

SAMPLE 2 COLOR CUSTOM

Front Cover

Great Expectations



Baby Steps



A Guide to
Enjoying
Your
Pregnancy



Brought to you by



UMC
The Family Resource Center

Inside Front Cover

Welcome to University Medical Center's Baby Steps program

Thank you for choosing UMC for your birthing experience. At University Medical Center we are committed to providing you and your baby with the highest quality of care and service in Las Vegas. In addition to services offered by our "Baby Steps" Program, we encourage you to access our other programs at the Family Resource Center.



BRIGHT BEGINNINGS offers a variety of classes for expectant parents. These classes are designed to meet all of your educational needs for this very special time and are free of charge to the UMC Community.

PREPARED CHILDBIRTH CLASSES: REGISTER EARLY to take your class during your 8th month. Call for more information (702) 383-2229.

BREASTFEEDING PREPARATION: Explains the importance of breastfeeding & proper technique.

MOM & BABY POST PARTUM CARE: Helps new families know what to expect in the first weeks.

INFANT & CHILD CPR: Friends and Family learn to be lifesavers.

SIBLING CLASS: Designed to assist siblings ages 3-10 prepare to be Big Brothers and Sisters. Call for more information or to register (702) 383-2229.

THE FAMILY RESOURCE CENTER offers programs, free of charge, for families with newborn babies. Breastfeeding Counselors are available to assist you with breastfeeding support, questions or concerns after you take your baby home from the hospital. A car seat technician is available to check and install your baby's car seat. Please make an appointment for car seat installation prior to the birth of your baby.

GOING TO THE HOSPITAL

WHAT TO DO IN AN EMERGENCY: Follow the instructions from your doctor. If your doctor did not give you specific instructions, call your doctor. He or she will be able to respond and will direct you where to go. If you cannot contact your doctor, go directly to UMC. If the emergency is related to your pregnancy and you are more than 20 weeks (5 months) pregnant, go directly to the Labor and Delivery unit on the 7th floor.

WHAT TO DO WHEN YOU GO INTO LABOR: Go directly to UMC. The staff at the hospital will call your doctor. If it is after hours when you get to UMC, use the Adult Emergency Room entrance. Tell the person at the information desk that you are in labor. They will help you find the elevator to go to the 7th floor. Whoever is driving you to UMC may park at the emergency entrance, but that person will need to notify the personnel at the Security desk who you are. Once the new mother is on the unit the car will need to be moved to a designated parking area.

PEDIATRIC SERVICES: Children's Hospital of Nevada provides a level and scope of pediatric services unavailable in any other single location. We know there is nothing quite as important as the medical care of your children, and we encourage all families to have a "Medical Home" for their children. Children's Hospital of Nevada is devoted to making sick and injured children healthy and well by combining compassionate, family-centered care with modern technology.

Knowing that children are precious, we aim to improve the health of every child in the community by prevention and treatment of illness, disease and injury. For more information, check out our website at childrenshospitalofnevada.org.



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Thank you for being part of University Medical Center's "Baby Steps" Program.



We are happy to be a part of this exciting time in your life! The Baby Steps staff is here to help you with many aspects of your care. If you have questions regarding your Medicaid case please call our eligibility worker and they will try to assist you. If you have questions or concerns about your prenatal appointments or your Baby Steps cards or discounts, please contact one of the Baby Steps nurses, and she will assist you. If you have questions about you or your baby's health, please call your health care provider. They are familiar with your health and will advise you regarding your concerns. Should an emergency arise after hours call your health care provider's service first. If you need advice immediately you may call **UMC's Labor and Delivery Unit at (702) 383-2437.**

SYMPTOMS TO REPORT IMMEDIATELY

- Pain with urination
- Vaginal bleeding
- Menstrual-like cramps every 5 minutes or less
- Not feeling baby move for over five hours
- Leaking water from the vagina (bag of water is broken)
- Severe and continuous headache
- Sudden swelling of face and hands
- Temperature over 100.4°F
- Continuous vomiting and/or diarrhea

Important Phone Numbers

University Medical Center

Family Resource Center	(702) 383-2229
Labor & Delivery.....	(702) 383-2438
Family Birth Care Center	(702) 383-2441
Hospital Operator	(702) 383-2000
Admitting	(702) 383-2321
Customer Service.....	(702) 383-2347
Adult Emergency.....	(702) 383-2201
Pediatric Emergency	(702) 383-3734
Lied Pediatric Outpatient Clinic.....	(702) 383-3642

WIC Women, Infants & Children

6480 W. Flamingo Dr, Ste B	(702) 227-1573
1700 Wheeler Peak Dr	(702) 220-9928
3233 W. Charleston, Ste 204	(702) 220-9944
5001 E. Bonanza Rd, Ste 104.....	(702) 220-9930
3650 N. Rancho, Ste 106.....	(702) 220-9926
5225 E. Tropicana, Ste D-E.....	(702) 220-9929
2320 McDaniel St, Ste C.....	(702) 220-6096
3900 Cambridge St, Ste 101	(702) 220-9934
1000 E. Sahara Ave, Ste 101	(702) 385-2100
2917 W. Washington	(702) 646-5600
3601 Las Vegas Blvd North 102.....	(702) 643-2515
750 N. Major Ave (Henderson)	(702) 558-3129
160 S. Emery (Pahrump)	(775) 727-4884

Community Services

Safe Nest (Domestic Violence)	(702) 646-4981
SAFEhouse (Henderson).....	(702) 564-3227
Catholic Charities	(702) 387-2291
Las Vegas Rescue Mission	(702) 382-1766
Weekend Emergency Asst	(702) 383-4054
Clark County Social Services	(702) 455-4270
NV Assn of Latin America.....	(702) 382-6252
United Way of So NV.....	(702) 734-2273
Shade Tree.....	(702) 385-0072
Poison Control.....	1-800-222-1222



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The Family Resource Center
(702) 383-BABY (2229)