

# Miracles

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## FMOL Health | St. Dominic Maternal and Newborn Care



**FMOL  
Health**

**St. Dominic**  
Maternal and Newborn Care

[stdom.com/miracles](http://stdom.com/miracles)



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# First Steps

Whether you are thinking about having a baby or are already pregnant, one of the many decisions you will make is where to deliver your baby. At FMOL Health | St. Dominic, every birth is unique, and every life is sacred.

As you begin to prepare for your new baby, we are here to support you throughout your pregnancy journey, delivery and beyond with newborn care.

St. Dominic's understands your childbirth experience is a physical, emotional and spiritual process. We hope you will come and visit with our experienced team of maternal/newborn educators and nurses. We will be happy to talk with you and take you on a tour of our beautiful Labor & Delivery and Postpartum suites.

The physicians and staff of St. Dominic's are here to cater to you and your baby. As members of your personal healthcare team, we are here to assist you in planning a safe and healthy pregnancy and delivery.

To arrange a tour, call us today at (601) 200-5995. Scan the QR code to watch a video tour to learn more about your labor and delivery experience and what to expect during your stay at St. Dominic's.



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**“What I liked the most at St. Dominic’s was someone prayed with us about our child.”**

**—St. Dominic’s Patient**





# Miracles

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“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.

My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.”

—Psalm 139: 13-16

# Preparing for Your Baby's Arrival

Scan the QR code or visit our website at [stdom.com/miracles](http://stdom.com/miracles) to learn more about our services, register for free prenatal classes and download our guide with more details about what to expect during your delivery at St. Dominic's.



## Online Classes

St. Dominic's Maternal and Newborn Care offers free online childbirth, breastfeeding and newborn care classes.

Call (601) 200-5995 or scan the QR code with your phone to register.



## Breastfeeding Classes

While breastfeeding is natural, it doesn't always come easily to new moms. Led by our lactation consultants, this class covers the advantages of breastfeeding, how to breastfeed, express and store milk, and can be taken at any time during your pregnancy. This is a FREE hour and a half long class.



## Ultimate Pregnancy Resource Guide

Whether you have your birth plan determined or need help understanding your delivery options, we are here for you through all maternity. Your pregnancy journey is unique, and we are honored to support you along the way. We have curated The Ultimate Pregnancy Resource Guide to help you prepare for the big day – the birth of your baby!

## Your Guide Through All Maternity includes:

- What to Expect at Each Prenatal Appointment
- Pregnancy Focus Foods
- Food Guide for Gestational Diabetes
- Your Complete Hospital Packing List
- Tips for Picking a Pediatrician Before Delivery
- Safety Guidelines: What to Expect at Our Hospital





