

# BabyLine®



Because you are taking part in the Pregnancy Program, you can use a special support system.

- The BabyLine is a toll-free, 24-hours-a-day, 7-days-a-week telephone line.
- This line is to answer general questions about your pregnancy and your newborn baby.
- A nurse who understands pregnancy and new babies will answer your questions until your baby is 6 weeks old.
- All questions are important.
- Call if you need any questions answered.

## A Quick Guide for Pregnant Women

### When should you call the BabyLine?

- To ask about changes to your body during pregnancy.
- To learn how your baby is growing inside of you.
- If you have questions about food (what to eat, how often to eat, how much to drink, whether or not fast food is okay to eat).
- To ask about tests that may be done during your pregnancy.

### When should you call your doctor?

- To ask what medicines you can take while you are pregnant.
- To ask what type of exercise you should do while you are pregnant.

### Call your doctor right away when:

- You have nausea and vomiting for 24 hours and cannot eat or drink anything.
- You have any bleeding at any time during your pregnancy.
- You feel a big change in the way your baby is moving—much more or much less.
- You feel any signs/symptoms of early labor (see also the *Early Labor* section).
- You are afraid of someone in your home or family.
- You feel very sad or depressed.

### **Call 911 or go to the hospital:**

- Follow the directions your doctor gave you. You have a list of signs to watch for as well as emergencies that may happen.
- When your doctor tells you to go to the ER.
- When you have a problem and cannot reach your doctor.
- When you need to be seen right away.

### **When your baby is ready to go home, who can you call for advice?**

- You can call the BabyLine during the 1st few days your baby is at home.
- You can call the BabyLine until your baby is 6 weeks old.
- You can call your doctor's office.

## **A Quick Guide for New Parents**

### **When you bring your baby home from the hospital:**

- Your baby's doctor is usually the same doctor that took care of your baby in the hospital.
- Call to schedule baby's 1st office visit as soon as you bring your baby home.
- The doctor will tell you how often your baby needs to be seen after the 1st office visit.
- You may call BabyLine nurses 24 hours a day, 7 days a week.
  - They will answer any questions you have about your baby.
- They will tell you to call your baby's doctor if needed.

### **When to call the BabyLine:**

- If you have questions about:
  - Taking care of your new baby
  - Breastfeeding
  - Counting diapers to measure urine output
  - How new babies sleep
  - How to position your baby for sleep
  - Any other general concerns
- If you need support and understanding after a long night, a long day, or any time.
  - The 1st 6 weeks of your new baby's life are filled with many questions and rewards.
  - No one expects you to go it alone.
  - The BabyLine is here for you. Call them.

- If you have questions about taking a temperature, breastfeeding, or how to pump, store, and defrost breast milk.
- If you need phone numbers for support agencies like the March of Dimes® and the LaLeche League.



**When to call your baby's doctor:**

- For an office visit within the 1st 3 to 5 days after your baby comes home.
- If you have questions about your baby's health.
- If there is a big change in how your baby acts.
- If you see a change in how your baby eats, sleeps, or cries.
- If you see a change in the baby's diapers such as constipation or diarrhea.
- If you notice the baby is not wetting the diaper as often.
- To make an appointment for routine office visits and shots your baby needs.
- If your baby is sick with a runny nose or fever (more than 38.5°C or 100.3°F).
- If your baby is not eating.

**When to call 911 or go to the hospital:**

- When your baby's doctor tells you to go to the emergency room.
- When your baby is sick and needs to be seen right away.

Follow the directions the hospital staff gave you when you brought your baby home. You have a list of signs to watch for as well as emergencies that may happen.

**Remember:**

- BabyLine does NOT take the place of your baby's doctor or your doctor.
- BabyLine is NOT for emergencies.
- Follow the directions given to you at discharge by your baby's doctor and your doctor.

**For questions about your baby's care, support, and guidance, BabyLine is there 24 hours a day, 7 days a week.**

- The nurses are there to answer your questions.
- BabyLine can help make your life easier by answering questions about you and your very special baby.

**Call the toll-free BabyLine number given to you from your pregnancy program.**

- Listen carefully to your options to reach the BabyLine.