



UFHealth
UNIVERSITY OF FLORIDA HEALTH

UF Health Little Miracles Program

PARTICIPANT INFORMATION PACKET

UFHealthJax.org/littlemiracles
904.244.8108





This packet contains the following resources for you as you prepare for your baby:

PATIENT WELCOME LETTER
LITTLE MIRACLES OVERVIEW
APPOINTMENT BOOKLET
MOTHER AND BABY UNIT INFORMATION
STEPS FOR A HEALTHY BABY
BREASTFEEDING GUIDANCE
PEDIATRIC EMERGENCY ROOM
DOWNTOWN CAMPUS MAP
APPENDIX
TIPS FOR PREGNANT MOMS
BABY'S GROWTH
SAFE SLEEP

Thank you for choosing UF Health Jacksonville. The Little Miracles program began in 2000 to encourage early access to prenatal and infant care, with a goal of improving the health of mothers and babies in Jacksonville. By choosing to participate in this program, you will receive all the benefits of our physicians and hospital, as well as additional program perks.

This packet contains information to assist you during and after your pregnancy to help give your baby a healthy start. You will find important details about our hospital and additional information from trusted agencies to ensure a healthy pregnancy.

As you approach your delivery date, pre-admission is available to help simplify your check-in when that important day comes. The process should only be completed within the last 30 days of your pregnancy in the admissions area on the first floor of the Clinical Center, located near the main entrance. Please be prepared with your photo ID and insurance card. The office is open from 5 a.m. to 4 p.m. Monday through Friday.

When you arrive, tell the representative you are there to pre-register for your Labor and Delivery Unit admission. At the time of your delivery, please tell the check-in representative that you have pre-registered for your admission. In addition, if you come to the Labor and Delivery Unit, but are discharged for not being in labor, please follow up with the pre-admission representative to update your file for your next visit.

If you choose to have your baby boy circumcised during your hospital stay, please notify your nurse. Please note that some insurance plans do not cover the cost of circumcision. Contact your insurance provider to find out if circumcision is covered and/or requires a copay. If you are not covered or choose the self-pay option, the cost of the procedure is \$200. The payment can be made during pre-admission enrollment or before the procedure.

Best Regards,
Little Miracles Program Staff

At UF Health Jacksonville, we see little miracles happen every day.



PROGRAM BENEFITS

Prenatal and infant care access assistance

- Pregnancy Medicaid or other prenatal appointment coverage
- First prenatal and pediatric care appointment scheduling

Maternity and childbirth education

- Prenatal and newborn educational materials
- Tour of Labor and Delivery Unit and Mother and Baby Unit
- Childbirth and breastfeeding classes

Risk screening, case management and community referrals

- Healthy Start Program
- UF Health Nurse Family Partnership

Additional benefits

- Eligibility to enter a drawing for baby items when you turn in your completed appointment booklet
- Attend baby showers hosted by Little Miracles during your pregnancy



LITTLE MIRACLES APPOINTMENT BOOKLET

A Little Miracles appointment booklet is included in this packet to help support and encourage a healthy pregnancy. Bring it with you to every prenatal appointment and other wellness visits, such as WIC and childbirth classes.

When you submit your completed booklet, you will be eligible to enter drawings for helpful items for your baby. Be sure to include your contact information before submitting your booklet. Drop boxes are located outside the Little Miracles program office and the Labor and Delivery Unit front desk. You can also give your booklet to your postpartum nurse, clerk or Little Miracles staff member.

Sample booklet page:

Name: _____

Phone number: _____

Emergency contact name: _____

Emergency contact number: _____

Baby's due date: _____

Have your doctor enter the date of your appointment and sign their name each time you visit. No initials, please.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20



MOTHER AND BABY UNIT INFORMATION

Rooming in

On the Mother and Baby Unit, we “room in” to promote a safe and healthy mother-newborn relationship. While mothers are with their babies, they quickly learn their cues and babies often cry less, soothe more quickly and spend more time in quiet sleep. Mothers can also sleep more peacefully knowing their baby is in the room with them. Rooming in with your baby makes breastfeeding easier as well.

Visitor information

- Visiting hours are from 9 a.m. to 9 p.m.
 - Visitors must check in and out with the security guard outside the unit.
 - All visitors must have a photo ID.
 - Only one overnight guest over the age of 18 is allowed.
 - You may have three visitors at a time.
 - No children under the age of 2 are permitted to visit unless they are a sibling of the baby.
- In some cases, child visitors may also be restricted to help prevent the spread of infection.

Quiet time

The Mother and Baby Unit will have a rest time from 10 p.m. to 4 a.m. every day. We will dim the lights in the hallways and staff will not come in your room unless you request them or there is a medical need. At 9:30 p.m., phones are turned off for incoming calls.