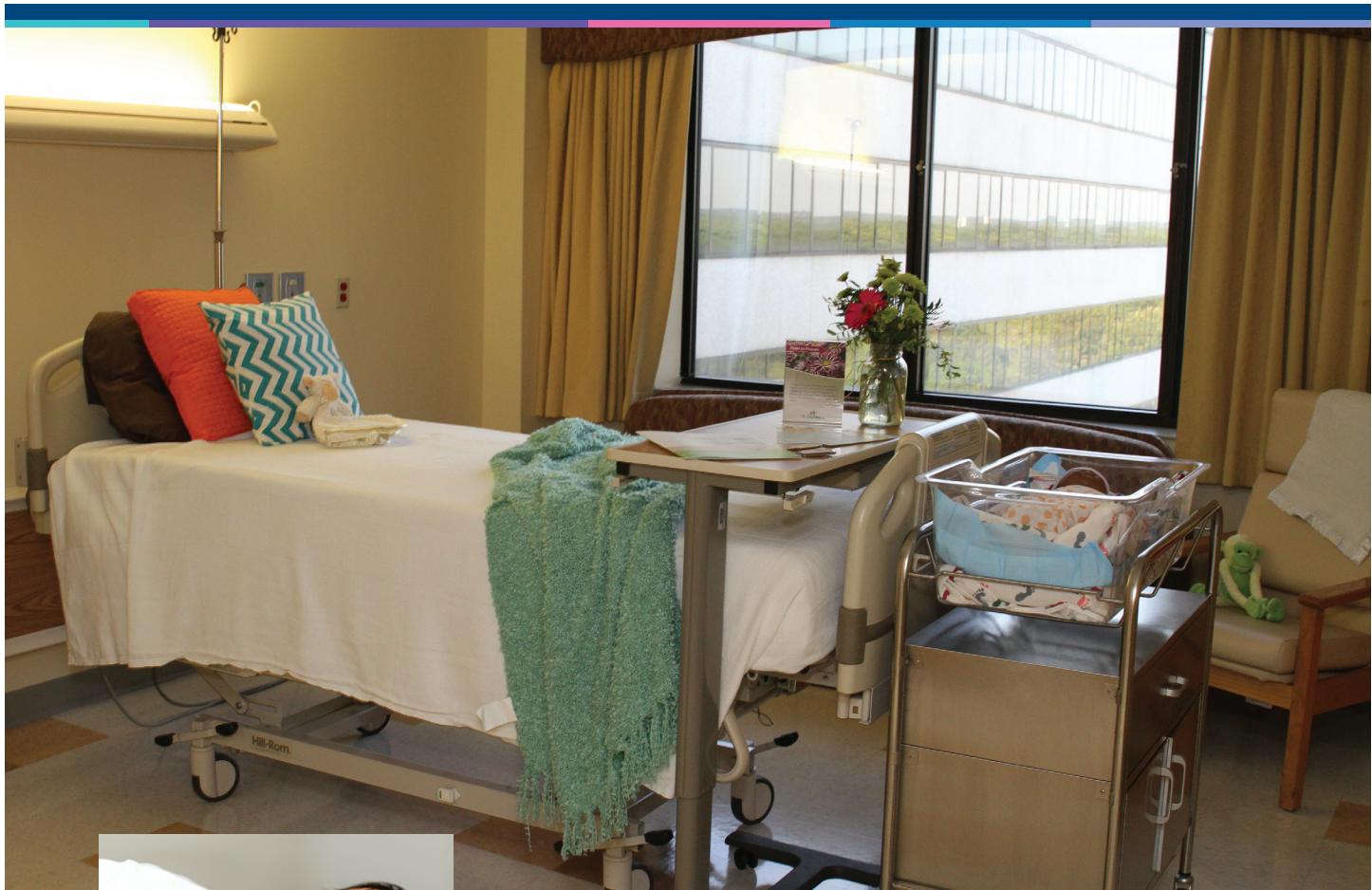
## Designed with You in Mind

Our private Labor & Delivery and Recovery suites are designed to provide a relaxing environment for you. Each Labor & Delivery suite features state-of-the-art equipment, a delivery bed, sofa, television and WiFi for you and your family.

Our team of maternity specialists will be ready to share in the delivery of your miracle with the latest technology, caring hands and reassuring voices.

Our nursing care will focus on your comfort and well-being, as well as that of your new baby and your family.

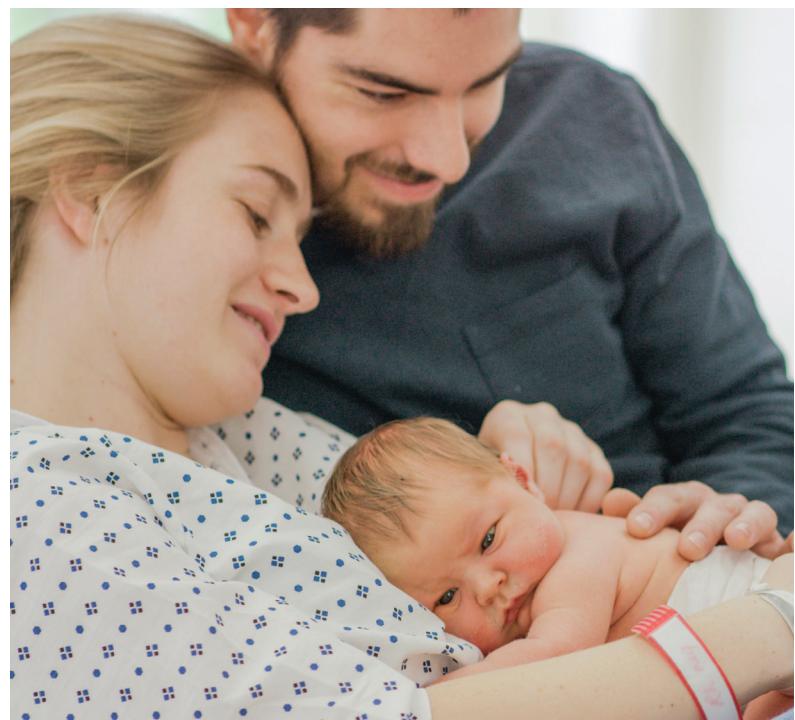




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**“From the time I was in labor and delivery until we checked out of St. Dominic’s, all of the staff were so helpful and attentive. I felt like I was the only patient and my experience was wonderful.”**

