In addition to many other benefits for mother and baby, breastfeeding may reduce a child’s risk for obesity later in life. A study of 739 children ages 10 to 19 found that those who had been breastfed for more than four months had a lower average body mass index (BMI) and less risk for being overweight.

Why is breastfeeding so beneficial for a child’s healthy body weight? Research suggests:

• Because infants have more control over how much they eat, they learn to self-regulate their calorie intake.
• The composition of breast milk itself may have lasting metabolic effects. Breastfed babies also have a lower risk of illnesses such as middle-ear infections and diarrhea, and breastfeeding has been linked to a reduced risk of allergies and asthma.

To give your baby a brain boost, try some of these activities:

• **Read to your baby.** Even before your baby can understand words, he or she can benefit from listening to you read—it helps build listening, memory and vocabulary skills.

• **Talk to your baby.** By the time your baby reaches the one-year mark, he or she will have learned all the sounds needed to speak your language. The more your baby hears you speak, the more words your child will learn.

• **Give your baby age-appropriate toys.** Unbreakable crib mirrors can help stimulate a baby’s vision, and musical toys can stimulate his or her hearing.

• **Let your baby explore.** Make sure your house is baby-proof, and then take your child exploring throughout the house. This teaches your baby decision-making skills and independence to do things on his or her own.
“Every baby is different when it comes to breastfeeding, so the experience can be challenging for moms,” says Debbie Foster, RN, board-certified Lactation Consultant at Norman Regional. “At Norman Regional, a lactation consultant is on-site and ready to help with any questions or needs a mom has.”

Benefits of Breastfeeding

Recent research has uncovered a variety of positives you and your baby receive from breastfeeding. According to The National Women’s Health Information Center, the benefits of breastfeeding include:

• Breast milk is the most complete form of nutrition for infants, providing the right blend of fats, sugars, water and nutrients.
• Nursing burns extra calories for moms, making it easier to lose those extra pregnancy pounds.
• Breastfeeding is believed to lower a mom’s risk of breast and ovarian cancer.
• Breastfeeding provides quiet, relaxing time for mom and baby to bond.

“We encourage moms to breastfeed within the first hour after birth,” says Foster. “A baby’s first moments with mom are so important. Lactation consultants and breastfeeding educators are here to help mom and baby bond during this time.”

How Can I Prepare Before the Birth?

While lactation consultants are on hand to offer assistance in your baby’s first days, programs also are offered to help teach you breastfeeding basics beforehand. As part of Norman Regional’s breastfeeding class, expectant parents learn about everything from breast anatomy to how to pump and store milk.

“It’s important for moms to learn how their bodies function and what techniques to use during breastfeeding,” says Clara Winters, RN, board-certified Lactation Consultant at Norman Regional. “We go through the basics—advantages of breastfeeding, milk production and maintenance, and feeding positions. These methods help moms feel more confident when the day arrives.”

For more information about breastfeeding classes, call Norman Regional at 405.307.3532 or Moore Medical Center at 405.912.3085.
Beautiful BEGINNINGS

HAVING A BABY IS A SPECIAL TIME FOR A GROWING FAMILY—AND YOU WANT THIS EXPERIENCE TO OCCUR IN A SPECIAL PLACE. AT NORMAN REGIONAL HEALTH SYSTEM, WE HAVE THE STATE-OF-THE-ART FACILITIES, OUTSTANDING STAFF AND PATIENT-FOCUSED CARE THAT HELPS MAKE THE DELIVERY OF YOUR BABY A WONDERFUL EVENT.

Norman Regional’s specialized Family Birth Center has been the choice of parents throughout Norman, Moore and the surrounding communities for decades. Our integrated team of highly skilled physicians, nationally credentialed nurses and compassionate staff members are dedicated to providing the families of more than 2,100 babies each year with the medical care they want and the personal attention they need during this precious time in their lives.

“The Family Birth Center, our Well-Baby and Neonatal Intensive Care Unit (NICU) nurseries, and Women and Children’s Services all work together to provide excellent care for the mother and baby in a comfortable, caring and safe environment,” says Annette Carter, MS, RNC, Manager of the Family Birth Center.

“From the moment patients enter our hospital for an initial exam until the time for the baby to arrive, they can tell they’re somewhere special.”

Personal Attention

Many hospitals across the country deliver babies, however, not many do it with the extra services that are available at Norman Regional. In fact, the special services begin as soon as mothers-to-be enter via the Family Birth Center’s private entrance, where they’re immediately greeted by a nurse and escorted to one of the unit’s 18 labor, delivery, recovery and postpartum (LDRP) suites. The luxurious suites—which are equipped with the latest...
technolo\-gy for making labor and delivery as safe as possible—\-are designed around a philosophy of family-\-centered care. Rooms are equipped with amenities such as a sleeper sofa, an entertainment armoire and an area for baby care—all of which encourage bonding as a family as soon as the delivery is complete.

