



# Prenatal Information





Our mission is to provide comprehensive primary health care services that promote optimal health and to demonstrate a model of quality health care that is cost effective, innovative, and that offers new solutions for health care delivery.

### **Hours of Operation**

Monday-Thursday 8 a.m.-6 p.m.

Friday 8 a.m.-5 p.m.

### **Appointments**

Health Care Center (919) 531-8809



# Prenatal Services



Congratulations on your pregnancy! At the Health Care Center (HCC), we recognize how exciting, confusing, and sometimes frightening and overwhelming this time in your family's life can be. Your life is about to change in many ways. The purpose of this brochure is to guide you to some helpful services available at the HCC including information on resources and programs available through SAS.

One of your first questions may be, **"What services am I eligible for?"**

All SAS employees and their dependents that are covered by the SAS Medical Plan are able to use the HCC for the diagnosis and treatment of acute illnesses and health checks before use of the onsite Recreation and Fitness Center. These individuals are also eligible to have lab tests performed when ordered by a community provider and to receive child and adult immunizations and allergy shots. They also have access to physical therapists, nutritionists, and a psychologist.

Some families have selected the HCC to be their primary care provider. For these individuals we also perform adult and childhood physicals and management of chronic illnesses, such as asthma or diabetes.

For questions on how to become a Primary Care patient, contact Jean Jackson, at (919) 531-8396 or [jean.jackson@sas.com](mailto:jean.jackson@sas.com).

# Your Prenatal Visit

Once your newborn has been assigned a primary care provider, please schedule a prenatal visit with their designated provider about one month prior to your expected delivery date.

During your visit we will discuss:

- How our health care system works, including how to contact us after the baby is born
- Who will care for your baby in the hospital
- When to schedule your baby's visits

We will also want to know:

- Any health conditions associated with your pregnancy
- If you need or want information on how to make decisions about circumcision, feeding, immunizations, etc.
- If you plan to return to work after the baby's birth
- If you will have help and support at home
- Any worries or concerns you may have

To schedule a visit, call the HCC at (919) 531-8809 or x18809.



# Well Child Health Care



We approach Well Child Care within the context of the whole family. We recognize that parents are the experts about their children and that we are of the greatest value to families if we recognize and address each one's specific joys and concerns about their child's well-being. One cornerstone of our philosophy are the concepts and principles Dr. T. Berry Brazelton calls "Touchpoints".

We know that during a child's early development there are Touchpoints, or moments of important change that are preceded by challenging behavior – sleep disruption, regression, fussiness. As providers we are there to give you anticipatory guidance and expand your repertoire of parenting skills. Age appropriate physical exam, developmental testing and laboratory tests are performed at each visit and immunizations are given per the recommended schedule.

At each Well Child Visit we monitor:

- physical growth and development
- social development
- cognitive development
- nutrition status
- family joys and stresses
- safety issues

"Touchpoints is a model for preventive care that focuses on the relationship between providers and parents. I believe that establishing, maintaining, and valuing this relationship is the basis of preventive care and helps strengthen families. And, when we strengthen families we ultimately strengthen the community."

**Dr. T. Berry Brazelton**

All SAS families that are covered by the SAS Medical Plan are eligible for acute care, lab tests, consultations and parenting or prenatal classes. If you are enrolled as a primary care patient and are expecting a baby that you would like to enroll as a primary care patient, please call Jean Jackson at (919) 531-8396 or x18396.



# Dr. T. Berry Brazelton's Newborn Exam

## (NBO—Newborn Behavioral Observation)

The NBO is a tool developed by clinicians and researchers from the Brazelton Institute at Harvard Medical School, to help parents understand their newborn. The developmental task of the newborn baby is to learn to regulate themselves physically and emotionally and begin to respond socially to their environment. Using the NBO, the HCC provider and parents will be able to identify the unique personality and capabilities of your newborn.