STEPS TO TAKE FOR A HEALTHY BABY

Avoid illness

- Wash your hands with soap and water often. If there is no soap and water, use alcohol-based hand gel (at least 60 percent alcohol).
- Avoid people who are sick. Stay away from people who have fevers, rashes, coughs or sore throats.
- Get the flu vaccine as soon as it's available during flu season and the whooping cough vaccine as early as possible during your third trimester, even if you got it before pregnancy. The protection you get from these shots passes to your baby in the womb. This will help protect your baby during early life, when they are most at risk for serious complications and death from these diseases.
- What about other vaccines? To further protect your baby, ask your medical provider about any other vaccines you or your family might need. It's a good idea for everyone who has contact with your baby (parents, grandparents, siblings, babysitters, etc.) to get their flu shot. Make sure they are up-to-date on other shots, like measles.
- Brush and floss your teeth. Make a dental appointment. Dental appointments are safe and important during pregnancy.

Dietary recommendations

- Take a prenatal vitamin with 400 micrograms of folic acid each day. Most multi vitamins have 400 micrograms of folic acid.
- Do not drink alcohol, including beer, wine, wine coolers and hard liquor. There is no safe amount.
- Limit caffeine from coffee, soda and energy drinks. Do not drink more than one cup of any caffeinated beverages each day.
- Cook your meat until it is well-done. Do not eat raw meat or undercooked eggs. Do not eat hot dogs, luncheon meats or deli meats unless they are reheated until steaming hot.
- Do not share forks, cups or food with children.
- Avoid raw (unpasteurized) milk and foods made from raw milk. Do not eat soft cheeses such as queso fresco, feta or brie unless the labels show they are pasteurized.
- Do not eat shark, swordfish, tilefish or king mackerel. They have higher amounts of mercury. For other fish, do not eat more than two to three servings per week. Do not eat any raw seafood.



STEPS TO TAKE FOR A HEALTHY BABY

Environmental hazards

- Protect yourself from Zika and other mosquito-borne illnesses by using EPA-registered bug repellents to prevent mosquito bites. Prevent the sexual transmission of Zika by always using a condom during sex.
- Notify your prenatal care provider if you have recently traveled out of the country.
- Avoid exposure to chemicals and fumes. Get plenty of fresh air and wear protective clothing like gloves. Never mix cleaning products.
- Avoid exposure to lead in products such as paint, batteries and imported pottery. Find out more about job safety if you work with pesticides or in salons, shops for dry cleaning, auto repair, printing, graphic design, plumbing, carpentry, battery plants, funeral homes, factories or laboratories.
- Do not change cat litter or work in the garden. If you must complete these tasks, wear gloves and wash your hands after taking off the gloves.
- Stay away from rodents and their droppings. If you have wild rodents in or around your home, try to get rid of them. If you have a pet rodent, such as a mouse or guinea pig, have someone else care for it until your baby is born.
- Do not douche. Douching may cause problems for your pregnancy.
- Avoid raising your body temperature for more than 10 minutes, such as in a hot tub, a very hot bath, a sauna or from heavy exercise. It is recommended not to exercise heavily for more than 40 minutes at a time. If you have a fever, ask your doctor about safe medication to lower it.
- Avoid X-rays unless ordered by your doctor or dentist. Be sure to tell health care providers you are pregnant.
- Always wear a seat belt. The lap strap should go under your belly. The shoulder strap should go between your breasts and to the side of your belly. Make sure it fits snugly.

Tobacco and drug use

- Do not smoke or use other tobacco products. For help quitting, ask your doctor or call Tobacco-Free Florida at 877.822.6669 to speak to a Quit Coach. Also, avoid secondhand smoke.
- Do not use any street drugs, including marijuana. If you need help, talk to your doctor about getting treatment for drug addiction.
- Check with your doctor before taking any drugs, medicine or herbs. Natural products and herbs are not always safe. You should also tell your doctor about any prescription or over-the-counter medicines you take.

Based on the 2017 California Department of Public Health Steps to Take Manual.

Mom's Milk is Enough

Babies who are breastfed may have better outcomes later in life, including:

- Decreased risk of cancer
- Decreased risk of diabetes
- Improved visual activity
- Less allergies
- Less ear infections
- Less gastrointestinal infections
- Less respiratory infections

How much can my baby's stomach hold?



Day 1

size of a cherry, or 5–7 mL



Day 3

size of a walnut, or 22–27 mL



one week

size of a plum, or 45–60 mL



one month

size of a large egg, or 80–150 mL



Breastfeeding Positions



football hold



cradle hold



side-lying hold

Signs of a Good Latch

- You may feel pressure/pulling while feeding your infant. Sharp pain/pinching is a sign of a bad latch.
- Your baby's lips turn out, not in.
- The tip of your baby's nose should touch your breast, leaving room for the nostrils to flare for breathing.

