



Mom & Baby Classes

SIBLING CELEBRATION

This class helps children celebrate becoming a big brother or sister. They will learn how to correctly hold, diaper, feed and safely interact with the new baby. This class is for children ages 2-6. (We ask that a parent or guardian accompany the child.)

MOM'S GROUP FOR BREASTFEEDING

This class is for women who are currently breastfeeding or who are pregnant and want more information about breastfeeding. This class is very informal and is taught by an OB nurse.

SMOKING CESSATION

This class teaches a variety of different techniques to help individuals quit smoking. Lifestyle modification is the key to this course.

All classes are offered free of charge. To register, call the NRMC Education Department at (417) 448-3622.

Questions?

Please feel free to contact
Chastity McCullick, RN
Inpatient Nurse Manager
at (417) 448-3689 or by
pager 1-800-823-8853



800 South Ash
Nevada, MO 64772
www.nrmchealth.com



Family Centered
Maternity Care
(417) 448-3679

Password: _____

Welcome to NRMCC

Having a baby is a special time in your life. That's why the NRMCC OB department is delighted to share it with you. Well-trained, experienced nurses provide knowledge and expertise to help you through labor and delivery, with newborn care and breastfeeding.



OB Birthing Suite

At NRMCC, we offer family-centered maternity care. Our mother/baby maternity suites are specially designed for you and your baby to stay in the same hospital room to encourage family bonding. The four birthing suites are fully equipped with comfortable birthing beds and whirlpool tubs for relaxation and labor pain management. Private suites allow you to deliver and recover in a spacious, comfortable environment. We also offer a 24-hour fully-staffed nursery for those times when a mother needs her rest. Our OB unit is kept locked to control outside access, offering a safe and secure environment for you and your baby. All babies are secured



with our Safe Place Security System, and centralized monitoring allows us to monitor mother and baby as you move about with more freedom and comfort. While you are here with us we will be doing a number of things for you and your baby. We will try to work around you and your baby's schedule and visitors.



Our hospital campus is tobacco-free so we ask that you and your visitors abide by this policy. We ask that you do not leave your child on the unit to leave hospital premises to smoke. Please feel free to discuss smoking options with your nurse or doctor.

OB Visitor's Policy

Family involvement is encouraged in the birthing process and during your hospital stay. Please be aware of our visitation policy and share it with your family and friends. All visitors will be permitted at nurse's discretion. Upon arrival to our department, all visitors will be asked to sign in and then sign out upon leaving.

During labor, only 2 visitors are allowed at a time, excluding the labor coach. During delivery,

only 2 visitors are allowed, including the labor coach. After delivery, there will be a 15 minute window for visitation. Then we ask for no visitors for 1 hour to provide our parents with time to bond with their new baby. During the postpartum period, 4 people may visit, excluding the father of the baby/other bracelet holder and siblings.

We do not allow visitors after 9:00 p.m. unless you are in labor or have just delivered. One



person, preferably the bracelet holder, will be allowed to stay overnight, however they are asked not to leave the unit after 9:00 p.m. unless leaving the building. Children are not permitted to stay at the hospital overnight and children under 12 are not allowed to be left alone with the patient at any time.

We do ask any visitors that are ill to please not visit to help protect our patients. Again, for you and your baby's safety, any visitors displaying inappropriate behavior will be asked to leave and not return.