During this observation we will determine:

- How your baby communicates when over stimulated or tired
- When your baby is most ready to interact with you
- How your baby is most effectively comforted
- What helps your baby respond to visual and auditory stimulation
- What newborn reflexes your baby uses to calm his/herself

Call the HCC to schedule an NBO visit during your baby's first four weeks of life. If your baby is born prematurely, before 40 weeks, this visit can be scheduled a few weeks later.



# Nutrition Services

Pregnancy creates an increased need for certain nutrients. In addition, hormonal changes can cause symptoms that can be alleviated by nutritional interventions. The HCC has three Registered Dietitians to help you with nutritional concerns during your pregnancy and to answer your nutrition questions.

Make it a point to schedule a nutrition consult before, during and/or after your pregnancy to help with any nutritional needs.

Nutrition services offered by the HCC include:

- **Pre-conceptual nutrition counseling.** Establish healthy eating habits before you become pregnant to lay a solid foundation for building a healthy baby.
- **Prenatal nutrition counseling during each trimester.** Learn the different nutrition considerations to help establish a healthy pattern of weight gain throughout your pregnancy.
- **Medical Nutrition Therapy for gestational diabetes and for women with diabetes who become pregnant.** The Health Care Center and Recreation and Fitness Center offer the Diabetes Self-Management Program.
- **Nutrition counseling for the breastfeeding mom.** Mom's nutritional needs are important too!
- **Post-partum nutrition counseling.** We can help you gradually return to your pre-pregnancy weight.

To schedule a nutrition consult you may contact a nutritionist directly.

**Cathy Greer Mazanec, MPH, RDN, CSSD, LDN**  
Senior Manager, Nutrition & Healthy Living Programs  
Corporate Health Services  
Tel: +1 919 531 6728  
E-mail: [cathygreer.mazanec@sas.com](mailto:cathygreer.mazanec@sas.com)

**Ashley Bailey, MS, RDN, LDN**  
Nutritionist  
Health Care Center  
Tel: +1 919 531 3050  
E-mail: [ashley.bailey@sas.com](mailto:ashley.bailey@sas.com)

**Kelly LeSage, MS, RDN, LDN**  
Nutritionist  
Health Care Center  
Tel: +1 919 531 6432  
E-mail: [kelly.lesage@sas.com](mailto:kelly.lesage@sas.com)



# Hey Baby! Series

The HCC presents the *Hey Baby! Series* for expectant and new parents. Nurse practitioners from the HCC present several topics covering concerns that new parents have. It is also archived and available via the SAS video portal or through our lending library.

## Class Series

- **Having a Baby: What to Expect** – Newborns bring excitement and joy into our lives, but also lots of questions: Is this rash normal? What can he see? Is she gaining enough weight? Slides are used to gain familiarity with common characteristics of newborns.
- **Eating for Two: Nutrition During Pregnancy & Lactation** – Good nutrition before, during and after pregnancy is extremely important for moms-to-be and their babies. However, contrary to popular belief, when you're pregnant you really shouldn't be "eating for two" or doubling your calorie intake. Get the insider scoop on what to eat during each stage of pregnancy as well as lactation as our nutritionist provides answers to commonly asked questions regarding safe food intake and changing nutrient needs.
- **Understanding Your Baby** – Every Mom and Dad wants to know all they can about their newborn, but babies can be hard to figure out! What calms and comforts one baby may over stimulate and upset another. While one prefers a quiet snuggle, another enjoys a vigorous bounce on Dad's knee. Whether you have a new baby, are pregnant, or planning a baby in the future, this class will help you by reviewing Dr. T Berry Brazelton's useful approach to understanding newborns.
- **Parent to Parent: FAQ** – Come prepared to hear from the experts! This class will feature a parent panel who will share their wisdom and experience about becoming parents. Feel free to ask questions and get their opinions on anything from diapering to protecting your privacy during this exciting time of life.