Watch for these feeding cues:

- Awakening/rooting
- Hand to mouth
- Licking
- Smacking

For assistance, call the breastfeeding help line at UF Health at 904.244.2690.



WHEN YOUR BABY NEEDS CARE IN THE PEDIATRIC EMERGENCY ROOM

It is unusual for babies to suddenly become very sick. If your baby does get sick, it is best to call your pediatrician first. Call the UF Health Jacksonville Pediatric Emergency Room at 904.244.7118 after hours or on weekends, or if you cannot reach your baby's doctor. Early recognition and treatment may stop an illness or injury from getting worse or turning into an emergency.

What is considered an emergency?

It is an emergency when you believe a serious illness or injury is threatening your baby's health or may cause permanent damage.

Your baby may show any of the following signs:

- Acting strangely (not normal) or becoming more withdrawn and less alert
- Bleeding that does not stop after applying pressure for 5 minutes
- A burn that is large and/or on the hands, feet, groin, chest or face
- A cut that is large or deep, or involves the head, chest or abdomen
- Episodes of apnea (completely stops breathing), particularly if associated with a change in color (blue or pale) or a change in muscle tone (baby is stiff or limp)
- Fever in babies younger than 2 months old (rectal temperature is higher than 100.4° F)
- High-pitch, constant cry (a pain cry) and irritability
- Increasing or severe, constant pain
- Increasing efforts to breathe or trouble breathing
- Loss of consciousness, confusion, headache (noted by excessive crying) or throwing up after a head injury
- Neck stiffness or a rash with a fever
- Poisoning

Call the Poison Control Center at 800.222.1222 immediately if your baby has swallowed a suspected poison or another person's medicine, even if your baby shows no signs or symptoms.

- Regular jerking and/or loss of consciousness (a seizure)
- Skin or lips look blue, purple or gray
- Unconscious or nonresponsive when you talk to him or her



WHEN YOUR BABY NEEDS EMERGENCY CARE

Many emergencies involve sudden injuries that can be caused by:

- Choking
- Electrical shocks
- Falls
- Firearms or other weapons
- Near drowning
- Smoke inhalation

The staff in the UF Health Jacksonville Pediatric Emergency Room is specially trained to care for critically ill and injured babies and children. They will work closely with your baby's pediatrician to provide your baby with the best possible medical care.

The Pediatric Emergency Room is located on the first floor of the hospital, next to the hospital's main Emergency Room and Trauma Center. A campus map is included in this packet for your reference.

**UF HEALTH JACKSONVILLE
PEDIATRIC EMERGENCY ROOM**
904.244.7118

POISON CONTROL CENTER
800.222.1222





655 W. 8th St., Jacksonville, FL 32209 • 904.244.0411

UFHealthjax.org

DOWNTOWN CAMPUS

- P General Parking
- P Patient/Visitor Parking
- P Permit Required



United States Department of Agriculture



Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

Find Your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.

The amount and types of food you eat is an important part of a healthy eating style. Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass.

Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose fresh, frozen, canned, dried, and 100% juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Make at least half your grains whole grains. Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary your protein routine. Choose seafood, lean meats and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients list to limit items higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.
- Enriched grains, beans, peas, oranges, spinach, or other dark-green leafy vegetables can help you get the folate-rich food you need.



Visit Your Doctor Regularly

Doctors Recommend:

- Pregnant women and women who may be pregnant need to avoid alcohol and smoking. Ask for advice about caffeine, dietary supplements, and drug use.
- In addition to eating a healthy diet, take a prenatal vitamin and mineral supplement containing folic acid.
- Feed your baby only human milk (also known as breast milk) for the first 6 months.

How Much Weight Should I Gain?

- **The right weight gain** depends on your weight when you became pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight or underweight before becoming pregnant, the advice is different.
- **Gain weight gradually.** For most women, this means gaining a total of 1 to 4 pounds during the first 3 months. Gain 2 to 4 pounds each month from the 4th to 9th month.

Your Baby Grows Throughout Your Entire Pregnancy

You may feel ready to meet your baby, but your baby may not be ready to meet the world.

Important developments happen throughout pregnancy, including in the final months and weeks.



**35 weeks
Pregnant**
It's too early...

Your baby's brain needs more time to grow and develop.



**37 weeks
Pregnant**
Almost there...

Your baby's brain, lungs, and liver are still developing.



**39 weeks
Pregnant**
You made it!

If you have a healthy pregnancy, wait at least 39 weeks until delivery. Let your baby come naturally, on his or her own time.

For more information, visit:
www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm

National Center for Chronic Disease Prevention and Health Promotion
Division of Reproductive Health



What Does A Safe Sleep Environment Look Like?

The image below shows a safe infant sleep environment.

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

Always place your baby on his or her back to sleep, for naps and at night.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.