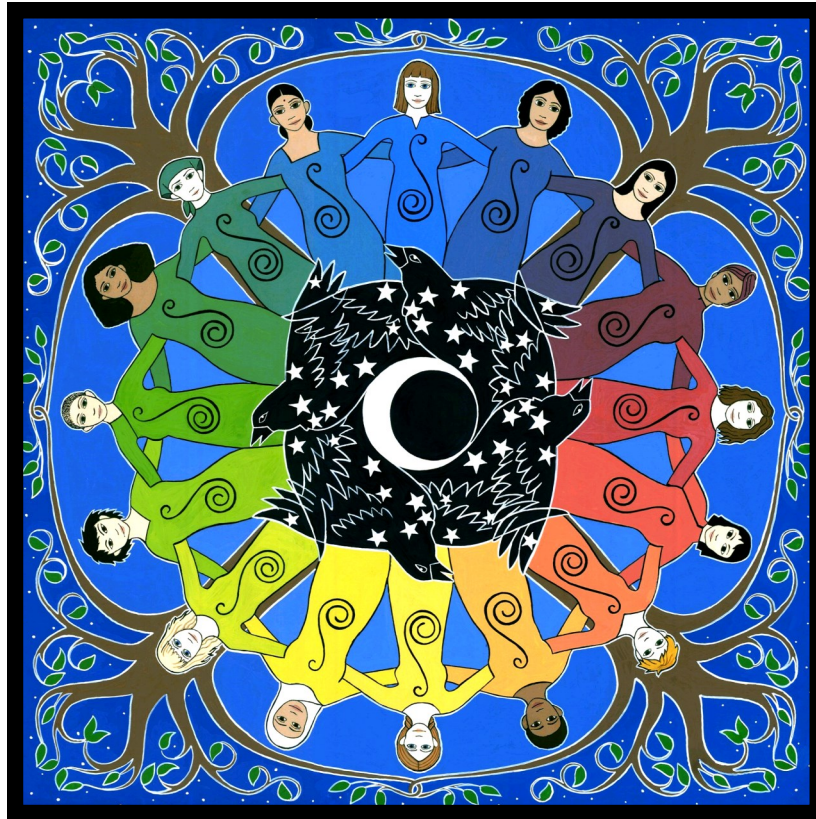


# Healthy Moms, Healthy Babies

Resources for Pregnancy, Birth, and Beyond



**(651) 602-7500**

*After Clinic Hours & Emergencies:*

612-333-2229



**West Side**

Community Health Services

[www.westsidechs.org](http://www.westsidechs.org)

[www.westsidemidwives.wordpress.com](http://www.westsidemidwives.wordpress.com)

## La Clínica

153 Cesar Chavez Street  
Saint Paul, MN 55107

## East Side Family Clinic

895 East 7th Street  
Saint Paul, MN 55106

## McDonough Homes Clinic

1544 Timberlake Road  
Saint Paul, MN 55117

## Nurse Midwives & Family Medicine Doctors



Congratulations! Our team of nurse midwives and doctors are honored to partner with you in your care during this pregnancy!

A **Certified Nurse Midwife** (CNM) cares for a woman's health throughout her lifetime. This includes care during pregnancy, birth, and postpartum. Nurse midwives also help with birth control and GYN needs, like Pap smears and infections. Visit [www.midwife.org](http://www.midwife.org) for more information.

A **Family Medicine Doctor** is a physician who specializes in caring for the whole family throughout their lives, including pregnancy and birth.

If you need a cesarean or specialized care during your pregnancy or birth, we work together with a team of obstetricians and specialists from Health Partners and Minnesota Perinatal Physicians (MPP).

### Hospital Care: Regions Hospital

**640 Jackson Street, Saint Paul**

Our team of Certified Nurse Midwives and Family Medicine Doctors attends births at Regions Hospital. One of us is always on-call at the hospital, ready to help you. Before you arrive at Regions, call the Care Line so that we can prepare for your arrival.



### Emergency Signs and Symptoms:

Call the Clinic or Care Line if:

- You are bleeding.
- You have severe stomach pains.
- You have a fever over 100.4.
- You have pain when you urinate (pee).
- You think your bag of waters broke.
- You are over 24 weeks pregnant and your baby isn't moving normally for you.
- You aren't sure if you should take a medication.
- You have questions!



**Clinic Phone Number: (651) 602-7500**

**Care Line Advice Number: (612) 333-2229**

The Care Line is available for advice 24 hours a day, 7 days a week.

## Applying for Medical Insurance & Benefits

Our Business Office can help you learn about insurance options during pregnancy. Most women qualify for some type of assistance. They can help you to apply for Medical Assistance, as well as for our sliding scale discount program. **Call the clinic or ask one of our front desk staff to make an appointment.** They will help you begin the application process with your county. If you do not hear anything for a few weeks after applying for Medical Assistance, or have more questions about your case, please schedule a follow-up appointment so that we can continue to work with you. **While you are completing your insurance application and waiting for your insurance card to arrive, please continue to come for your prenatal care. It is our pleasure to continue to serve you during that time.**



## WIC: Women, Infants & Children Program



When you are pregnant, breastfeeding, or parenting children under the age of five, the Women, Infants, and Children WIC program helps you with free, healthy food for you and your children. WIC also offers education, and breastfeeding help. **Call your county WIC office to see if you qualify and to apply for the program:**

- **Ramsey County**                      **651-266-1300**
- **Dakota County**                      **952-891-7525**
- **Washington County**              **651-430-6685**
- **Hennepin County**                  **612-348-6100**

There is a Ramsey County WIC office in the basement of our La Clínica location.

## Prenatal Visit Schedule

When do you need a prenatal visit in the clinic?

- Every 4 weeks until 28 weeks of pregnancy
- Every 2 weeks from 28 to 36 weeks of pregnancy
- Every week from 36 weeks until your baby is born.

You may need a different schedule depending on your situation.

It is important to be seen regularly!



# POSSIBLE BENEFITS OF YOUR MEDICAL ASSISTANCE

Your enrollment in medical assistance makes you eligible for many possible benefits, from free car seats and breast pumps to discounts on gym membership and free or reduced admission to some Twin Cities museums. Check with your insurance provider to verify your eligibility for particular benefits and ask your midwife for more information.



## CAR SEAT

Request a car seat for your new baby and other children in your home. Car seats can be delivered to you.



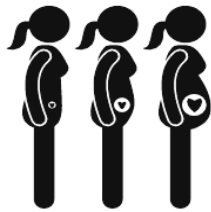
## BREAST PUMP

See if you're eligible to receive a brand new breast pump after the birth of your baby!



## DOULA

A doula is a woman trained to support you in labor. If you would like someone to help you and your family during your birth, talk to your provider.



## PRENATAL CARE, CLASSES AND BIRTH COVERAGE

Your insurance will cover the cost of most prenatal checkups, labs related to your care, the delivery of your baby at the hospital, as well as postpartum visits. Most insurance will also cover birthing classes.



## REWARDS

You may be eligible to earn gift cards for quitting smoking, going to prenatal visits, postpartum checkups, screening for chlamydia or cervical cancer, or getting a mammogram. Check with your insurance or medical provider for details.



## TRANSPORT TO APPOINTMENTS

Many insurances offer transportation services to and from your regular medical appointments. Call the number on the back of your insurance card to schedule a ride.



## FREE OR REDUCED ADMISSION

Some places give discounts or free admission to families on economic assistance. Some places are: Science Museum of MN, Children's Museum, Minnesota Zoo, and the YMCA. Ask these organizations for details or visit <http://bit.ly/2FGcuts> for more ideas.

