

Pregnancy & Prenatal

Things you need to do / Prenatal classes
Go the full 40 weeks of pregnancy



As you enter your third trimester, here are some things you need to do.

Choose a pediatrician

Your labor and delivery nurse will ask you for the name of your pediatrician. It is important to choose a pediatrician prior to coming to the hospital for the delivery of your newborn. If your pediatrician does not admit to this hospital, your baby will see our in-house physicians while in the hospital. The baby will then follow up with the pediatrician you have chosen.

Pack a bag for both mother and baby

The hospital will provide basic afterbirth needs such as pads, medications and baby needs such as diapers and wipes while you are in the hospital. Please bring any other items you may need. Be sure to bring the infant car seat.

Car seat installation

Tennessee state law mandates that your child must go home in a properly installed child restraint seat. Members of the Safe and Sound staff are Certified Child Safety Technicians and conduct free car seat inspections by appointment. Call Safe and Sound at (423) 778-6691 to schedule your car seat inspection.

Prenatal Classes - Preparing you for what's to come.

As the leader in healthcare for women, Erlanger offers a variety of prenatal and specialty classes. To learn specific dates and locations, or to register for classes, call (423) 778-LINK (5465) from 8 a.m. to 6 p.m., Monday - Friday or visit www.erlanger.org.

Childbirth Education

Expectant parents will learn the stages of labor, relaxation, hospital procedures and pain management options, after birth and home care for moms and in-hospital care for newborns. There will also be time for questions and answers.

Breastfeeding Class

Participants will learn breastfeeding basics, what to expect the first few weeks and special tips for success. Taught by board-certified lactation consultants. The families/support person are encouraged to attend so they can learn more about breastfeeding.

Breastfeeding Support Group

A relaxed and informal monthly meeting where pregnant and new mothers can

learn more about breastfeeding and offer each other support. Facilitated by board-certified lactation consultants. Mothers, babies and siblings are welcome.

Baby Care/Safety

This class helps parents plan and prepare for a safe home environment for baby and teaches basic skills in baby care.

Infant CPR

This one-hour class teaches basic CPR for an infant (birth to 1 year) and provides hands-on practice and choking management techniques.

Boot Camp for Dads

This class helps new dads adjust to changes and stresses associated with becoming a father.

Car Seat Safety

Install your car seat well before your due date and have it checked by a Certified Child Passenger Safety Technician. Contact the Safe & Sound department at (423) 778-6691.

Please bring a check, money order or cash for payment on the day of your class. At this time we are unable to process debit/credit cards, but ATMs are located on both campuses for your convenience. Pre-registration and payment at the beginning of each class is required.

For more information and for a full listing of classes, dates, & locations call (423) 778-LINK or visit www.erlanger.org.

[Click Here to Purchase Prenatal Classes](#)

*Learn CPR
You can do it!*

CPR for Infants (Age <1)

If you are alone with the infant give 2 minutes of CPR before calling 911.

1. Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response and no breathing or not breathing normally, position the infant on his or her back and begin CPR.

2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of at least 100 per minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).

3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back

4. Give 2 Gentle Breaths

If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.

CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

"The Tennessee Medical Association (TMA) and the Tennessee Hospital Association (THA) want to thank learncpr.org for allowing our members to share this information with their patients."

40 Reasons to Go the Full 40

Nobody likes to be rushed—especially babies!

Your baby needs a full 40 weeks of pregnancy to grow and develop. While being done with pregnancy may seem tempting, especially during those last few weeks, inducing labor is associated with increased risks including prematurity, cesarean surgery, hemorrhage and infection. Labor should only be induced for medical reasons—not for convenience or scheduling concerns. Baby will let you know when he/she is ready to emerge. Until then here are 40 reasons to go at least the full 40 weeks of pregnancy – finish healthy and well.

1. Ending right by starting right—keeping all of your prenatal appointments helps ensure a healthier ending.
2. Savor the journey—soon you will meet your baby.
3. Let nature take over—there are fewer complications and risks for both you and baby through natural birth.
4. Recover faster from a natural birth than cesarean, which is major abdominal surgery that causes more pain, requires a longer hospital stay and a longer recovery.
5. Birth a brainier baby—at 35 weeks your baby's brain is only 2/3rds the size it will be at term.
6. Set her thermostat—baby will better regulate her temperature when born at term.
7. Boost breastfeeding—term babies more effectively suck and swallow than babies born earlier.
8. Delight in those kicks and flips—marvel at the miracle of the life inside.
9. Enjoy your convenient excuse for every mood swing and crazy cravings
10. Nourish you body—a healthy diet and breastfeeding will help you lose the baby weight.
11. Let others carry the groceries, mail, packages just a while longer.
12. Indulge in "we" time before you're a threesome or more.
13. Sport your bump—as your belly increases, so do your changes of getting a great seat almost anywhere.
14. Eat healthfully—indulge occasional cravings without remorse.
15. Give baby's development the benefit of time since you may not know exactly when you got pregnant.
16. Let baby pick her birthday—if she decides to emerge after 37 weeks there's no need to try to stop your spontaneous labor.



17. Skip an induction—which could lead to a cesarean—by waiting for labor to start on its own.
 18. Reduce your baby's risks of jaundice, low blood sugar and infection by waiting until he's ready to emerge.
 19. Build your baby's muscles—they'll be strong and firm, and ready to help him feed and flex at term.
 20. Maximize those little lungs—babies born just 2 or more weeks early can have twice the number of complications with breathing.
 21. Ignore people who say an induction is more convenient. Nothing is convenient about a longer labor and increasing your risk of cesarean.
 22. Respond to requests to speed baby's birth with the facts that inductions often create more painful labor and can lead to cesarean surgery.
 23. Let others do the heavy lifting—and the extra housecleaning.
 24. Splurge on pedicures—or ask a friend to do them for you, especially when you can't see or touch your feet.
 25. Relish in the fact that right now you're the perfect mom—your healthy habits are growing your baby the best possible way.
 26. Finish well—more time in the womb usually means less time in the hospital.
 27. Relax! Babies are usually so much easier to care for in the womb.
 28. Shamelessly wear comfy, stretchy clothes.
 29. Postpone changing the eventual 5,000+ diapers baby will use.
 30. Be out and about without having to buckle, unbuckle, rebuckle baby into her car seat or stroller while running errands.
 31. Carry your most stylish purse, especially the ones too small to hold diapers and wipes.
 32. Relish parenting—right now you know exactly where baby is and what he's doing.
 33. Snooze when you can—what sleep you're currently getting is actually quite a lot compared to the interruptions ahead.
 34. Massage remains a must—ask you partner to help ease the aches.
 35. Enjoy nights out without paying for a babysitter.
 36. Indulge in shopping without the added responsibilities of baby in tow.
 37. Redecorate your house around your nursery's theme.
 38. Prop up your paperwork—your burgeoning belly peaks at just the right reading height.
 39. Make the best-possible birth experience; don't rush it.
 40. Write your own healthy reason—if it gets baby a full 40 weeks of pregnancy it deserves to be on this list.
- The nurses of AWHONN remind you not to rush your baby—give her at least a full 40!
- For more information visit: www.GoTheFull40.com

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