**—St. Dominic’s Patient**



A close-up photograph of a woman with blonde hair, wearing a blue and white patterned hospital gown, holding a newborn baby. The woman is smiling and looking down at the baby. The baby is wrapped in a white blanket with a subtle pattern and is sleeping. The background is blurred, showing hospital equipment and another person in a blue shirt.

# Caring for You & Baby

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“If not for the lactation consultant, I would have quit and my baby would not have had the wonderful benefit of me breastfeeding.”

—St. Dominic’s Patient

# Your Care at St. Dominic's

We believe the care you receive after the birth of your baby is just as important as the care leading up to the special occasion. Spending time with your new baby in the first moments of life is incredibly special and an important part of the bonding process. Right after birth, you and your partner will spend private time with your baby, secure in the knowledge that our nurses and physicians are close by if needed. If you wish, and the baby's health allows, grandparents or siblings may visit soon after delivery.

We encourage and provide immediate skin-to-skin contact after birth for at least one hour for all mothers and infants. This Golden Hour facilitates bonding, stabilizes the newborn and encourages breastfeeding. Weights, baths and other procedures are delayed for this special time.

We encourage you to breastfeed your infant in the immediate postpartum period. We offer the support of excellent nurses and lactation consultants to assist you in your postpartum stay. Exclusive breastfeeding is recommended as the ideal nutrition for newborns. To facilitate successful breastfeeding, we encourage mothers who breastfeed to delay the use of pacifiers or artificial nipples until breastfeeding is well established or unless medically indicated.



# Breastfeeding Support

St. Dominic Hospital is a Baby-Friendly designated hospital, meaning the care team adheres to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidence-based practices recommended by the World Health Organization (WHO)\* and the United Nations Children's Fund (UNICEF) for optimal infant feeding support in the precious first days of a newborn's life. Baby-Friendly facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family.

St. Dominic Hospital is also the first in the Jackson metro area to receive the International Board of Lactation Consultant Examiners Care Award for the excellence demonstrated in staffing International Board-Certified Lactation Consultants (IBCLCs). St. Dominic's employs three IBCLCs that are part of the Maternal and Newborn care team. These consultants support best practices shown to increase breastfeeding exclusivity and duration and are committed to giving moms who choose to breastfeed the best chance for success.



# TEN STEPS to Successful Breastfeeding

Hospitals support mothers to breastfeed by...

Because:

<b>1</b> <b>Hospital Policies</b>	<ul style="list-style-type: none"> <li>Not promoting infant formula, bottles or teats</li> <li>Making breastfeeding care standard practice</li> <li>Keeping track of support for breastfeeding</li> </ul>	Hospital policies help make sure that all mothers and babies receive the best care
<b>2</b> <b>Staff competency</b>	<ul style="list-style-type: none"> <li>Training staff on supporting mothers to breastfeed</li> <li>Assessing health workers' knowledge and skills</li> </ul>	Well-trained health workers provide the best support for breastfeeding
<b>3</b> <b>Antenatal care</b>	<ul style="list-style-type: none"> <li>Discussing the importance of breastfeeding for babies and mothers</li> <li>Preparing women in how to feed their baby</li> </ul>	Most women are able to breastfeed with the right support
<b>4</b> <b>Care right after birth</b>	<ul style="list-style-type: none"> <li>Encouraging skin-to-skin contact between mother and baby soon after birth</li> <li>Helping mothers to put their baby to the breast right away</li> </ul>	Snuggling skin-to-skin helps breastfeeding get started
<b>5</b> <b>Support mothers with breastfeeding</b>	<ul style="list-style-type: none"> <li>Checking positioning, attachment and suckling</li> <li>Giving practical breastfeeding support</li> <li>Helping mothers with common breastfeeding problems</li> </ul>	Breastfeeding is natural, but most mothers need help at first
<b>6</b> <b>Supplementing</b>	<ul style="list-style-type: none"> <li>Giving only breast milk unless there are medical reasons</li> <li>Prioritizing pasteurized donor human milk when a supplement is needed</li> <li>Helping mothers who want to formula feed do so safely</li> </ul>	Giving babies formula in the hospital makes it hard to get breastfeeding going
<b>7</b> <b>Rooming-in</b>	<ul style="list-style-type: none"> <li>Letting mothers and babies stay together day and night</li> <li>Making sure that mothers of sick babies can stay near their baby</li> </ul>	Mothers need to be near their babies to notice and respond to feeding cues
<b>8</b> <b>Responsive feeding</b>	<ul style="list-style-type: none"> <li>Helping mothers know when their baby is hungry</li> <li>Not limiting breastfeeding time</li> </ul>	Breastfeeding babies whenever they are ready helps everybody
<b>9</b> <b>Bottles, artificial nipples and pacifiers</b>	<ul style="list-style-type: none"> <li>Counseling mothers about the use and risks of feeding bottles and pacifiers</li> </ul>	Everything that goes in the baby's mouth needs to be clean
<b>10</b> <b>Discharge</b>	<ul style="list-style-type: none"> <li>Referring mothers to community resources for breastfeeding support</li> <li>Working with communities to improve breastfeeding support services</li> </ul>	Learning to breastfeed takes time