## Vitamins & Supplements in Pregnancy



Your midwife or doctor might encourage you to take some vitamins or supplements for you and your baby. Some might be:

**Prenatal Vitamins:** These are a collection of vitamins and minerals to help meet your nutrition needs in pregnancy. They include folic acid. They don't replace the importance of a healthy diet.

**Folic Acid:** This is essential in the beginning of pregnancy as your baby's brain and spine develop. All women who might become pregnant should take daily folic acid. *(Many women get this in their prenatal vitamin.)*

**Calcium:** Your body needs plenty of calcium during pregnancy. If you aren't getting this in your diet through milk, dairy and other sources, you may need to take a supplement.

**Omega -3 Fatty Acids or Fish Oils:** These supplements help your baby's brain and heart development. They are also good for pregnant moms.

**Iron:** Some women need extra iron pills if they become anemic.

**Vitamin D:** Vitamin D is in all prenatal vitamins. Some women need an additional Vitamin D supplement to meet their needs.



## Medications in Pregnancy

Check with your midwife or doctor before taking any prescription drug, over-the-counter medicine, vitamin, or supplement to make sure they are safe in pregnancy.

### **These medicines are OK to take in pregnancy:**

- Acetaminophen (also called Tylenol)
- Benadryl (also known as Diphenhydramine HCL)
- Claritin (also known as Loratadine)
- Tums
- Robitussin (Guaifenesin only)

### **DO NOT use these medications in pregnancy:**

- Ibuprofen (also called Advil or Motrin)
- Aleve
- Aspirin
- Alka-Seltzer or Pepto-Bismol
- Skin-lightening creams



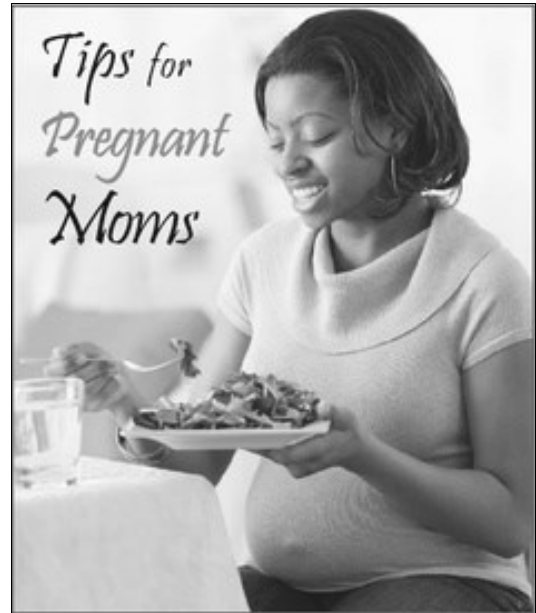
# Nutrition

From the USDA [www.choosemyplate.gov](http://www.choosemyplate.gov)

## **What's on Your Plate?**

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups:

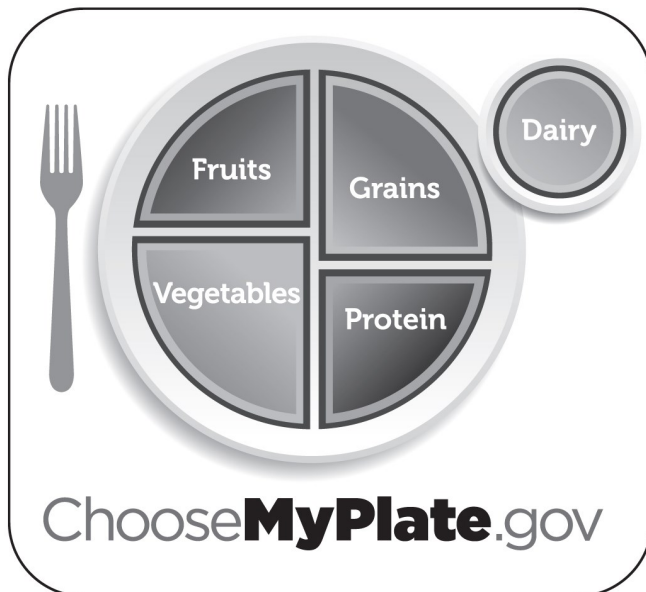
- Vegetables
- Fruits
- Whole grains
- Fat-free or low-fat dairy products
- Lean protein foods



## **Making Healthy Food Choices:**

Make your plate look like this example. Most women eat plenty of carbs, like rice, potatoes, bread, noodles, and tortillas.

Eat lots of vegetables and protein (like meat, eggs, beans) and 4 servings of dairy products (milk, yogurt, cheese) every day. Avoid soft drinks and juice!



## **Foods to Avoid**

These foods can contain a germ called Listeria that could hurt your baby.

- Deli meat
- Raw meat, fish or raw egg
- Unpasteurized or raw milk, cheese, or juice

## Ways to Learn More about Nutrition

- Schedule an appointment with a nutritionist at our clinic.
- Meet with counselors at the WIC office.
- Create a Daily Food Plan for moms designed just for you.
  - Go to **www.ChooseMyPlate.gov**
  - Click on “Pregnant & Breastfeeding Women”
- **Eat plenty of proteins:** Choose seafood, lean meat, poultry (chicken), eggs, beans, peas, soy products (tofu) and unsalted nuts and seeds.
- **Use oils to replace solid fats when possible:** Olive oil instead of lard or Crisco.
- **Make choices that avoid “empty calories.”** What are empty calories? They are calories from foods high in simple sugars & solid fats. Some foods with empty calories:
  - Pop or soda and sweet tea
  - Candy
  - Sweetened cereals
  - Desserts
  - Fried foods
  - Hot dogs
  - Ice cream



## Seafood Can Be a Part of a Healthy Diet

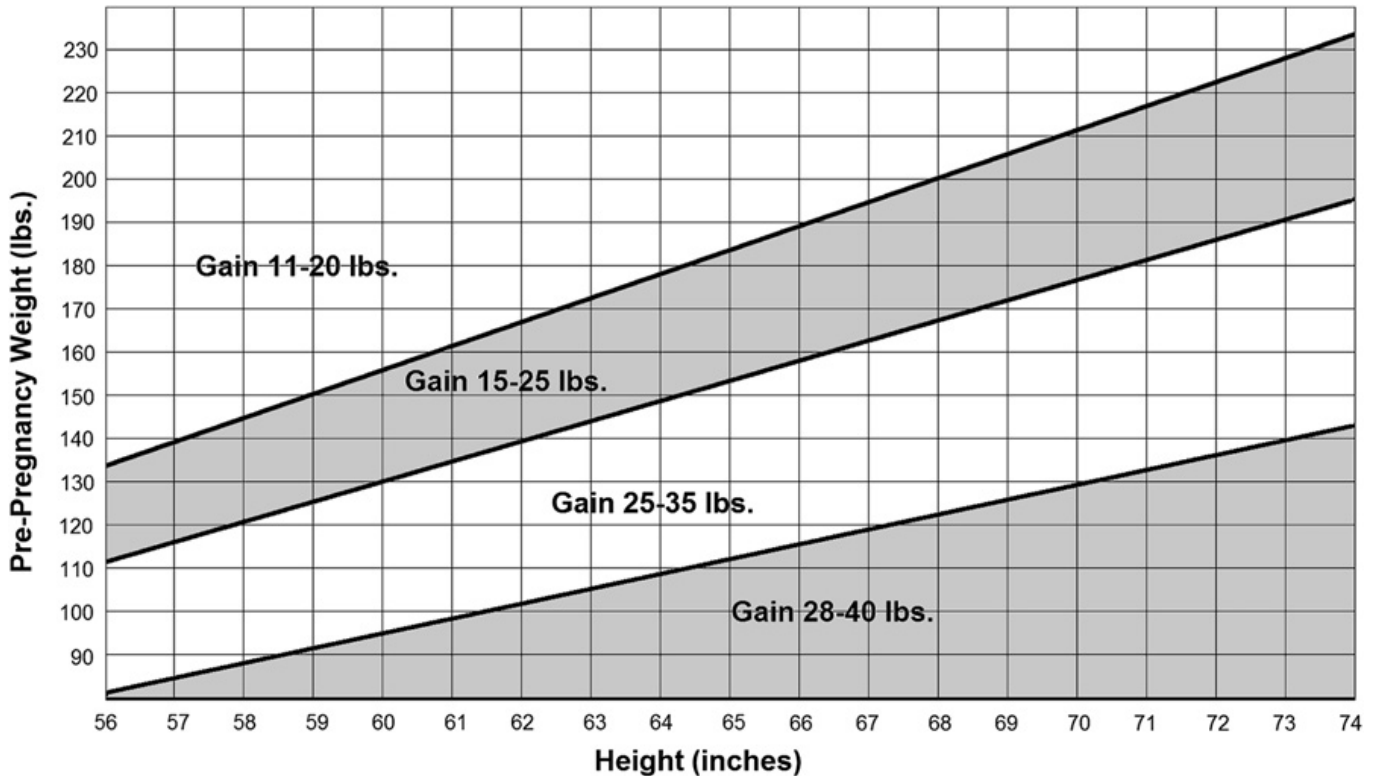
Omega-3 fats in seafood are healthy for you and your baby. Salmon, sardines, and trout are some choices high in Omega-3 fats.



