

Ready Set Baby – Example Scripting for One-page Handouts

Choose a color for each specific handout and buy colored paper for printing the “Topic-specific one-pagers” of education (accessible from the [website](#) – scroll down). Then match that color to these Cheat Sheets which can be printed and laminated for educators to easily grab and use.

These script examples take between 1 minute and 2 minutes per double sided handout. Consider what changes to language your clinic would want to make in how these handouts are discussed with your patients. Try one handout with one patient at one gestational time-point. Use a PDSA (Plan|Do|Study|Act) worksheet to document your test. Make changes and try again until you find a process that suits everyone involved. Share with others at your office what you are learning.

Once you have finalized the adaptations – laminate these cheat sheet for the one-pagers of education. Revisit these scripts every 6-12 months to ensure they stay fresh and useful to your office staff.

“Let’s Review” Handout: Use this handout as a REVIEW to REINFORCE the topics you’ve already covered, either with the booklet or with the one-pagers.

“Labor & Delivery/Skin-to-skin” Handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- ***The front page** introduces the idea of a birth doula who is a support person for families during labor. It also talks about ways you can help manage your pain before you get to the hospital.*
- *Things like walking, massage, hot or cold compresses, and support from someone else can really help. We do recommend that you talk to your provider about your pain relief options.*
- *Plan to call when you think your labor has started. Follow their guidance in terms of when to go to the hospital.*
- ***The back page** reviews all the great things about practicing Skin-to-Skin contact, and reminds us that partners can do Skin-to-Skin, too!*
- *Skin-to-Skin contact with your newborn is something you can look forward to – it helps keep your baby warm and secure, and also helps with bonding.*
- *It is healthy and calming for your baby to have that close contact and it makes the first breastfeeds go easier, too.*
- *Do you have any questions or comments about these or other topics in your Ready Set Baby booklet?*

DO YOU HAVE A SMARTPHRASE FOR THIS REVIEW HANDOUT IN YOUR ELECTRONIC MEDICAL RECORD SYSTEM? IF SO – TAKE A SCREENSHOT OF HOW TO ACCESS IT AND INSERT THAT HERE.

“Rooming-In/Feeding on Cue” handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- ***The front page** talks about our practice of Rooming In. Because closeness is so important for your baby’s health, you will remain in the same room together throughout the entire time you’re at the birthing facility, unless a medical reason requires a separation.*
- *Rooming-in is beneficial because it helps you bond and get to know each other. You can learn how to care for your baby with the help of the nurses.*
- *it’s also easier to feed your baby as soon as they show signs of hunger when you’re together.*
- *Rooming-in also helps you get more rest and sleep, believe it or not, and means less crying for your baby.*

- *The back page* introduces the idea of “Feeding On Cue” as opposed to feeding on a schedule. It is recommended that you watch your baby to know when to feed, not the clock. Your nurses will help you to learn your baby’s hunger cues so you can respond right away. This helps babies feel safe and cared for, as well as content and satisfied.
- Some common early signs that your baby might show are listed here (circle with finger or highlight):
 - *Crying is not an early sign. It is a late sign of hunger. Look for these other signs first.*
 - *Crying or very fussy babies are disorganized and will have a harder time latching well. Try holding baby skin-to-skin at the center of your chest to calm your upset baby before feeding or start feeding before your baby becomes upset.*
- *This visual you see represents how much a newborn baby's belly holds during the first 24 hours of life and how it slowly grows in size. You make the exact volume of milk your baby needs. As your milk supply increases, so does baby's belly. Another thing to note is how small a baby's belly is during the first days and weeks. It fills up quickly, but also empties quickly, which is why it is important to watch your baby's feeding cues to know when they are hungry.*
- *Do you have any questions about this or other topics in your Ready Set Baby booklet?*

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“Early & Exclusive Breastfeeding/Benefits of Breastfeeding” handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- ***The front page** 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 it 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.*

- *The back page* covers additional benefits to breastfeeding. We have learned a lot in recent years about how beneficial human milk is not only for the baby, but also for the breast or chestfeeding parent.
- For you, breastfeeding is associated with *lower risk of diseases like diabetes and breast and ovarian cancers.*
- For babies, human milk is *easy to digest* and protects them from *ear infections and stomach bugs.*
- Breastfeeding is convenient and smart - your milk is always warm and ready, and there is nothing to buy or prepare.
- *Continuing to breastfeed for at least a year and beyond is good for both you and your baby's health.*
- Breastfeeding is worthwhile, yet it doesn't come easy for everyone. It is a new skill that will take practice and support.
- Do you have any questions about this or other topics in your Ready Set Baby booklet?