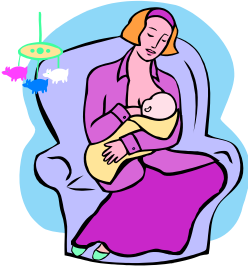


## Hey Baby! Series (continued)

- **Helping Your Baby Sleep through the Night: Birth to One Year Old** – Most parents report having trouble getting their child to sleep through the night some time during their early months of life. You are not alone! Come learn about changes in childhood sleep cycles, developmental milestones which affect sleep patterns, and family issues which could add to chaotic nights. Get tips on preventing trouble as well as advice on solving these common night problems. Whether excited parents-to-be, tired father of a 4-week-old or harried Mom of a charming nine-month-old; bring your stories, tears and triumphs.
- **Taking Care of Yourself & Your Marriage** – Studies have shown that 70-90% of couples show a decrease in marital satisfaction during the first year of a baby's life. Having a baby is a joyful experience, but is also a huge adjustment that can be very stressful. The good news is that there are skills you can learn to help keep yourself and your marriage strong in the face of these new challenges. Learn how you can manage the unique stresses of that first year so that you and your relationship can thrive in the midst of sleepless nights and dirty diapers.
- **For Men Only: The Life of a New Dad** – Starting a new family is a big adjustment for both parents. Often the focus is on the mother and baby, so where does that leave fathers? Studies show that a father's involvement is very important to successful breastfeeding, as well as a child's development and success in life. Hear from our panel of dads who will share how they have learned to navigate this new world of parenting, support their spouses and experience the joys of fathering.
- **Hands On Parenting** – Wash your hands, roll up your sleeves and get ready for some fun as you learn about dressing, undressing, changing diapers, cleaning up spit up, burping techniques, and bathing your baby!
- **Car Seat Safety** – Forward-facing, rear-facing, infant seats and booster seats! Any parent who has explored the world of child car seats knows that selection and installation are not always easy. Join a car seat safety expert, for an informative presentation about the current Child Restraint Laws in NC. Guidance and demonstration of how to install seats correctly will also be provided.



# Breastfeeding Support Services



Breastmilk has been proven to offer many important benefits for babies, mothers and society. The HCC is committed to providing the support you need to be a successful breastfeeding family. Some of the support services we offer include:

- A lending library of resources (DVDs, books, etc) on pregnancy, breastfeeding and parenting.
- A 4-part series of breastfeeding classes that is offered annually and is also archived and available via the SAS video portal or through our lending library.
- Discounts for SAS employees on breastfeeding supplies.
- Pump rooms in most buildings on the SAS campus and in the HCC.
- A nursing room at the Child Care Center (Building K).
- Trained lactation educators on staff, including four internationally board certified lactation consultants, to answer your questions about breastfeeding.
- A Nursing Mothers' listserv to share ideas and ask questions among other breastfeeding mothers.
- A Breastfeeding Support group on The Hub where moms share tips, ideas and current information about breastfeeding.
- A "Nursing Buddy"- experienced breastfeeding mom - to offer one-on-one support.
- A web page devoted to the HCC's breastfeeding services, with helpful links to related sites.  
[www.sas.com/healthcare/Breastfeeding\\_Services\\_&\\_Support/](http://www.sas.com/healthcare/Breastfeeding_Services_&_Support/)



# Breastfeeding Education and Support Series

With improved statistical analysis in recent years there is a surge in scientific knowledge confirming even more clearly the benefits of breastfeeding to infants, their mothers, and even society at large. Consequently, the HCC has developed a program of breastfeeding education and support services. Please feel free to join us with your lunch, ideas and/or questions. Father's are welcome at all classes!

## Class Series:

- **Preparing to Breastfeed**

Breastfeeding often comes very naturally to mother and baby but is still a new skill that takes practice. Learn what you can do before the baby comes to prepare yourself and family for a successful start at breastfeeding.

- **Becoming a Successful Breastfeeding Mother: Part 1 - Getting Started**

Most women can successfully breastfeed when given correct information, encouragement, and help. Whether you are pregnant now or planning a baby in the future, help assure your success with breastfeeding by attending this seminar.