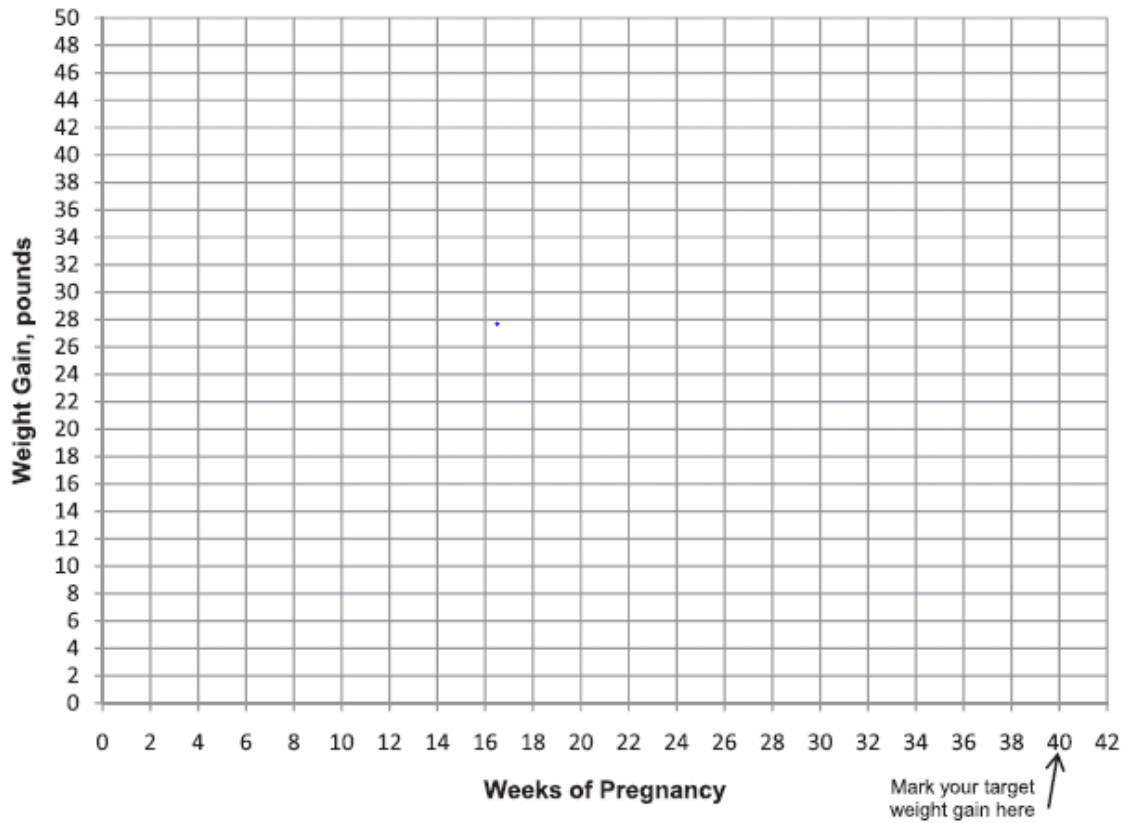
- Eat 8-12 ounces of seafood each week.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they have high levels of mercury.
- This website has information about fish safety from Minnesota’s lakes and rivers:

<http://www.health.state.mn.us/divs/eh/fish/>

# Weight Gain Goals



My target weight gain is \_\_\_\_\_ pounds.





## **Exercise in Pregnancy is Important!**

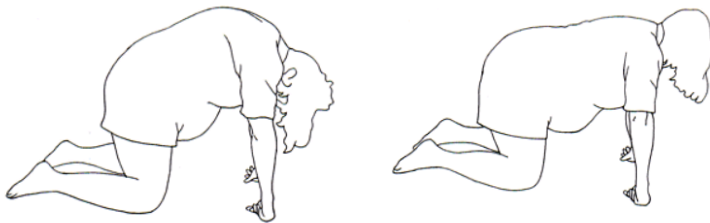
Staying active in pregnancy helps you stay healthy while you prepare your body for labor and birth. Most types of exercise are fine during pregnancy, listen to how your body feels and don't do anything that could cause you to fall or hit your belly. Ask your midwife or doctor if you have questions about a type of exercise. Plan half an hour a day of some type of movement.

Many women enjoy:

- Walking
- Swimming
- Yoga
- Zumba



Squatting several times a day helps prepare your body for birth. Try holding on to both sides of a door or a chair for balance.



These yoga stretches can help with lower back pain in pregnancy

## **Dental Health**



It is a great idea to get your teeth cleaned during pregnancy. Insurance and Medical Assistance will often pay for dental care. You can make an appointment at one of our dental clinics by calling our main scheduling number at (651) 602-7500 and asking for dental services. We have a clinic at our East Side Family Clinic and on the corner of Robert Street and Cesar Chavez Street near La Clinica.

Your newborn baby should have their first dental visit at 6 months of age or when they get their first tooth.

# Common Prenatal Tests



## **Routine Tests**

At the beginning of pregnancy, we recommend blood and urine tests to look for things that might cause problems in pregnancy. These usually include: blood type, iron level, Rubella, Hepatitis B, Hepatitis C, Syphilis, HIV, Pap smear, gonorrhea, chlamydia, drug screening and urine culture.

## **Genetic Testing**

There are a variety of tests that look for genetic problems or birth defects in your baby such as Down's Syndrome, chromosomal problems or spina bifida. Some of the tests include: Quad screen, First Trimester Screen, Sequential Screen, Free Cell DNA and Amniocentesis. Some people also choose to meet with a genetic counselor to talk about testing options. All of these tests are optional. Talk with your midwife or doctor to find out what test is right for you and your family.

## **Glucose Test**

This is a test for gestational diabetes or "high sugar" usually done between 26-28 weeks. Your midwife or doctor will give you a special, very sweet drink. An hour later, we check a blood sample to check your blood sugar level. If it is high, we will do more testing. If you have high levels of sugar in your blood, you may need to eat differently or take medications to stay healthy.