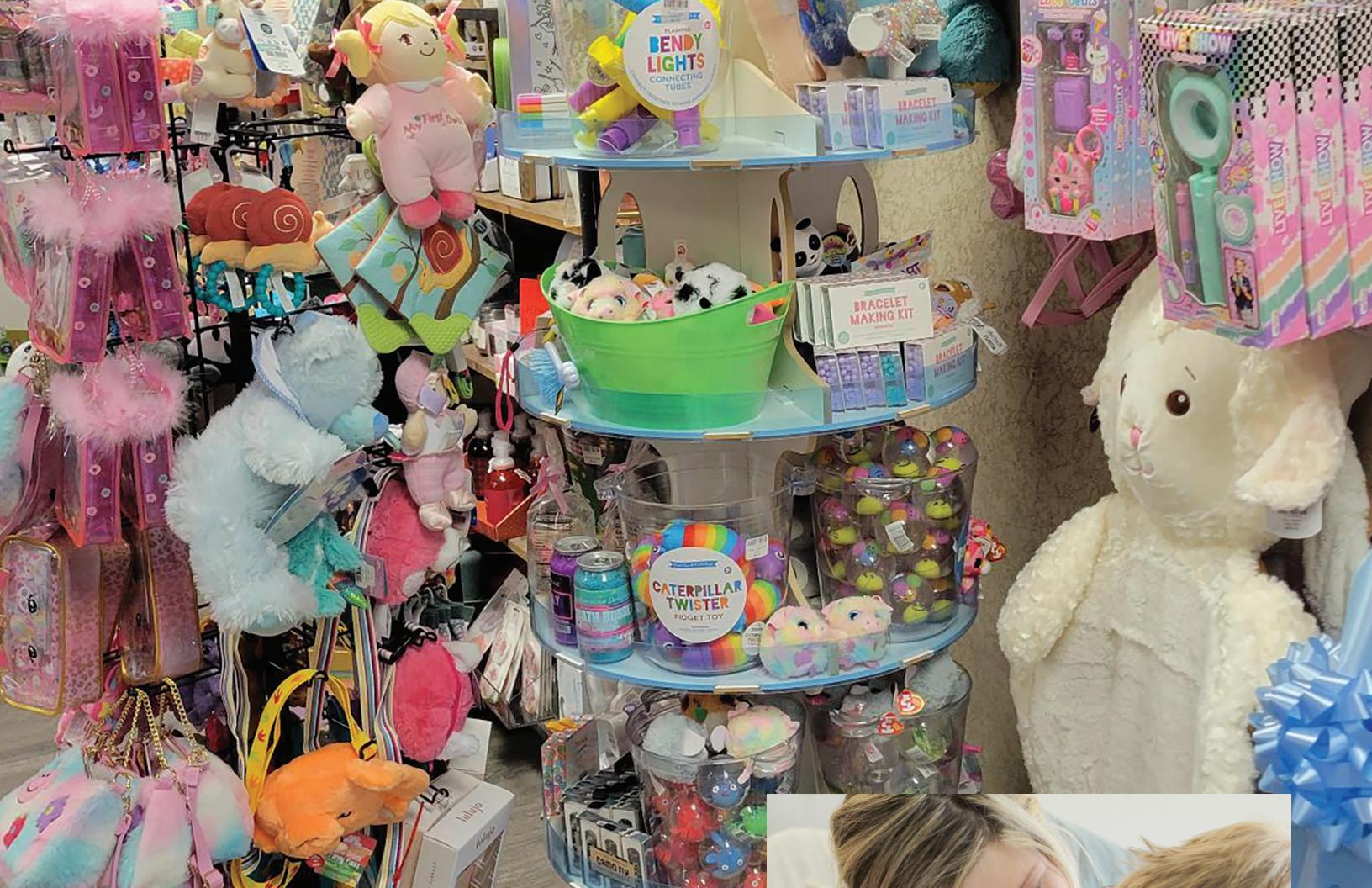
# Caring for the Entire Family

Once you deliver, you and your baby will be moved to a private suite on our postpartum floor to receive couplet care. During couplet care you and your baby will remain together in the same room and be cared for by the same nurse.

Couplet care encourages and facilitates family-baby bonding, breastfeeding and fosters the early mother-baby bonding that is so important. Couplet care ensures the mother, infant and family spend as much time together as possible and that no special moments are missed. It allows the new mother to learn as much about baby's sleeping and feeding patterns as possible so she will feel confident to care for her child when she and her baby return home. Unless the baby needs the care of a specialized NICU nurse, the baby will remain with the mother and family.

Studies have shown that babies, when in their mother's presence, cry less, have a lower blood pressure and pulse, a more stable temperature and have greater breastfeeding success. St. Dominic's postpartum suites provide a comfortable atmosphere for you and your new baby as you recover and prepare to return home.





Our staff can also assist you in welcoming big brothers or sisters to your new family member.

Amenities you and your family can enjoy during your stay include:

- Cups Coffee Shop
- Subway
- Gift Shop
- Smoothie King

The Gift Shop offers flowers, gifts, balloons, keepsakes, etc. For your convenience, the Gift Shop accepts orders for flower arrangements, gift baskets for mom and baby and personal care items that can be delivered to your room.

**Call (601) 200-6707 for more information.**



*cups*  
an espresso cafe®

**SUBWAY**



## Advanced Care

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“The NICU nurses’ skill and compassion comforted my husband and me. They were very patient, supportive and glad to answer questions during the hospital stay and even after we brought our premature twins home.”

—St. Dominic’s Patient

# Advanced Care for Mother and Baby

We always anticipate and plan for a healthy baby; however, complications can occur. At these times, you want the most up-to-date technology and highly skilled professionals available at a moment's notice.

Our 23-bed, Level III Neonatal Intensive Care Unit (NICU) cares for more than 200 babies annually. Of those, only a small fraction are low birth weight, which can be partially attributed to our prenatal care efforts. Our NICU team provides the highest quality care with board-certified neonatologists and specially trained nurses, social workers, and respiratory, speech (feedings), occupational and physical therapists. Parents are also recognized as part of the healthcare team and are involved in every decision made regarding the care of their baby.





- 24/7 in-house neonatal nurse practitioner coverage
- Small baby unit for babies born earlier than 28 weeks (about six and a half months) gestation
- Dedicated discharge coordinator
- Dedicated lactation specialists

In the event mom needs extra care or is having any unexpected complications, St. Dominic's is prepared with a fully equipped adult intensive care unit, keeping you as close to your baby as possible.



## Vermont Oxford Network (VON)



St. Dominic Hospital is a member of Vermont Oxford Network (VON), a worldwide community of healthcare professionals and families participating in data-driven quality improvement, education, and research to improve the quality, safety, and value of care for infants and families. VON, a nonprofit collaboration, facilitates the world's largest databases of practices and outcomes for neonatal care. Through participation in a VON database, St. Dominic's receives reports documenting patient characteristics, treatment practices, morbidity, mortality and length of stay.