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“Position and Latch/Tips for a Great Start” handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- ***The front page** goes over position and latch. A good position helps your baby get a deep latch, or attachment, which prevents nipple damage and pain. A good latch also helps your baby get enough milk.*
- *You can try each of these positions to see what is comfortable for you, knowing it will change over time. Many find that leaning back and letting your baby nuzzle into the breast is a great position to try first as it supports your baby’s natural instincts.*
- *Again, a good latch helps prevent nipple pain and helps your baby remove milk.*

- **The back page** goes over tips for latching your baby:
 - Support your baby's neck and avoid holding the back of your baby's head - allow your baby to move their head as they need.
 - Baby's ear, shoulder and hips should be in a straight line.
 - When your baby opens wide, help them onto your nipple. Lean back and relax if you are hunched over.
 - Baby's chin should hit breast first.
 - Make sure that you get the help that you need to get breastfeeding is off to a good start!
- You can see here, there are a few tips for getting started:
 - Breastfeed early and often
 - Avoid pacifiers or bottles until breastfeeding is going well, if possible.
 - Ask for support from your nurse or a lactation consultant.
 - Massaging and compressing the breast while feeding helps the milk to flow and keeps the baby feeding.
 - Your nurses will help you learn how to hand express, and you can use these 2 QR code links here to watch some online tutorials ahead of time.
 - Hand expression can increase your milk supply and encourages your milk to come in faster!
- Do you have any questions about this or other topics in your Ready Set Baby booklet?

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“Establishing Milk Supply/Getting Enough” handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- ***The front page** goes over the process of making and maintaining your milk. The first milk your body makes is called colostrum. It is thick and golden and, although it comes in very small amounts, it is full of nutrients and immunities - just what your baby needs.*
- *Your milk will change after a few days into larger amounts of mature milk.*
- *When your baby removes milk from your breast, your brain gets the signal to make more milk. Making milk requires very frequent feedings (12 in 24 hours is not uncommon!).*
- *If you do not remove milk from the breasts, your body will not make more milk, and this can lower your overall potential milk supply. You’ve got to move it or lose it.*
- *If you are separated from your baby, your nurse will show you how to hand express or pump your milk so that you continue to move your milk and build up a good supply to feed your baby.*
- *In the beginning and throughout your breastfeeding journey, you may experience times when your baby wants to feed more frequently and feedings may be closer together. This is known as cluster feeding and is normal behavior for your baby.*

- *The back page goes over signs that your baby is getting enough to eat and also when to call your provider.*
- *Keeping track of wet and dirty diapers and weight gain tells you if your baby is getting enough.*
- *It is actually common for babies to lose weight in the first week of life, but they should regain their birth weight, or more, by 10-14 days.*
- *Good signs to watch for include:*
 - *A deep latch, which helps your baby to remove enough milk.*
 - *Steady sucking and swallowing with the whole jaw moving*
 - *A content and more relaxed baby after a feeding*
 - *Breasts that feel softer and lighter after a feeding once your mature milk comes in*

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“Let’s Review” handout

- *This handout is a review of some of the education in your Ready Set Baby booklet that you received.*
- *It is designed to help you recall some of the reasons why we do some of these maternity care practices!*
- *Can you remember why it’s important to stay healthy during your pregnancy?*
 - *Helps Baby grow and develop*
 - *Protects baby from birth defects*
 - *Helps you feel good*
- *Can you recall a benefit of practicing Skin-to-Skin contact with your newborn?*
 - *Keeps your baby warm and secure*
 - *Helps to keep baby’s blood sugar up and breathing steady*
 - *Easier to bond and breastfeed*
 - *Helps to calm your baby*
- *The next one is Breastfeeding. Why is it important to breastfeed?*
 - *Provides antibodies for baby’s health*
 - *Provides the perfect nutrition*
 - *Protects mothers from diseases*
 - *Helps to slow postpartum bleeding*
 - *Easy for baby to digest*

- *How about the reasons to give only breastmilk?*
 - *Keeps your milk supply up*
 - *Protects baby from sickness and disease*

- *Are you able to remember why Rooming-In is so beneficial?*
 - *Easier to learn your baby's feeding cues*
 - *Easier to bond and get to know each other*
 - *Helps you to learn to care for your baby*
 - *Encourages milk production*

- *The next one is Feeding on Cue – can you recall why it's recommended to watch your baby and not the clock to know when to feed your baby?*
 - *Helps bring in a good milk supply*
 - *Prevents under- or overfeeding*
 - *Helps baby feel safe and cared for*
 - *Helps baby feel content and satisfied*

- *Lastly, why is it so important to make sure you're getting a good latch?*
 - *Prevents nipple pain or damage*
 - *Helps baby get more milk*
 - *Improves milk supply*

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