## **Group B Strep (GBS) Test**

GBS is a common bacteria in the body that normally does not cause any symptoms. Between 35 and 37 weeks of pregnancy, your midwife or doctor will collect a Q-tip sample from your vaginal area to see if you have GBS in your body (1 in 5 women do have GBS). If you do, we recommend antibiotics in an IV during labor. The antibiotics reduce the chance of GBS passing to your baby during birth. GBS does not harm you or your baby while you are pregnant, but there is a small chance it could make your baby sick after they are born.

## **Ultrasound**

Ultrasounds can teach us many things about your pregnancy. Providers use them to see how long you have been pregnant, whether you are having more than one baby, how the baby is growing, and to check the location of your placenta. They can also help to guess whether the baby is a boy or a girl. Most women receive one or two ultrasounds during their pregnancies. Ultrasounds cannot see everything about your baby, but they are helpful in learning many things and helping us plan for the birth.



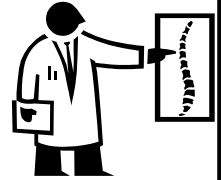
# Common Discomforts

Pregnancy brings amazing changes in your body. Unfortunately, some of these normal changes can also be uncomfortable. Here are some common discomforts women experience during pregnancy as well as simple ways to help yourself feel better.

## Backache

The hormones of pregnancy, together with your growing baby cause many women backaches. It may be worse after sitting for a long time, lying on your back, or rolling over. Changing positions frequently can help.

Massage, stretching, regular exercise, warm baths, and a hot or cool pack on your back and sleeping on your side with a pillow between your legs can help.



## Nausea and Vomiting



Many women have nausea or vomiting while pregnant. It can help to eat several small meals each day instead of a few large ones. Make sure you drink enough liquids. Avoid greasy or spicy foods that have strong smells. Don't lie down right after eating. Try ginger ale, ginger tea, sucking on a lemon wedge or a lemon drop. Eat a dry cracker in the night or first thing in the morning. If you can't keep down any food for 24 hours, see your provider.

## Constipation

Drink plenty of water and get enough fiber in your diet. Fiber comes in fruits and vegetables, as well as in whole grains. Chewing your food well and taking a walk after eating can also help.



## Tiredness



It is a good idea to plan for some extra rest during pregnancy. You may need to take naps, or, if possible, cut back on how much work you do each day. Make sure to talk with your provider to see if you have enough protein and iron in your diet.

## Leg Cramps

Eating well and taking a prenatal vitamin and magnesium supplements can help reduce leg cramps. Regular exercise, stretching before bed and drinking enough water can also help. When you have a cramp, try pointing your toes up and your heel down. Massaging your calf muscle, warm water, and walking around can all relieve cramping.

## Swelling of Feet

Especially toward the end pregnancy, your feet and ankles can swell. Drinking water and moving (instead of standing or sitting for long periods of time) helps. Lying down with your legs and feet elevated can also reduce swelling.

# Community Resources for Families

## Pregnancy Information

**Text4Baby:** Receive FREE texts about your pregnancy and your baby's development. Sign up at [www.text4baby.org](http://www.text4baby.org) or text "BABY" to 511411

**March of Dimes:** Wonderful website for pregnancy information. Visit: [www.marchofdimes.com/pregnancy](http://www.marchofdimes.com/pregnancy) or [www.nacersano.marchofdimes.com](http://www.nacersano.marchofdimes.com)

**Public Health Nurses (Ramsey County) (651) 266-1555:** Give support and education through individual home visits. They teach about child development, breastfeeding, birth, and how to help older brothers and sisters get ready for the new baby. *If you live outside of Ramsey County and would like a Public Health Nurse, let us know.*

## Birth Doulas



**Everyday Miracles (612) 353-6293:** Offers free doula services (professional labor support) to women with insurance. Also offers prenatal classes, car seats, and breast pumps.

**Twin Cities Doula Project (612) 548-1666:** Offers free professional labor support services to all women. Call to arrange a doula in advance.

## Breastfeeding Resources

**Breastfeeding Support Center (651) 254-2380:** Located in Regions Hospital, this is a place where you can get advice about breastfeeding in person or over the phone.

**WIC Peer Breastfeeding Counselors (651)778-0077:** Get help with breastfeeding (in person or over the phone) from a peer counselor.



## Parenting Support

**Early Childhood Family Education (651) 793-5410:** Parents meet other families during weekly classes that teach parenting and school readiness skills for kids ages 0-5.



**Neighborhood House (651) 789-2551:** Offers a support group for Latina moms who are under 23 years old. They meet every week with their children to do activities and learn together.

## Zika Virus

- If a pregnant woman is sick with the Zika virus, it can cause birth defects.
- Zika is spread by mosquitos and sex.
- Pregnant women should avoid travel to places with Zika. You can learn about these areas at: [wwwnc.cdc.gov/travel/page/zika-travel-information](http://wwwnc.cdc.gov/travel/page/zika-travel-information)
- If your partner has travelled to a Zika area in the last 6 months, you should use condoms or avoid having sex.
- If you have travelled to a Zika area, please talk with your midwife or doctor.



## Safety at Home

### Safety with your Partner:

Contact **St. Paul & Ramsey County Intervention Project** at 651-645-2824, or

Call **Minnesota Domestic Violence Crisis Line** at 866-223-1111. (For text, use: 612-399-9995)

**Bridges to Safety** is in the Ramsey County Courthouse at St. Paul City Hall, 15 West Kellogg Boulevard, Room 140 St. Paul, MN 55102. **(651) 266-9901**. They offer help with restraining orders, legal help, and help to find shelter space all in one place. They even have child care if you need it while you are in their office!