The reports help the NICU team track performance over time to benchmark against previous years, subgroups of similar centers and the network as a whole and are used to identify quality improvement initiatives with the goal of providing ever-improving care for infants and families.

## Family Advisory Council

St. Dominic's NICU has a Family Advisory Council consisting of former NICU families that provide insights on how providers can best support NICU families and their role as part of the patient care team. These families also offer support to current NICU families by sharing encouragement and advice about the NICU journey.





### Lela's Library

Each NICU family is gifted a book of their choosing from Lela's Library thanks to generous donations. Studies show that reading to infants supports family bonding and promotes brain development at an early age.

Garrett and Alexis Grey established Lela's Library in memory of their daughter Lela Jo who was a St. Dominic's NICU patient. They began donating books to the NICU in 2021, providing enough books so every baby admitted throughout the year would receive one book before being discharged. The couple also created a reading cart that now has a permanent place in the NICU.





# 24/7 Emergency Care for Expectant and New Mothers

When unexpected pregnancy concerns arise, you need care you can trust – no matter the hour. At St. Dominic Hospital, we understand that emergencies don't wait for office hours. That's why we're proud to offer our Obstetrics Emergency Department (OB-ED), providing 24/7 access to board-certified OB/GYN doctors, ready to care for pregnant and postpartum women when you need it most.

Our OB-ED is a dedicated emergency unit designed specifically for women 20 weeks pregnant and up to six weeks postpartum. Staffed 24/7 by OB/GYN specialists, this unit provides immediate care for pregnancy-related emergencies – so you're seen, treated and supported.

Whether it's a sudden complication or urgent medical attention, our OB-ED team is equipped with advanced technology and the expertise to respond swiftly and compassionately.

The OB-ED is a dedicated eight-bed unit located on the 5th floor of the hospital adjacent to Labor & Delivery.



# Preparing for Your Delivery

## Pre-registration

We encourage all moms-to-be to pre-register during the second trimester of pregnancy. Providing personal and insurance information is an important step in the exciting journey to prepare for the arrival of your special delivery. Pre-registering from the comfort of your home will help make check-in go smoother when you arrive at the hospital for delivery and speed up the admissions process. Scan the QR code or call (601) 200-5995 to pre-register today.



## MyChart Registration

Established St. Dominic's patients can register for delivery through MyChart. MyChart also allows the user to set specific preferences for delivery and indicate any birth plans. This information is visible to the hospital team for patient delivery. Patients choose "Register for My Delivery" in the "Find Care" menu and then complete the required questions. Scan the QR code to access MyChart.



## The Newborn Associates

The Newborn Associates is a group of neonatologists who care for all infants in the hospital. As board-certified neonatologists, they are pediatricians who have additional training to specialize in the care of newborns. Through training and experience, they are prepared to take care of all newborns, both those that are born completely healthy and those with special issues (such as prematurity) requiring neonatal intensive care.



The Newborn Associates bills separately from the hospital. You are encouraged to pre-register with the office prior to your delivery. They will provide an estimate of your neonatal bill for services and information about payment discount opportunities. To pre-register, complete the form at [newborndocs.com](http://newborndocs.com) or scan the QR code.



# Helpful Information

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## Where to Go

When it is time to go to the hospital, here is what you need to know:

- Exit from Interstate 55 at Exit 98 (Lakeland Drive) and travel west.
- Enter St. Dominic's campus by turning left off Lakeland Drive just under the second skywalk.
- Drive around to the South side and park in the Maternal/Newborn parking spaces. Enter the hospital at the South entrance and go to the elevators. You will see them on the left as you enter.
- Take the elevator to the fifth floor and go to Labor & Delivery to your right as you exit the elevators.
- **After hours** or if seeking emergency care, go directly to St. Dominic's Emergency Department.