“We want to make sure that all the mother’s medical and personal needs are met during her stay,” Carter says. “We start out by making the entire family part of the process, and then continue by providing one-on-one nursing care to supplement the care she’s receiving from our physicians.”

When mothers require C-\-sections, they deliver in one of the hospital’s labor, delivery and recovery rooms, and then recover from surgery in one of the seven post-\-delivery C-\-section rooms in the adjacent Women and Children’s Services area, where they receive the same level of excellent care.

After the Delivery

Once the birth has occurred, the baby remains in the room with the mother, allowing the family time to bond and the baby to be fed. About an hour later, the nursery staff will take the baby to the nursery, where he or she will receive a complete newborn assessment.

“After the evaluation is complete, the baby is returned to the mother’s room, where it can remain for the duration of the hospital stay,” says Paul Brune, RN, MSN, Manager of the Nursery at NRH. “While most babies will room-\-in with their mothers, the mother also can opt for the baby to come to the nursery at any time so she can get some much-\-needed rest.”

If mothers give birth to a premature or sick baby, the hospital’s 15-\-bed Level III Neonatal Intensive Care Unit (NICU) provides instant access for delivering life-\-saving therapy.

“We see babies of all sizes, some weighing just more than 1 pound,” says Kathy Milam, RN, BSN, Manager of the NICU at Norman Regional.

The NICU’s multidisciplinary team consists of Neonatologists, Respiratory Therapists and specially trained, experienced RNs. Pharmacy, Diagnostic Imaging and Social and Nutritional Services complete this close-knit group.

Before a baby is discharged, parents will “room-\-in.” This is an opportunity for parents to provide direct care, utilizing the education and techniques they have learned throughout the baby’s stay in the NICU.

“Our staff is committed to serving the entire family in our patient-focused, family-\-centered environment,” Milam says. “This experience gives new parents the reassurance and confidence they often need.”

“Mothers and babies will receive the best care available here at Norman Regional,” Carter says. “We provide families with a great start in life.”

To learn more about having a baby at Norman Regional Hospital, visit www.normanregional.com.

Special Amenities for Special Deliveries

Norman Regional Hospital offers several amenities that aren’t always available at other facilities, including:

• A state-\-of-\-the-\-art security system ensures that babies are kept within the hospital. In the event that an unauthorized person attempts to remove the baby, alarms will go off and security measures are implemented.
• The Newborn Channel provides round-\-the-\-clock televised instruction in both English and Spanish on how to care for a newborn baby. Topics include everything from newborn care and breastfeeding to car seat safety and sudden infant death syndrome (SIDS).
• Parents whose baby remains in the hospital’s Neonatal Intensive Care Unit (NICU) after the mother has been discharged can stay nearby in the Hospitality House, which is adjacent to the hospital.
• Lactation consultants are available for breastfeeding instruction while the mother and baby are in the hospital, and also can be consulted after new mom and baby have been discharged.
• A dedicated social worker is available in Women and Children’s Services to provide support for families who need additional help with social services.
• A three-\-bed triage area in the Family Birth Center offers medical assistance for patients who have obstetrical issues, such as false labor or an injury that may have affected the baby.
• Password-\-protected photographs of the baby are available online through a link on the hospital’s website, and the hospital also provides a complimentary videotape of the birth that is edited to a lullaby upon request.

Highly Skilled Staff

At Norman Regional Health System, many of our staff members carry some of the highest professional designations available in their fields.

• In the Family Birth Center, 100 percent of the nursing staff is certified in cardiopulmonary resuscitation (CPR). The staff in the Nursery and the Neonatal Intensive Care Unit (NICU) all have neonatal resuscitation program (NRP) certifications and many are nationally certified in neonatal intensive care nursing, and the Women and Children’s Services nursing staff all have pediatric advanced life support (PALS) certifications.
• The hospital’s two lactation consultants have earned International Board Certified Lactation Consultant (IBCLC) accreditation.
• Multiple staff members at the hospital participate in the perinatal continuing education program (PCEP), the breastfeeding continuing educational program (BCEP), and the sugar, temperature, airway, blood pressure, lab work and emotional support (STABLE) program, which addresses the assessment and stabilization of sick infants.
• The Family Birthing Center has 10 nurses with national credentials in inpatient obstetrics and critical care obstetrics, and Women and Children’s Services is home to two nurses with national credentials in pediatrics.
PREEMIE MIRACLES

IN HER WORK AS A NEONATAL INTENSIVE CARE UNIT (NICU) NURSE IN NORMAN REGIONAL HOSPITAL’S LEVEL III NURSERY, JANAE GENZEL, RN, SPENDS HER DAYS PROVIDING CARE TO PREMATURE BABIES. TWO OF THE BABIES CLOSEST TO HER HEART, TWINS CONNOR AND RYAN SULLIVAN, RECENTLY TURNED ONE YEAR OLD, AND GENZEL COULDN’T BE HAPPIER.

