



## Maternal Child Health Care

LTC MATERNAL CHILD HEALTH CARE INFORMATION

### Specializing in Maternal & Child Health Care

Our experienced and dedicated professionals, trained in infant CPR, will assist you with infant care, toddler care, light housekeeping, preparation of meals, laundry, and transportation.

**Soon you will be taking what most consider the biggest step in a woman's life...the birth of a child.**

You have made many preparations for this wondrous event...Doctor visits, child birth and child care classes and your overall healthier life style. Opportunities for quality prenatal care continue to improve as indeed it should. However, more consideration needs to be given to those incredibly important weeks just after birth. **LTC** caregivers are the link between your brief hospital stay and the absence of a close family member to help you when you return home.

**LTC** caregivers' primary focus is to nurture you with plenty of rest and good nutrition so that you may concentrate on your baby's needs, and most importantly bond with your new little one.

**LTC's** most important goal is to help you through this sensitive transition period by enabling you to nurture yourself, your children and to share with your partner.



...because new Mothers deserve **Loving Tender Care.**

#### **LTC HOME HEALTH CARE** WILL ASSIST YOUR NEEDS:

- ◆ Mother/Baby Care
- ◆ Toddler Care
- ◆ Breast Feeding
- ◆ Adjustments to Parenthood
- ◆ Meal Preparation
- ◆ Household Organization
- ◆ Light Housekeeping\Laundry
- ◆ Transportation
- ◆ A licensed nurse is on-call 24 hours a day, 7 days a week.
- ◆ Community resource referral information available

All of our staff (licensed nurses and caregivers) are insured, bonded and CPR certified for adults, children and infants.



## LIFE WITH BABY

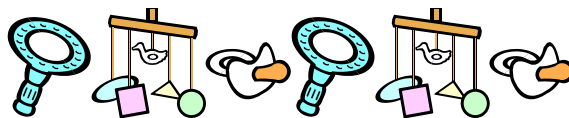
Have you ever noticed that photographs of Moms and Babies are always so perfect? Mom, with her make-up on and every hair in place is lovingly gazing at her calm and smiling infant. This charming image does little to reflect some of the realities of life with a new baby, which may not be picture perfect. Motherhood, like pregnancy, is a journey full of surprises and it helps to be prepared.

Few moms are ever totally ready for all the changes a new baby brings to her life. Nothing is quite the same – taking a bath, going out shopping – all activities of life assure increased complexity. Sound intimidating? Well, there is help; here are some suggestions that can make this special time enjoyable rather than just endurable.

First, get informed about baby care. Literally mountains of information is available on this subject...from Dr. Spock to Dr. Mom, experts abound. It may be helpful to visit with your baby's doctor prior to delivery and obtain recommendations, he or she may have. Baby care classes are helpful, especially those that include "Hand on" practice. You will find that relatives, friends, and even strangers all consider themselves experts in pregnancy, parenting and baby care. They will generously offer advice. Practice the fine art of smiling and then do what YOU, YOUR PARTNER and DOCTOR consider best.

Last, but not least, organize and plan, get very practical. Look at what need to be done and determine who is going to do it. If you have reasonable expectations you can set reasonable goals. One of the problems in coping with all the changes and challenges of life with baby is that new moms tend to be tired. Childbirth can be hard work and frequent interrupted sleep by a wakeful-baby can wear you out. So...get everything organized in advance (see list below), then plan to have help at home after delivery. Utilize relatives, friends or a home health agency to help with the care of you and your baby. Having effective help at home can give you the time needed to rest and bond with your baby.

Becoming a mother is a wonderful experience and memories will last a lifetime. Keep in mind that planning, preparation, and personalized assistance can help make Motherhood the experience you've always dreamed it would be.



**GIVE A GIFT OF LOVE, GIFT CERTIFICATES ARE AVAILABLE**

**TO HELP YOU PREPARE  
FOR THE BIRTH OF YOUR BABY...**



<p><i>FIRST THREE MONTHS</i></p>	<ul style="list-style-type: none"> <li>* Prepare pertinent questions each month for your doctor, such as prenatal care, fetal developments, delivery policies, and all related costs. (Circumcision charges if necessary.)</li> <li>* Understand insurance coverage and prepare budget.</li> <li>* Keep monthly journal for future keepsake.</li> <li>* Pamper yourself.</li> </ul>
<p><i>FOURTH &amp; FIFTH MONTHS</i></p>	<ul style="list-style-type: none"> <li>* Register for classes – parenting, breast feeding, CPR, and La Maze.</li> <li>* Begin list of necessary mother and baby items.</li> <li>* Plan baby’s room; start window shopping and compare prices. Continue reading and gathering information to discuss with your partner.</li> <li>* Remember to discuss and reflect feelings openly and often.</li> </ul>
<p><i>SIXTH MONTH</i></p>	<ul style="list-style-type: none"> <li>* Start prenatal classes.</li> <li>* Begin interviewing pediatricians.</li> <li>* INCREASING FATIGUE MAY REQUIRE INCREASED REST TIME...PAMPER YOURSELF.</li> </ul>
<p><i>SEVENTH &amp; EIGHTH MONTHS</i></p>	<ul style="list-style-type: none"> <li>* Pre-register at the hospital.</li> <li>* Pack hospital bags for mom, baby and dad: plan route to hospital.</li> <li>* Do safety inspection and baby-proof your home.</li> <li>* Wash baby items and finish baby’s room.</li> <li>* Select baby names and birth announcements. Arrange for child care assistance to meet all your needs before and after delivery.</li> </ul>
<p><i>NINTH MONTH</i></p>	<ul style="list-style-type: none"> <li>* Put car seat in the car (read instructions carefully).</li> <li>* Notify diaper service, get film, formula and phone numbers.</li> <li>* Continue to pamper yourself and get extra rest!</li> <li>* The big day will soon be here.</li> </ul>

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