

# Going Home

## THE NEXT STEP



Helena Romsey

**Before Leaving:** Most new moms are able to take their baby home after two to three days. Before leaving, be sure to get an “Owner’s Manual” from us that will have your child’s footprints, vital statistics, and information about taking care of your newborn.

**Lactation Check-up:** Within 48-hours, you’ll return to the hospital to meet with our lactation consultant to check for weight gain and jaundice and answer any questions or concerns you may have.

**First Dr.’s visit:** Schedule your baby’s first doctor’s appointment one to two weeks after delivery. At that appointment, your doctor will check your baby’s weight again and answer any other questions you may have.



*“We would choose CAH again in a heartbeat and have nothing but great memories of our times there.”*

— Sara Jensen

# A Warm Welcome Awaits

## Welcoming a new baby into the world is one of life’s miracles

*At Charlevoix Area Hospital Birthing Center, we help miracles happen everyday.*

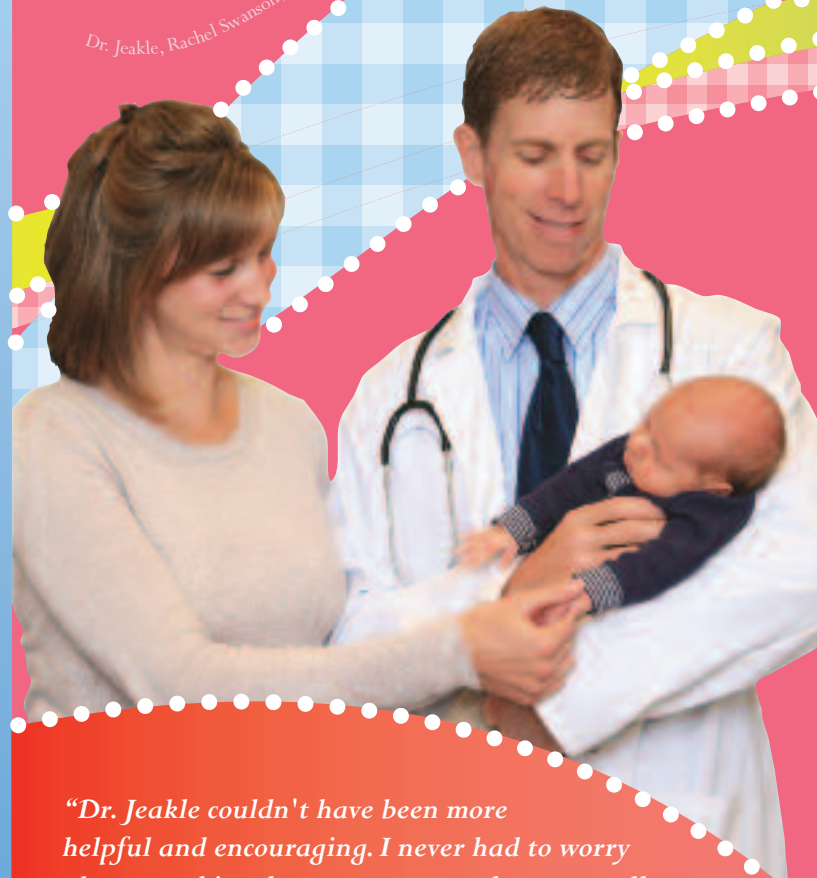
That’s why we put such a high priority on making every aspect of our birthing center just right. From our prenatal care and classes, to our well-appointed birthing rooms, our experienced doctors and nurses, and our post-natal breastfeeding support, every detail is addressed.

*We take care of all the details, so your focus can be where it should be—  
on your new baby*



*At Charlevoix Area Hospital, you can be comfortable in your surroundings and confident in your care.*

Dr. Jeakle, Rachel Swanson, and baby Tyler



*“Dr. Jeakle couldn't have been more helpful and encouraging. I never had to worry about anything, because we were always so well taken care of.”*

—Rachel Swanson



## Birth is a Miracle

WE HELP MIRACLES HAPPEN



Taking good care of you and your baby

### Charlevoix Area Hospital

BIRTHING CENTER

231.547.4024  
www.cah.org

14700 Lake Shore Drive  
Charlevoix, Michigan 49720

For more information scan this QR code using any Smartphone (app is free) or visit our website at [www.cah.org/birthingcenter](http://www.cah.org/birthingcenter).



