



AFTER CARE FOR BABY



Lane Regional Medical Center



GOING HOME

Lane recommends selecting a pediatrician during the last trimester of your pregnancy. If, at delivery, you haven't chosen your baby's physician, one of our on-staff pediatricians will evaluate your newborn. If you need assistance in finding a pediatrician, our physician referral service can help. **Just call our INFORM.D. line, 654-LANE.**

Your physician will determine your discharge date and the nursing staff will make arrangements for your departure. Prior to your discharge your baby's hearing will be checked, PKU test will be done and, after consent is obtained, the first hepatitis B vaccine will be administered. You will also complete the baby's birth certificate. At your departure, hospital regulations require that you ride in a wheelchair. You must also have a car seat for your baby.

KEEP IN TOUCH

Even after you return home, Lane Regional Medical Center is here to answer any and all questions.

Just call our Labor, Delivery & Recovery nursing station at 658-4159.

AFTER HOURS CARE

FASTLane, our new after hours walk-in clinic, is open from 5 p.m. till 11 p.m., Monday - Friday and from 2 p.m. to 11 p.m. on Saturday & Sunday. From fevers and colds, sprains and strains, eye infections, stomach viruses and minor cuts, we'll be here ready and waiting. All major insurance co-pays accepted.

2335 Church Street, Zachary, 654-6570



NUTRITION

From birth to the first birthday, your baby's body will triple in weight and your baby's length will increase by 50 percent. Through the first year, breast milk or iron-fortified formula should be your baby's most important source of nutrients and calories. At four to six months, infants are physically ready to begin eating solids. Solid foods are typically added in this order:

4-6 MONTHS

iron fortified infant cereal • single strained fruits and vegetables

7-9 MONTHS

strained meats

unsweetened fruit juices - vitamin C fortified • plain toast and teething biscuits

10-12 MONTHS

chopped soft fruit, vegetables and meats • unsweetened dry cereals
plain, soft bread and pasta

Remember, children under two years of age should not be placed on fat restricted diets. More than 50% of the calories in an infant's diet should come from fat.

Always consult your doctor, nurse or registered dietitian for all aspects of your baby's nutrition.

And don't forget to feed yourself a well-balanced diet as well!



BREAST FEEDING

At Lane, we encourage every new mother to breast feed her baby. In fact most mothers can breast feed, if they want to. How long and how often you choose to breast feed is entirely up to you. Just remember that it doesn't matter if your breasts are large or small, you will have plenty of milk for your baby.

Breast feeding is good for both you and your baby and helps develop a special closeness that will last a lifetime.

Studies have proven that breast fed babies:
get sick less often • have fewer allergies
have fewer problems with constipation and diarrhea

Breast milk is easy to digest and is always ready and the right temperature. It also saves time and money, with no formula to buy.

Another added perk to breast feeding is it will help you get back into shape sooner, by helping you burn calories.

Breast feeding is easy to learn. Just ask one of our lactation consultants. She'll answer all your questions and assist you after your baby is born. For more information on breast feeding call our Labor & Delivery department at 658-4159.



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