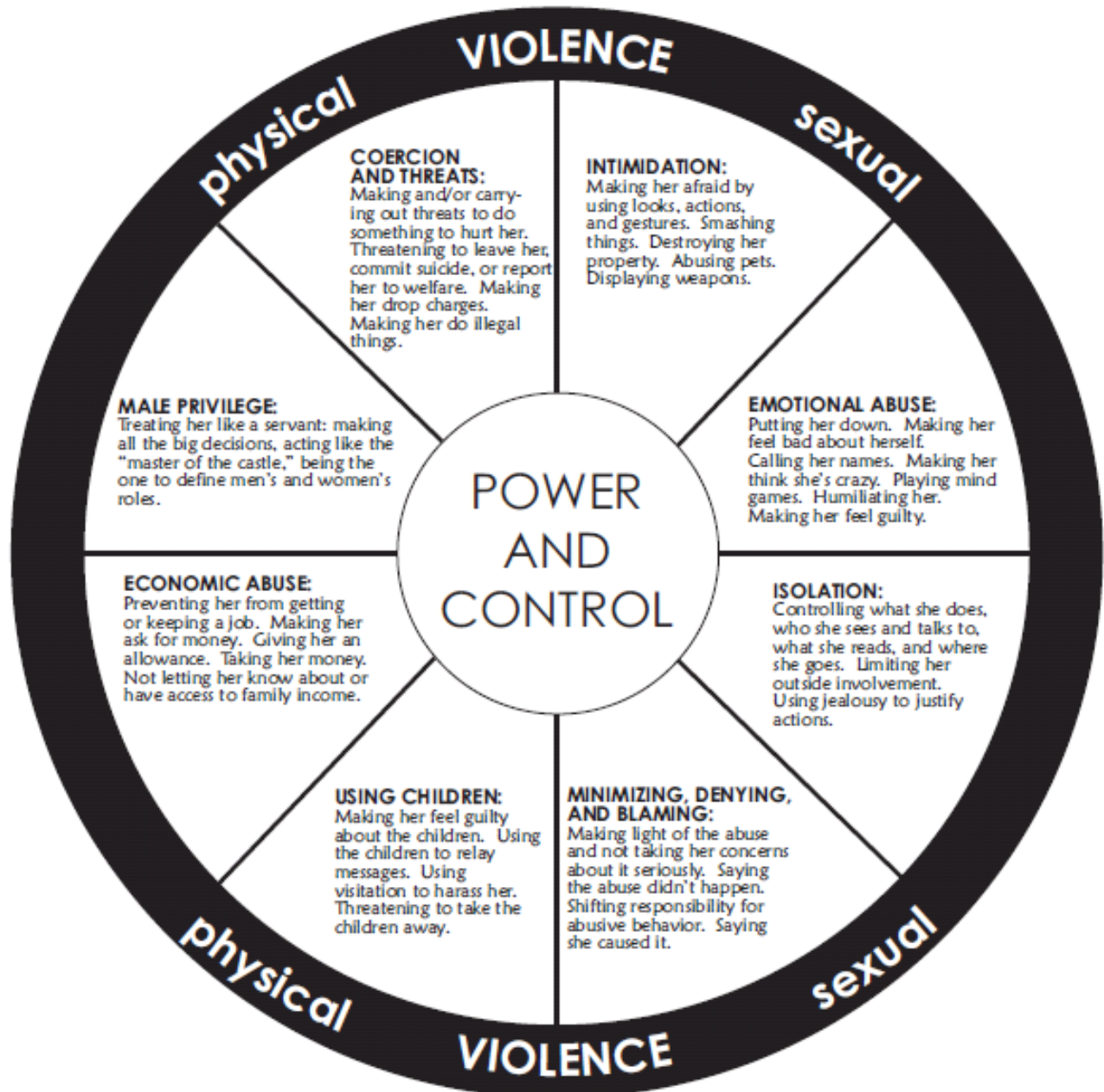
**Casa de Esperanza (651) 772-1611:** Offers support to women living with domestic violence. Call the crisis line if you need help. It is open 24 hours a day in English and Spanish.

**Talk to your midwife, doctor or social worker at the clinic.** We want to support you and help you find the right resources.

# Personal Safety

Part of a healthy pregnancy and creating space for welcoming your baby is making sure you feel safe in your home and surroundings. Unfortunately, 1 in 4 pregnant women in the USA experience some type of physical or emotional violence. For many women, this happens for the first time or gets worse during pregnancy. If you are struggling with feeling safe, you are not alone. Let us know so that we can help.

This wheel helps us think about things that other people can do or say that make us feel unsafe. Have you noticed these things in your life?



**Casa de Esperanza (651) 772-1611**

Offers support to women living with domestic violence.

Call the crisis line (1-866-223-1111) if you need help. It is open 24 hours a day.

# Habits & Substances That Can Harm Your Baby

## Alcohol



Do not drink any alcohol when you are pregnant. **Alcohol is the most dangerous substance for your growing baby.** No amount has been proven safe for your baby. If you drink while you are pregnant it can cause birth defects, learning difficulties, and behavioral problems for your baby throughout his or her life. It is never too late to stop drinking during pregnancy. For more information on alcohol and pregnancy, including how to get support to stop drinking, call:

**Minnesota Organization on Fetal Alcohol Syndrome**  
**1-866-906-6327 or [www.mofas.org](http://www.mofas.org)**

## Smoking

Smoking is unhealthy anytime and causes cancer. When you are pregnant, it also affects your baby by making it more likely for your baby to be born early, be very small, or die before birth. Babies who spend lots of time around cigarette smoke are also at a higher risk of sudden infant death syndrome (SIDS). They may be more easily upset or get sick more often and are more likely to get asthma. It is helpful to the health of you and your baby to quit, or to smoke less at any point in pregnancy. For more information on how to quit smoking call:



**QuitPlan at 1-888-354-7526 or [www.quitplan.com](http://www.quitplan.com)**

## Street Drugs

Drugs such as Marijuana, Cocaine, Heroin, Meth, and Ecstasy as well as prescription drugs that are not used as intended can all cause health problems for your growing baby. These problems can be very serious and include an increased risk of premature labor, low birth weight, birth defects, miscarriage, stillbirth, and problems with the placenta. If you are using any street drugs, please let us know so that we can help you find the resources to stop using during pregnancy. A good resource for information is:



**The National Center for Alcoholism and Drug Abuse**  
**1-800-622-2255**

## Prenatal Class Options

**Circulo de Madres:** La Clinica a offers a free group prenatal care program in Spanish called *Circulo de Madres*. You can learn about nutrition, labor, birth, breastfeeding and newborn care. Meet other pregnant moms, spend more time with your midwife, tour the Regions Hospital Birth Center, and connect with community resources. If interested call (651) 389-2459.



**D.I.V.A. Moms:** (Dynamic, Involved, Valued African American Moms) is based out of the East Side Family Clinic. This program offers classes, drop in groups and support services that are culturally relevant and responsive for our U.S. born African American women. For more info, call our community outreach worker at (651) 202-1116.



**Everyday Miracles** offers childbirth classes, prenatal yoga, doulas, breastfeeding and car seat assistance. Classes are covered by most insurance. Call (612) 353-6293 or visit [www.everyday-miracles.org](http://www.everyday-miracles.org) for more information.



**Amma** offers childbirth, parenting and breastfeeding classes. Some are free with your insurance. Some are at Regions Hospital. Call 952-926-BABY to schedule. The classes are listed at [www.ammarentingcenter.com](http://www.ammarentingcenter.com). (English only)

**Health Partners** offers a free breastfeeding class. Ask your midwife for more information or call 651-293-8176 to register.

**Regions Hospital** offers weekly birth center tours and frequent car seat clinics. Interpreters are available.

For tours call 651-254-3580.

For car seat clinics call 651-357-2798.



**Childbirth Collective:** Learn more about classes at [www.childbirthcollective.org](http://www.childbirthcollective.org).



## Newborn Care

While you are in the hospital and after you go home, it would be our team's pleasure to take care of your newborn baby and growing family. Our family practice doctors come to the hospital to see the newborn babies every day of the week. Those same providers (and others) are available to see your baby in the clinic, too. When you go home, we'll help you get an appointment for you and your baby before you leave the hospital. We like to see all moms and babies together in the clinic on day 3-5 of life to help in any way we can.



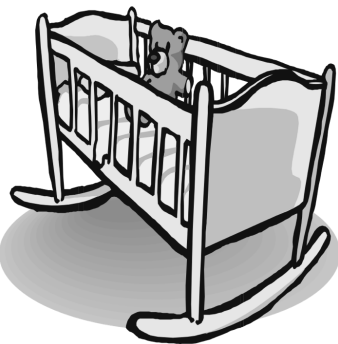
Most newborns stay with their mom during their hospital stay. If your baby should need additional care, we also have a Special Care Nursery at Regions Hospital where your baby can receive additional care, if needed.

**Routine Newborn Tests in Hospital:** There are standard tests we offer in the hospital to care for your baby. They include: Vitamin K, eye drops, Hepatitis B vaccine, bilirubin monitoring, hearing screening, heart screening and newborn metabolic screen from the Department of Health.