### Charlevoix Area Hospital

BIRTHING CENTER



## Just take things step by step

We know having a baby can seem a bit overwhelming at times

*We're here to help*

*From the time you find out you are expecting until after you are settled in at home, we are available to answer your questions and provide you the care you need to make your transition as smooth as possible.*

**Prenatal Care:** Regular prenatal visits are key to a healthy pregnancy. Our OB doctors will keep track of you and your baby's progress, and you will be screened for any complications, so that you and your doctor can be prepared to facilitate a healthy birth.

*"The Birthing Center at Charlevoix Area Hospital is absolutely outstanding. I have nothing but the most positive things to say about my experience."*

—Carol Sullivan



Carol Sullivan and baby, Jack

## Baby's Arrival

Today is the day

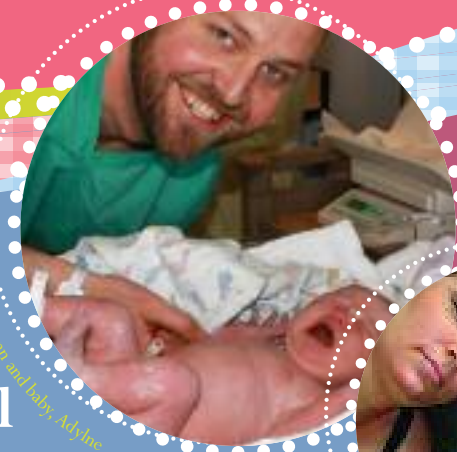
*You've been waiting for*

**Admissions:** Register at the admissions desk in the front lobby between 8 a.m. and 8 p.m. After 8 p.m. come to the Urgent Care entrance and register there. Be sure you have your insurance card and a photo I.D.

**Labor:** Let us know your desires and share your birth plan with us. We will make every effort to make you comfortable, and we will strive to make this experience a positive one for you and your labor partner. Just keep an open mind, relax, and we'll work through this together.

*"The expertise and competency of the staff, one to one nurse to patient ratio, large rooms, and the views of Lake Michigan make the Birthing Center a true gem."*

—Candice and Aaron Wiers



Judy Grogan and baby, Abbye



Danielle, Jeff and Charles Fannin



Kalvin Walker

## The First Few Days

What to expect

*After giving birth*

**Bonding:** At CAH, we believe those first moments after delivery are precious for developing strong bonds between mother and baby. As soon as possible, we'll bring your new baby to your chest to establish skin-to-skin contact and to encourage nursing—both of which promote bonding.

*With the stunning views of Lake Michigan, and all your needs cared for, you'll be able to rest and recover peacefully.*

**Feeding and Support:** All of our nurses are trained in breastfeeding techniques, and we have an International Board-Certified Lactation Consultant on staff to meet with you within 24 hours of delivery. We work hard to make sure that anyone who wants to can breastfeed successfully. We'll give you tips for making breastfeeding comfortable for you and nurturing for your baby.

*"With the constant availability and positivity of the nursing staff and the lactation consultant at CAH, breastfeeding my baby was a great success."*

—Rachel Grogan

## Additional Resources

**CAH Birthing Center**  
(231) 547-8575

**Lactation Consultant**  
Pam Oshaben (231) 547-8669

### Doctors Delivering at CAH

- Dr. William Mosher, MD, Charlevoix Womens Health Care
- Dr. James Jeakle, MD, Charlevoix Womens Health Care
- Dr. Mary Ivey, MD, Charlevoix Womens Health Care
- Dr. Jeanne Haberer, DO, Central Lake Family Health Center and East Jordan Family Health Center
- Dr. Mitchell Carey, MD, East Jordan Family Health Center

**Charlevoix Women's Health Care**  
14651 West Upright Street  
Charlevoix, MI 49720  
(231) 547-4477

**Central Lake Family Health Center**  
7960 W. Old State Street, PO Box 276  
Central Lake, MI 49622  
(231) 544-3700

**East Jordan Family Health Center**  
601 Bridge Street  
East Jordan, MI 49727  
(231) 536-2206



Addy Wiers