

Ready Set Baby Booklet Overview - Example Scripting

As written – it takes under 6 minutes 30 seconds to provide this basic overview of what’s inside the Ready Set Baby booklet.

It’s intended as an overview to share with patients when they are provided the full booklet early on in a patient’s gestation, to be reinforced later by the one-pagers.

Add specifics about your local resources offered (classes at hospital, etc). What is true for your facility about delayed baths? Edit that information below if it’s not correct in this example script.

Ready Set Baby Booklet Overview

- *[NAME OF BIRTHING FACILITY] _____ is a Baby-Friendly designated facility (OR [NAME OF BIRTHING FACILITY] _____ is designated by the Department of Public Health as a Breastfeeding-Friendly Maternity Center.) What this means is that they have gone through rigorous quality improvement to ensure the care you receive when you deliver is in line with the highest global standards set by the World Health Organization and UNICEF. These standards help enable the optimal environment for you and your newborn to thrive. Baby-Friendly (or Breastfeeding-Friendly) birthing facilities encourage and support breastfeeding and also honor individual choice with infant feeding. We’d like to prepare you for delivering at [NAME OF BIRTHING FACILITY] with this Ready Set Baby education booklet.*
- *Ready Set Baby is designed to help you get ready for your baby, even if you’ve had a baby before. This booklet is yours to keep, and I’ll be using this flipchart here to help guide us through some of the topics. [GIVE BOOKLET]*
 - *All the information in the booklet is also available online as a [website](#). Also, there is a public health group at UNC Chapel Hill who is providing free 90 minute live Zoom classes every week with this content. You are welcome to join one of these and the details can be found [here](#). [REFERENCE FLYER if flyers are being used in your clinic]*
 - *Local Classes or Resources you’d like to highlight [Flyers for these resources]*
- *TURN TO [TABLE OF CONTENTS] You can see from the Table of Contents that a lot is covered in the booklet, including nutrition during pregnancy, surprising facts about feeding your newborn, and birthing-facility topics like pain-relief during labor and delivery, skin-to-skin contact, rooming-in with your newborn, and feeding on cue when your baby shows signs of hunger.*
 - *The green section covers breastfeeding information and tips, including positioning and latch, how to make and maintain milk supply, and signs that your baby is getting enough milk.*
 - *There is also a section of anticipatory guidance for once you’re back home with your baby.*

- *We will go over just a few of these topics today in the time that we have, and we'll try to follow up on many of these topics at your remaining visits before you deliver so the information stays fresh. We welcome your questions at any visit about any of these topics.*
- **[WHAT HAVE YOU HEARD ABOUT BREASTFEEDING?]** *We'll start on pages 4&5. There are a lot of ways to feed your baby. Many families breastfeed. Some families use donor human milk from a milk bank, and others use infant formula, or some combination of these options.*
 - *The Ready Set Baby education focuses on best-practices after delivery for all parents and babies, no matter what way they are fed. It also provides information and tips on breastfeeding as the recommended way to feed babies.*
 - *Each of us have unique opinions on infant feeding formed from our own experiences and those of others we know. We want you to know the facts so that you can make the best decisions for your family.*
 - *This section on pages 4&5 of your booklet is intended to dispel some of the most common myths that people believe about infant feeding.*
 - *For example, **Breastfeeding should not be painful.** There may be discomfort at first but it should be minimal and go away.*
 - ***Breastfeeding is not always easy.** It is a new skill and takes practice and support. Be patient with yourself and get support from family, friends and the resources we have available for your after delivery that your hospital nurse will tell you about. It gets MUCH easier after the first days and weeks!*
 - *You can read through the rest of these facts to learn what's actually true about these topics before you decide how to feed your baby. Be sure to let us know if you have any questions.*
- **SKIP TO [SKIN-TO-SKIN]** *Let's move over to everyone's favorite topic on page 7: Skin-to-Skin contact with your newborn.*
 - *Skin-to-skin keeps your baby warm and secure - it's the best place for your baby to be after birth, with as little interruption as possible. Your baby should be placed skin-to-skin with you right at the time of birth.*
 - *Immediate skin-to-skin means your newborn baby is placed on top of you with a blanket to cover their back.*
 - *The cream on their skin (that you see in the picture) is called vernix and it helps protect them from infection – it's healthy for them.*
 - *Skin-to-skin helps with bonding and helps to calm your baby. It also makes the early breastfeeds go easier, which is great because breastfeeding soon after birth helps you to recover quicker and slows your bleeding.*
 - *Skin-to-skin also helps steady your baby's breathing and blood sugars.*
 - *When you are in this position with your baby, be sure you can always see your baby's face to look for good color and normal breathing.*
- **[ROOMING-IN]** *Our next topic is "Rooming-In" with your baby – it is good for you and your baby to stay in the same room throughout your entire maternity stay, unless a medical need requires separation.*
 - *Rooming-in helps you learn how to care for your baby before you get home. It also helps you learn to respond to your baby's feeding cues and feed right when your baby is ready.*

- *It also makes bonding easier - smelling you and hearing your voice help to make your baby feel more safe and comfortable.*
- *Even the first bath can be done in your room. We have a policy of delaying baths until at least 24 hours after birth and you can certainly wait until you're back home to bathe your baby if you prefer that.*
- *Have you considered who could stay with you at the birthing facility to help support you? It should be an adult who is a trusted family member or friend. If you ever feel unable to safely care for your infant, ask the staff for help.*
- **SKIP TO [EARLY & EXCLUSIVE BREASTFEEDING]** *Now skip over to page 10. This topic is about the importance of both starting breastfeeding early after birth and exclusive breastfeeding - when babies get only human milk and nothing else.*
 - *Early breastfeeding means getting started within the first hour after delivery. This helps you to recover quicker and slows bleeding. Our providers recommend exclusive breastfeeding for 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by the family.*
 - *Feeding your baby only human milk for 6 months protects your baby from sickness and disease, and will help keep your milk supply up if you are not supplementing with other liquids or foods.*
 - *Human milk is the perfect nutrition for your baby and your milk changes to meet your baby's needs moment to moment. It is a living food that responds to our environment!*
 - *Some parents cannot breastfeed for medical reasons. Some breastfeeding babies may need extra milk for medical reasons. Together, you and your providers will find the best infant feeding plan for your family.*

Documentation Reminder

Help staff remember to document in your preferred location by adding an EHR or SmartPhrase screenshot for staff to document for this education.