## Who to Call

**Birth Certificate Information**  
(601) 200-5645

**Gift Shop**  
(601) 200-6707

**Hands of Hope Boutique**  
(601) 200-5111

**Labor and Delivery Nurses' Station**  
(601) 200-5600

**Maternal/Newborn Admissions/Insurance**  
(601) 200-3851

**Newborn Nursery**  
(601) 200-5643

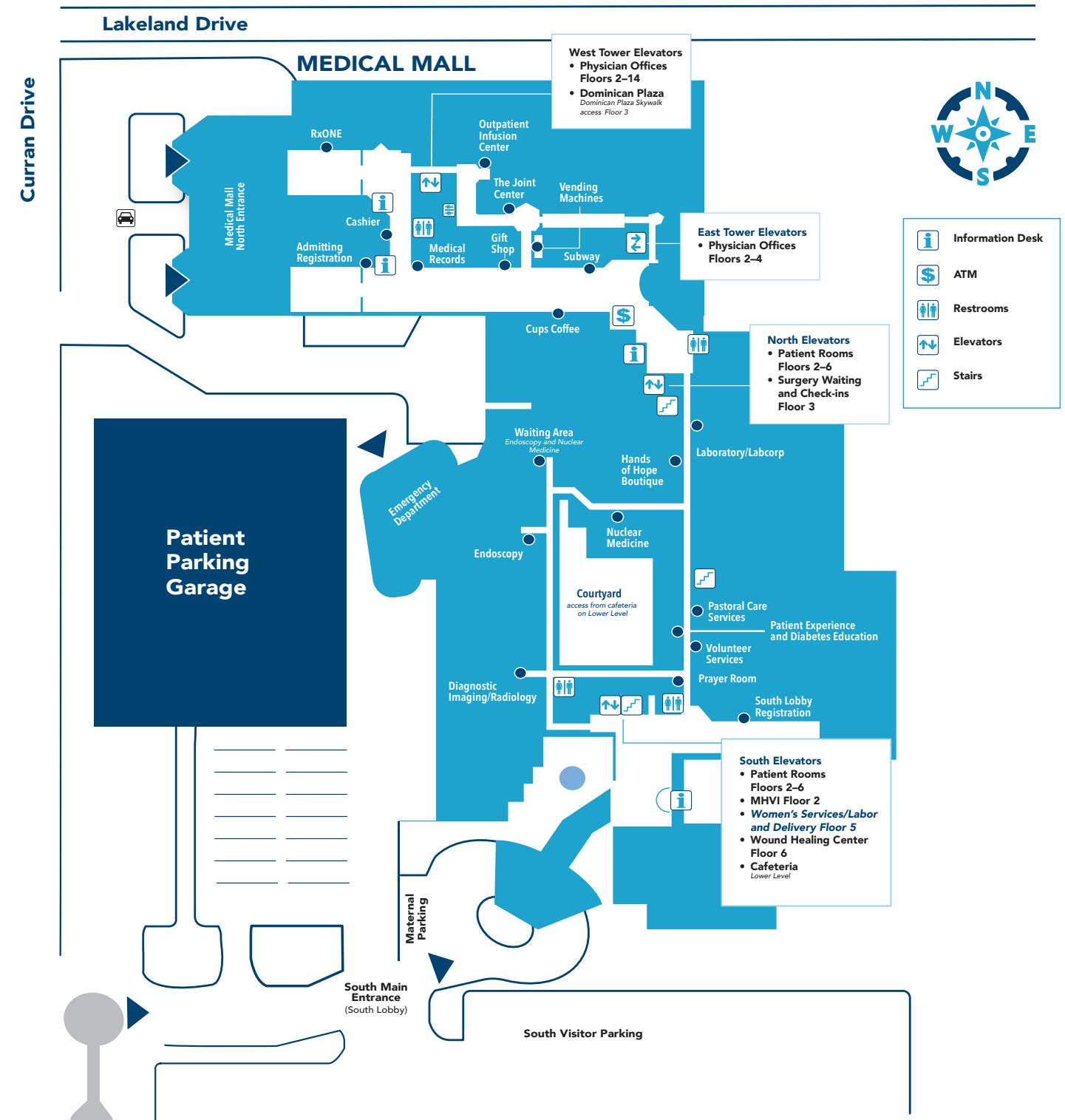
**Patient Billing**  
(601) 200-6945

**Pastoral Care Services**  
(601) 200-6915

**Postpartum Nurses' Station**  
(601) 200-5500

**St. Dominic Hospital**  
(601) 200-2000

**St. Dominic Fitness Center**  
(601) 200-4925



**FMOL**  
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# Notes







“Every good and perfect gift is from above.”

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—James 1:17



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