- **Becoming a Successful Breastfeeding Mother: Part 2 - Avoiding Common Problems**

Breastfeeding is medically and emotionally important for babies. Though it will become second nature to most women, others may experience some problems with breastfeeding. Learn some techniques in advance to help you avoid, recognize and deal with common problems.

- **Transitions**

Every mom is a working mother, whether she holds a paying job or not. Soon there will be transitions in baby's growth and development, transitions in mom's activities, and transitions in breast milk supply and demand. Learn how to deal with these concerns as well as how to choose and use a breast pump, how to store breast milk safely, and most importantly, how to juggle the joys and challenges of breastfeeding with those of work.



# Prenatal to Cradle Exercise Program

The Prenatal to Cradle program is designed to promote optimal health and fitness before, during and after pregnancy.

The program includes:

- **Three informative sessions with wellness staff to help you understand the physiological adaptations that occur during pregnancy and how these changes may impact your participation in exercise.**
- **Education regarding exercise benefits, recommendations and modifications as well as a comprehensive prenatal exercise manual.**
- **One-on-one assistance with your fitness routine that will be based on your needs during this very special time.**

After completing the program, you will receive a gift certificate for an on-site 30 minute massage. To participate in the Prenatal to Cradle program, please email the Wellness Coordinator, Celeste Cooper-Peel at [celeste.cooper-peel@sas.com](mailto:celeste.cooper-peel@sas.com) or call (919) 531-1141 or x11141.



# Resources for New/Expectant Parents

## DVDs

- Breastfeeding Education & Support Series\*
- Working with Families on Child Discipline\*
- Hey Baby Series\*
- Wonder Years Series\*
- Happiest Toddler on the Block\*
- Understanding Learning Disabilities\*

## Books

- The Happiest Baby on the Block\*
- AAP Caring for Your Baby & Young Child\*
- 1-2-3 Magic\*
- Kids, Parents and Power Struggles\*
- Touchpoints: Ages 3-6
- Touchpoints: Your Child's Emotional and Behavioral Development\*

## Web Sites

Pregnancy & Childbirth	<a href="http://www.childbirth.org">www.childbirth.org</a> <a href="http://www.motherfriendly.org">www.motherfriendly.org</a>
Breastfeeding	<a href="http://www.breastfeeding.com">www.breastfeeding.com</a> <a href="http://www.la lecheleague.org/">www.la lecheleague.org/</a> <a href="http://www.ncbfc.org">www.ncbfc.org</a> <a href="http://www.breastmilkcounts.com">www.breastmilkcounts.com</a>
Parenting	<a href="http://www.healthychildren.org">www.healthychildren.org</a> <a href="http://www.zerotothree.org">www.zerotothree.org</a> <a href="http://newborns.stanford.edu/">http://newborns.stanford.edu/</a>

\*available through the HCC lending library



# Support Networks for New/Expectant Parents

## Listservs at SAS

This is an opportunity for individuals interested and involved in breastfeeding and parenting to share ideas and ask questions. To subscribe to one of the listservs, send an email message to [listserv@listserv.sas.com](mailto:listserv@listserv.sas.com) and in the text write:

Subscribe nursupport-L

Subscribe parent-L

Subscribe hccannounce-L

## Groups on The Hub

Health Care Center Happenings

Breastfeeding Support

Work/Life New and Expectant Parents

Work/Life Parenting Young Children

Work/Life Busy Families

## Local Support

Nursing Mothers of Raleigh [www.nursingmothersofraleigh.org](http://www.nursingmothersofraleigh.org)

Triangle La Leche League (919-755-6400)

Triangle Lactation Consultants – [www.trianglelactation.com](http://www.trianglelactation.com)

Triangle Mothercare – Offers post-partum care for the whole family  
[www.trianglemothercare.com](http://www.trianglemothercare.com)







THE  
POWER  
TO KNOW.

SAS Institute Inc. World Headquarters +1 919 677 8000

To contact your local SAS office, please visit: [sas.com/offices](https://www.sas.com/offices)

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