9016 or aap.org

**AMERICAN RED CROSS**
The American Red Cross provides comprehensive information about health and safety.
(202) 303-4498 or redcross.org/services/hss

**CONSUMER PRODUCT SAFETY COMMISSION**
The Commission provides recorded information about product recalls; consumers can also file reports about unsafe products.
(800) 638-2772 or cpsc.gov

**DEPRESSION AFTER DELIVERY, INC.**
A non-profit organization whose mission is to raise awareness about mood and anxiety disorders surrounding pregnancy and childbirth.
(800) 944-4773 or depressionafterdelivery.com

**INTERNATIONAL LACTATION CONSULTANT ASSOCIATION**
This organization helps families find a certified lactation consultant in their communities.
(919) 861-5577 or ilca.org

**LA LECHE LEAGUE**
Offers support and information for breastfeeding mothers.
(847) 519-7730 or www.lalecheleague.org

**MARCH OF DIMES**
National voluntary health agency whose mission is to improve the health of babies by preventing birth defects and infant mortality.
(888) 663-4637 or marchofdimes.com

**NATIONAL ORGANIZATION OF MOTHERS OF TWINS CLUBS**
Network of local clubs that promote the special aspects of child development related to multiple birth children.
(877) 540-2200 or nomotc.org

**NATIONAL SAFE KIDS CAMPAIGN**
Dedicated to preventing unintentional childhood injuries and how to prepare a home resource.
(202) 662-0600 or safekids.org

**NEWBORN SCREENING PROGRAM**
State program that identifies infants who have certain serious birth defects to assist with early treatment and prevention of complications.
(800) 422-2956 ext. 2129 or tdh.state.tx.us/newborn/why_new.htm

**PARENTS WITHOUT PARTNERS**
International nonprofit organization dedicated to single parents and their children.
(561) 391-8833 or parentswithoutpartners.org

Also visit the Health Library section of BHSWomen.com for an alphabetical listing of conditions related to pregnancy and childbirth. This comprehensive listing is physician-reviewed and reflects the most current, evidence-based information by reputable sources. Relevant sources are provided for each fact sheet.

Other Helpful Numbers and Websites:

(210) 297-7005
BHSWomen.com
That’s Baptist Care.