

# Home Care



## Discharge Instructions Infant Safe Sleeping

### Discharge Instructions

You will receive discharge instructions for both you and your baby prior to leaving the hospital. If you have concerns or questions after you go home call your OB physician or pediatrician. For breastfeeding questions see the breastfeeding resource tab for numbers.

### Lactation Consultants

#### Certified Lactation Consultants

Erlanger Baroness Hospital | 423 778 6247

Erlanger East Hospital | 423 680 8659

#### Lactation Clinic

Erlanger offers a Lactation Clinic at both the Children's Hospital Kennedy Outpatient Center and Erlanger East Hospital. To schedule an appointment please call, 423-7758-4181.

#### Breastfeeding Support Group

Erlanger East Hospital offers new and expectant moms an opportunity to gain support from other breastfeeding moms monthly. This support group provides a friendly and informal atmosphere where siblings are welcome.

Support Group meets the 3rd Tuesday of the month in Classroom B from 10 AM - 12 Noon.

Topics include:

- Getting breastfeeding off to a good start in the hospital
- Handling common challenges for breastfeeding success
- Incorporating dad in the care of a breastfed baby
- Tips for making those early weeks at home easier, and much more

### The ABC's of Infant Safe Sleeping

Learn the ABC's of safe sleeping. It could save your baby's life.

#### A for Alone

- Put baby to sleep alone in his/her own crib or bassinet.
- Don't put baby to bed with other children or adults.
- Keep all soft items out of the crib or bassinet.
- Use blanket sleepers/sleep sacks instead of heavy blankets.

#### B for Back

- Put babies to sleep on their back.
- "Back to Sleep" is safest for babies.
- "Back to Sleep" will not increase a baby's risk of choking.

#### C for Crib

- Cribs and bassinets are the safest places for babies.
- Cribs should be free of pillows, bumpers, stuffed toys, and blankets.
- Always return your baby to their crib after nursing.
- To make nursing easier, keep a crib or bassinet next to your bed.