**Circumcision:** Circumcision is a medical procedure that some parents choose for their infant sons, often for religious or cultural reasons. Baby boys have a loose fold of skin that covers the tip of their penis. A circumcision surgically removes this fold of skin. Circumcision is considered an “elective procedure” and is not covered by some insurance. A family must pay in advance for this procedure. It can be performed either in the hospital after birth, or in a clinic during the first few weeks of your baby's life. If you want to circumcise your son, you must pay in advance with our business office. Talk with your midwife or doctor about your plans.

## Affordable Baby Items



*Remember, the very most important things like loving arms, warm welcome and breastmilk you already have in abundance for your baby!*

**Once Upon a Child** sells gently used baby clothes and items. The many Twin Cities locations that can be found at [www.onceuponachildtwincities.com](http://www.onceuponachildtwincities.com).

**Kids Carousel** buys and sells gently used baby clothes and items. 1975 Silver Bell Road, Eagan, MN (651) 688-3310.

**Baby Boxes:** West Side partners with Babies Need Boxes who provide a safe sleeping box with mattress, sleep sack and some other baby items to each of our families in the last months of their pregnancy. This box can serve as a portable safe sleep space for the first 3 months of life.

**Car Seats:** Every baby needs a safe car seat. Many insurance programs help with the cost of getting a car seat. If you are borrowing or using a hand-me-down car seat, bring it to the Car Seat Clinic at Regions Hospital to have it checked for safety.

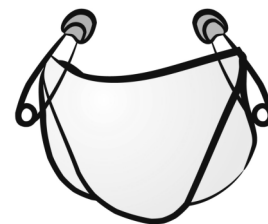
**Breast Pumps:** Most insurance will cover the cost of an electric breast pump. Talk with your midwife at your first visit after the baby is born and we can help you order one. WIC also has manual breast pumps

**If you need more help with resources for your baby,  
we encourage you to meet with the social worker at the clinic.**

## Diapers

Visit the **Diaper Bank of Minnesota** at [www.diaperbankmn.org](http://www.diaperbankmn.org).

Here are some direct resources: *(call before going to pick up)*



**Comunidades Latinas Unidas En Servicio (CLUES)**

797 East 7th Street  
Saint Paul, MN 55106  
(651) 379-4200

**Neighborhood House**

179 Robie Street East  
St. Paul, MN 55107-2360  
(651)793-7340

**Wakota Life-Care Center**

1140 Robert Street South  
West St. Paul, MN 55117  
(651)457-1195

**American Indian Family Center**

579 Wells Street  
St. Paul, MN 55230  
(651) 793-3803

# **Breastfeeding**



We recommend breastfeeding your baby. It is a fabulous way to feed and bond with your baby. It's great for babies, but did you know it's healthier for moms, too? Pediatricians recommend breastfeeding your baby for at least the first year. We want to help you succeed at every step along the way.

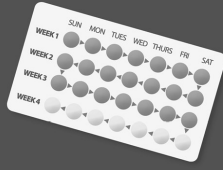
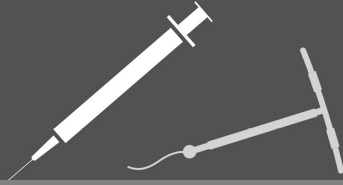
## **10 Great Reasons to Breastfeed:**

1. Decrease your baby's risk of Sudden Infant Death (SIDS) (↓ 50%)
2. Fewer ear infections for baby (↓ 23-50%)
3. Decrease breast and ovarian cancer for mom (↓ 28%)
4. Decrease Type 2 Diabetes for mom (↓ 4-12%)
5. Save money! (Up to \$1200!)
6. Fewer hospital stays for lung and stomach infections for baby (↓ 70%)
7. Fewer urine infections for baby
8. Less obesity (↓ 7-24%)
9. Less Type I Diabetes in people who were breastfed (↓ 19-27%)
10. Less risk of childhood leukemia (↓ 19%)

## **Steps to Successful Breastfeeding:**

- Talk about breastfeeding at your prenatal visits and take a class.
- We do some things at births at Regions to help give a good start! These include: Breastfeed and keep your baby skin to skin on your chest in the first hour after birth. Wait to weigh the baby, give eye drops and shots until after the first feeding.
- Babies usually stay in the room with you during your hospital stay.
- Do not give pacifiers and formula in the first days. It is normal for your breasts to not feel full for up to 4 days. Colostrum (early milk) is usually all your baby needs in the first days of life.
- Breastfeed often, at least 8-12 times in 24 hours. Their stomach is only the size of a marble at birth!
- Be sure your baby is positioned well at the breast. Ask the nurses for help!
- If your nipples are sore, get help with your latch.
- Keep a log of your baby's nursings, wet and poopy diapers in the first week of life.
- Bring your baby to the clinic in the first 2-5 days of life.





## Planning your Family: Birth Control

Planning for your next pregnancy and choosing the size of your family is a big part of preparing for this baby and caring for your own body. Find a method that works for you and your growing family!

Talk with our clinic's **Women's Health Educators** to learn about all your options for family planning and birth control after your baby is born.

- La Clinica **(651) 389-2411**
- East Side Family Clinic **(651) 389-2408**
- McDonough Homes **(651) 389-2408**

For more birth control information, visit these websites:

- **Bedsider** at [www.bedsider.org](http://www.bedsider.org)
- **Planned Parenthood** at [www.plannedparenthood.org](http://www.plannedparenthood.org)

If you are interested in “getting your tubes tied” or having a tubal ligation, talk with your midwife or doctor at your prenatal visits. We need to make sure and plan for this by signing important papers a month in advance.

## Pregnancy “Apps”

- Coeffective (English)
- Text4baby (English & Spanish)
- Ovia Pregnancy (English)
- Baby Center (English & Spanish)
- El Embarazo y el Parto Seguro (Spanish)
- Pregnancy Week by Week (English & Spanish))





# Regions Hospital®

***A Great Place to  
Have a Baby***

During your prenatal visits, we will pre-register you at Regions Hospital so that they will be ready for you when it is time for you to give birth. Regions provides many helpful services to families during labor and birth:

- Interpreters
- Waterbirth
- Breastfeeding support
- The option to use pain medications
- Collaboration with obstetricians when needed
- Rooming-in with your baby
- Vaginal Birth After Cesarean (VBAC)

### **Tours happen every week!**

We highly recommend taking a tour of Regions Birth Center while you are pregnant! Please call 651-254-3580 to register for a free tour or join in with one of our Prenatal Groups. Visit the Birth Center website at:

**<http://bit.ly/2iPhFcx>**



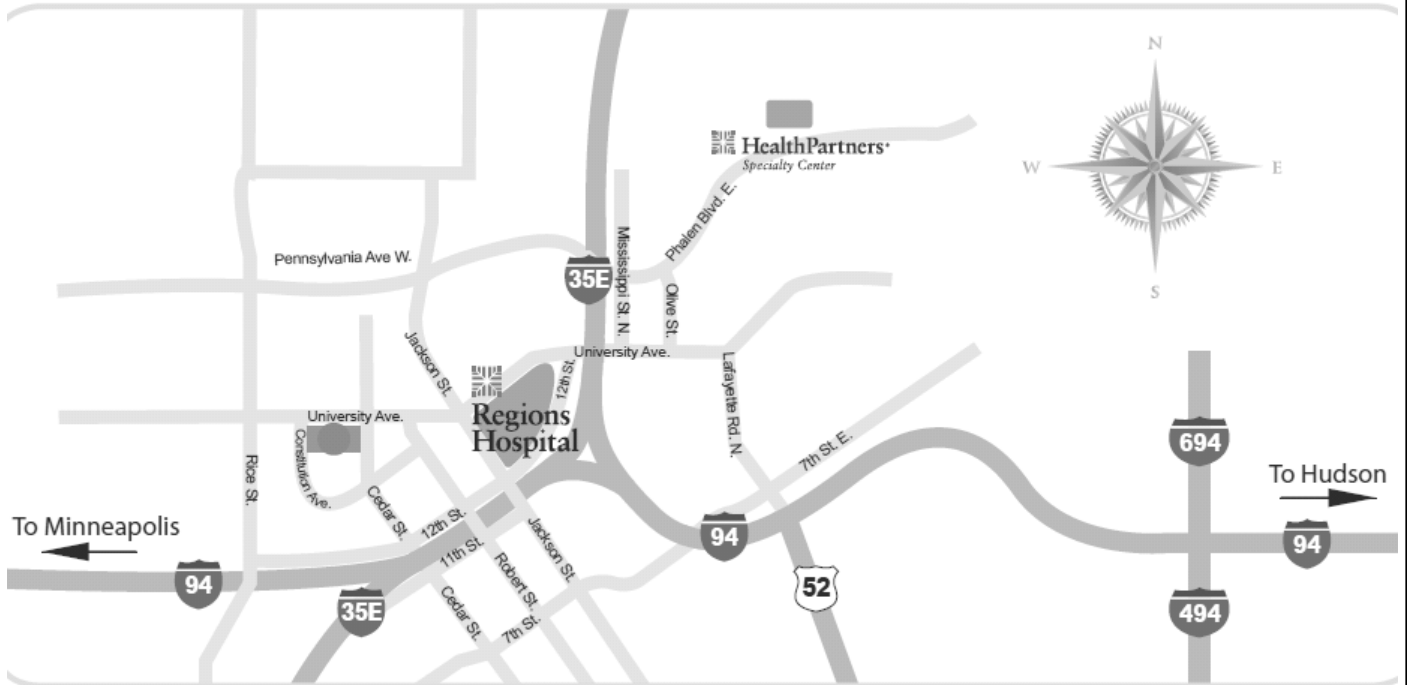
**Parking:** At Regions, park in the West or South hospital ramp. Bring your parking ticket into the Birth Center for a stamp or voucher. This way you can save money on parking.

**Visitors:** You are welcome to have your family and friends visit you while you are at the Regions Birth Center. You should expect to stay in the hospital for 1-2 days if you have a vaginal birth, 3-4 days if you birth by cesarean.

**When it is time to give birth, please use the Emergency Room entrance.  
You will be directed to the Birth Center on W1.**

## Regions Hospital: Map & Directions

640 Jackson Street, Saint Paul, MN 55101 • 651-254-3456



**From the north:** Take I-35E south and exit on University Avenue. Turn right on University Avenue. Turn left on Jackson Street.

**From the west:** Take I-94 east and exit at Marion Street. Turn left on Marion Street, then right on University Avenue and right on Jackson Street.

**From the east:** Take I-94 west and exit at 12th Street. Take an immediate right on Jackson Street.

**From the south:** Take I-35E north and exit on 11th Street. Turn left on Jackson Street or take Highway 52 north to the I-94 west exit. Take I-94 and exit at 12th Street. Take an immediate right on Jackson Street.

**When it is time to give birth, use the Emergency Room entrance.  
You will be directed to the Birth Center on W1.**

**Regions Birth Center 651-254-3405**



# Preparing myself and MY COMMUNITY to raise my child



Raising a child truly takes a village!  
Prepare for parenthood by becoming your best self and helping to  
build a community and world that can best welcome your child.

## Working on myself...



**GED or  
Community  
College**

Consider preparing for your GED or a community college class. Visit: [www.spps.org/hubbs](http://www.spps.org/hubbs) or [www.saintpaul.edu](http://www.saintpaul.edu)



**Take a  
class**

How about an English Language or community ed class? Visit: [www.spps.org/COMMED](http://www.spps.org/COMMED) or [www.mnliteracy.org/hotline](http://www.mnliteracy.org/hotline)



**Fitness  
Centers**

Take care of your body and mind. Look into using the gym at your community center or YMCA.

## ... with my community

**Public  
Library**



Visit your local library. It's a great place for kids and families. [www.sppl.org](http://www.sppl.org)

**Community  
Organizations**



Get involved at a neighborhood house of worship or community based organization.

**Farmers  
Markets**



Check out local farmers markets! You can use WIC vouchers there. [www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com)

My personal goals:

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Goals for my community:

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## Register to Vote!

If you are eligible, voting helps shape the future for your kids. Elect leaders who reflect your values. If you need to register, the form is in this packet. Fill it out & mail it in. Think of it an essential part of prenatal preparations!



## Where to Return This Application

Mail or drop off this form to:

**Secretary of State**  
**60 Empire Drive**  
**Suite 100**  
**St. Paul, MN 55103**



### Deadline Information

We encourage you to register before Election Day — it will save you time at the polling place. The deadline to register in advance is 21 days before Election Day. Otherwise, you can register on Election Day at your polling place. Visit [mnvotes.org](http://mnvotes.org) to learn what documents and/or identification you will need to bring.

An application that a third-party collects must be received by the Office of the Secretary of State, or by the voter's county election office within 10 days of when the voter signed and dated the application.

### Assistance

Large-type applications are available upon request from your County Auditor or the Office of the Secretary of State. Special assistance available to those who are elderly, have disabilities, or are in health care facilities. Contact the Office of the Minnesota Secretary of State or your County Auditor for more information. Applications are available in other languages at [mnvotes.org](http://mnvotes.org).

### Privacy Notice

Your exact date of birth, email address, and any ID number you give (Minnesota driver's license, state ID or last four digits of Social Security number) are private. Only election officials and other authorized government agencies may access this information.

Election officials use your exact date of birth and ID number to confirm your identity with the Minnesota Department of Public Safety or Social Security Administration. If you have an ID number but refuse to give it, your application may be incomplete and you may have to apply again or show proof of residence before you can vote.

Election officials ask for your email so they can contact you about your application. Also, the Office of the Secretary of State may email you (or contact you another way) about voting and elections, or ask for public input about voting and elections.

The rest of the data on your application is public when used for elections, political, law enforcement or jury selection purposes. If you need to keep your contact data private because of personal safety concerns, call 1-877-600-8683.

### Additional Voting Information

For more information on voting, registering to vote, finding your polling place, state election results, campaign information, or conducting elections, go to the Minnesota Secretary of State website at [mnvotes.org](http://mnvotes.org) or call toll free 1-877-600-VOTE (1-877-600-8683). For a TTY/TTD (deaf and hard of hearing) communication, contact the Minnesota Relay Service at 1-800-627-3529 or 711.



# Minnesota Voter Registration Application

Apply online at [mnvotes.org](http://mnvotes.org), or complete lines 1 through 8 of this form. Please print clearly.