Born at only 28 weeks, Connor and Ryan were underdeveloped and suffered a number of health complications. Ryan was in the NICU for two and a half months while Connor had to stay for five months. However, thanks to the hard work and dedication of physicians and nurses at Norman Regional, Connor and Ryan slowly but surely progressed.

“When the preemies were born, the outlook was not very favorable,” says Genzel. “However, the twins kept reaching little milestones along the way and gaining strength and growing. It was remarkable to witness.”

Because the Sullivans were so involved with the babies’ care, and the twins were in the unit for months, the staff became attached to both the dedicated parents and their infants.

“Connor and Ryan, as well as their parents, became members of our family,” says Genzel. “One of the best parts of my job is sending babies home with their families and then hearing about how well they are doing. Ryan and Connor are our little miracle babies.”

For more information on the NICU at Norman Regional, visit www.normanregional.com.

Find a Doctor 24/7 @ 440.8802!

Norman Regional Health System offers round-the-clock phone consultation or “Find a Physician” information on our website, should you need to select a physician for yourself, a family member or friend.

With our network of affiliated physician offices, clinics, outpatient services and hospitals, we are HERE FOR YOU.

Norman. Another name for expert.

normanregional.com

405.440.8802
Supporting Women and Children’s Health

NOR MAN REGIONAL HEALTH FOUNDATION IS FURTHERING THE MISSION OF NORMAN REGIONAL HEALTH SYSTEM BY RAISING FUNDS FROM PRIVATE DONORS TO HELP SUPPORT PROGRAMS THAT IMPROVE PATIENT CARE AND COMFORT, INCLUDING WOMEN AND CHILDREN’S SERVICES.

For several years, the Foundation has paid the registration fees for Women and Children’s nursing staff to attend the Oklahoma state section conference for the Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN), a national organization that provides nurses with continuing education to maintain their certification.

“Norman Regional hosted the 2007 conference, and the Foundation sent 12 nurses from Women and Children’s Services, as well as provided funding for one nurse to attend the national AWHONN conference,” says Marilyn M. Geiger, CPA, Executive Director of the Foundation for Norman Regional. “By having our nurses attend these conferences and learn the current trends, we are keeping them informed about the best practices when it comes to the care of mothers and newborns.”

Join the Norman Regional Health Foundation in supporting Women and Children’s Services through your donation today by calling 405.307.1077.

Fresh Fruit Kebabs with Lemon-Lime Dip

Beat the heat this summer with these sweet and tangy kebabs for a refreshing treat that you and your kids can make together.

**Ingredients:**
- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 1 teaspoon lime zest
- 4 to 6 pineapple chunks
- 4 to 6 strawberries
- 1 kiwi, peeled and diced
- 1/2 banana, cut into 1/2-inch rounds
- 4 to 6 red grapes
- 4 wooden skewers

**Directions:**

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate.

Thread one of each fruit onto each skewer. Repeat with the other skewers. Serve with the lemon-lime dip.

Tip: These kebabs work well with any type of fruit, including more exotic types such as star fruit, kumquats or prickly pears.

**Nutrition Information:**

- Serving size: 2 kebabs
- Fat: 1g
- Calories: 160
- Protein: 4g
- Cholesterol: 4mg

Source: www.mayoclinic.com

Educating the parents of newborns is vital. That’s why Norman Regional Health Foundation supports Women and Children’s Services by providing funding to NRH Media Services. The funding allows NRH Media Services to offer the Newborn Channel—a television program that provides parents with advice for newborn care—in both English and Spanish.
Having a baby? Moore delivers.

At Moore Medical Center’s Family Birth Center, we do everything we can to make sure your delivery is special. That’s why every family can receive a free, personalized video highlighting the birth of your child.

We also offer spacious, family-centered private rooms, highly skilled physicians and nurses, and a neonatal intensive care unit at Norman Regional Hospital for babies who need extra care. And we’ll even pamper you with a massage before you leave.

FAMILY BIRTH CENTER

normanregional.com

MOORE FAMILY BIRTH CENTER
405.793.9355

PHYSICIAN REFERRAL – OB/GYN
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