## Personal Information & Qualification

<b>1.</b> Are you a U.S. citizen? Yes    No	election official use only		
<b>2.</b> Will you be at least 18 on or before the next election? Yes    No	IP	M	AB
<b>If you mark "NO" to either of these questions, DO NOT complete this form.</b>			
<b>3.</b> last name or surname	first name	middle name	suffix (Jr., Sr., II, III)
<b>4.</b> address where you live (residence)	apt. number	city	zip code
<b>5.</b> if mail cannot be delivered to the address above, provide P.O. Box	city	zip code	
<b>6.</b> date of birth (not today's date) / /	school district (if known)	county where you live	
phone number	email address		
<b>7.</b> mark one box and provide the number that applies to you: I have a MN-issued driver's license or MN ID card number: I do not have a MN-issued driver's license or MN ID card The last four digits of my Social Security Number are: I do not have a MN-issued driver's license, a MN-issued ID card, or a Social Security Number.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>XXX-XX-XXXX</b>		

## Registration Updates - Are you currently registered under a different name or address?

previous last name	previous first name	previous middle name
previous address where you were last registered	city	state    zip code

## Read And Sign Only If All Parts Apply To You.

**8.** I certify that I:

- will be at least 18 years old on election day;
- am a citizen of the United States;
- will have resided in Minnesota for 20 days immediately preceding election day;
- maintain residence at the address given on the registration form;
- am not under court-ordered guardianship in which the court order revokes my right to vote;
- have not been found by a court to be legally incompetent to vote;
- have the right to vote because, if I have been convicted of a felony, my felony sentence has expired (been completed) or I have been discharged from my sentence; and
- have read and understand this statement, that giving false information is a felony punishable by not more than 5 years imprisonment or a fine of not more than \$10,000, or both.

sign here **X** \_\_\_\_\_ date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

## Election Judge Official Use Only

W _____ P _____ SD _____ Initials _____	<b>ID with Current Name &amp; Address</b> ID Number: _____ <input type="checkbox"/> MN Driver's License, Learner's Permit, MN ID Card, or Receipt <input type="checkbox"/> Tribal ID Card	<b>Photo ID + Document with Current Name &amp; Address</b> Document Type: _____ Photo ID Number: _____ <input type="checkbox"/> Driver's License, Learner's Permit or State ID Card <input type="checkbox"/> U.S. Passport <input type="checkbox"/> U.S. Military or Veteran ID <input type="checkbox"/> Tribal ID <input type="checkbox"/> Student ID	<b>Other</b> <input type="checkbox"/> Vouched For <input type="checkbox"/> Notice of Late Registration <input type="checkbox"/> Valid Registration in Same Precinct <input type="checkbox"/> Student ID with College List ID Number: _____
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West Side  
Community Health Services

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_ GENDER: F / M

ACCOUNT NO. \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

**PATIENT HEALTH QUESTIONNAIRE (PHQ9)**

**Instructions:** How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

**Instrucciones:** Durante las últimas 2 semanas, ¿con qué frecuencia le han molestado los siguientes problemas? Por cada sintoma ponga una "X" en la respuesta que mejor describe lo que usted esta sintiendo.

	Not at all Nunca	Several days Varios Dias	More than half the days Más de la mitad de los días	Nearly every day Casi todos los días
	(0)	(1)	(2)	(3)
1. Little interest or pleasure in doing things? ¿Tener poco interés o placer en hacer las cosas?				
2. Feeling down, depressed, or hopeless? ¿Sentirse desanimado/a, deprimido/a, o sin esperanza?				
3. Trouble falling asleep or staying asleep, or sleeping too much? ¿Con problemas en dormirse o en mantenerse dormido/a, o dormir demasiado?				
4. Feeling tired or having little energy? ¿Sentirse cansado/a o tener poca energía?				
5. Poor appetite or overeating? ¿Tener poco apetito o comer en exceso?				
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down? ¿Sentir falta de amor propio—o que sea un fracaso o que decepcionara a si mismo/a o a su familia?				
7. Trouble concentrating on things, such as reading the newspaper or watching the television? ¿Tener dificultad para concentrarse en cosas tales como leer el periódico o mirar la televisión?				
8. Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual? ¿Se mueve o habla tan lentamente que otra gente se podría dar cuenta—o de lo contrario, está tan agitado/a o inquieto/a que se mueve mucho más de lo acostumbrado?				
9. Thoughts that you would be better off dead or hurting yourself in some way?*** ¿Se le han ocurrido pensamientos de que sería mejor estar muerto/a o de que se haría daño de alguna manera?***				

**Office Use ONLY:** Number of Symptoms: \_\_\_\_\_ Severity Score: \_\_\_\_\_ = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

10. If you are experiencing any of the problems on this form, how difficult have these problems made it for you to do your work, take care of things at home or get along with people? [ ] Not difficult at all [ ] Somewhat difficult [ ] Very difficult [ ] Extremely difficult

Si usted marcó afirmativo cualquiera de los problemas en este cuestionario, ¿cuán difícil se le ha hecho cumplir con su trabajo, atender su casa, o relacionarse con otras personas debido a estos problemas?

[ ] Nada en absoluto [ ] Bastante dificultoso [ ] Muy dificultoso [ ] Extremadamente dificultoso

\*\*\* If you have had thoughts that you would be better off dead or of hurting yourself in some way, please discuss this with your Health Care Provider.

\*\*\* Si tiene pensamientos de que sería mejor, estar muerto o de que se haría daño, por favor converse con su medico.

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. PRIME-MD® is a trademark of Pfizer Inc. Copyright©1999 Pfizer Inc. All rights reserved. Reproduced with permission.

*(This registration will be sent to Regions)*



Welcome to Regions Hospital Birth Center. Please complete this form to help your registration process run more smoothly. The completed form can be given to your doctor or midwife during a clinic visit.

### Pre-Registration Form

Date: \_\_\_\_\_ Baby's Due Date: \_\_\_\_\_

Reason for visit: Pregnancy

*(or place clinic patient label here:)*

Patient: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ Social Security #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Mom's Doctor/Midwife: \_\_\_\_\_ Mom's Clinic: West Side Community Health Services

Baby's Doctor: \_\_\_\_\_ Baby's Clinic: West Side Community Health Services

Spouse/Nearest Relative: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Religion: \_\_\_\_\_ Marital status: \_\_\_\_\_ Race: \_\_\_\_\_

Ethnicity: \_\_\_\_\_ Country of Origin: \_\_\_\_\_ Language: \_\_\_\_\_

Is an Interpreter Needed? Yes or No (circle one)

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Employer address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Health Insurance Information

Insurance name: \_\_\_\_\_

Group Number: \_\_\_\_\_ Policy ID: \_\_\_\_\_

Who is the person responsible for the hospital bill? Is it the patient? Yes or No (Circle one)

If no, complete the following:

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Relationship to the patient: \_\_\_\_\_

Address: \_\_\_\_\_ Social Security #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Employer: \_\_\_\_\_ Phone: \_\_\_\_\_

**\*PLEASE COPY FRONT AND BACK OF ALL INSURANCE CARDS\***

Mail completed form to: Patient Placement, MS 11102T, 640 Jackson Street, St. Paul, MN 55101

*(This registration will be sent to Regions)*

## Pregnancy Questions

**How much do you feel you already know about:** *(circle one for each topic)*

- Labor and Birth of a baby  
A lot      Quite a bit      A little bit      Nothing
- Breastfeeding  
A lot      Quite a bit      A little bit      Nothing
- Caring for a newborn baby  
A lot      Quite a bit      A little bit      Nothing
- Birth Control Options  
A lot      Quite a bit      A little bit      Nothing
- Caring for my body during pregnancy  
A lot      Quite a bit      A little bit      Nothing

**Are you planning to breastfeed your baby?** *(circle one)*      Yes      No      Not Sure

**Check the 5 things that are most important to you in your prenatal care:**

- Time with my midwife or doctor
- Information on Eating well in pregnancy
- Information on exercise and healthy living in pregnancy
- Meeting other new moms
- Information about breastfeeding
- Learning about community resources for new parents
- Help with insurance, WIC & benefits
- Learning what to expect in labor
- Visiting the hospital where I will have my baby
- Having Ultrasounds
- Getting information about birth control options for the future
- Learn how to care for a newborn baby
- Mental health services or counseling

Clinic Use: PHQ-9 \_\_\_\_\_ BMI: \_\_\_\_\_

*Place label here*