



The Birth Place

Olathe  
MEDICAL  
CENTER

This changes everything.





## Parent Education Resources

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### FOR MORE INFORMATION:

The Birth Place at Olathe Medical Center, visit [olathehealth.org/birthplace](https://olathehealth.org/birthplace).

Childbirth and Parenting classes, visit [olathehealth.org/classes](https://olathehealth.org/classes) or call 913-791-4312, option 2.

### TO SCHEDULE YOUR:

Pre-admission appointment and/or The Birth Place tour, please call 913-791-4395.



## Welcome to The Birth Place, where high-tech meets high-touch

Our state-of-the-art Level II Neonatal Intensive Care Unit (NICU), in affiliation with Children's Mercy, stands ready if your new arrival needs it. Each single-family room is equipped with incubators and specialized monitoring equipment to care for sick and premature newborn infants born at 32-weeks gestational age or greater, as well as full-term babies who need extra support.

In addition to a wealth of technological resources, the NICU is home to RNs specially trained in the care of high-risk infants, neonatal nurse practitioners and board-certified neonatologists. They all share a compassionate, personal approach that benefits your family as well as your baby.





## 4 floors of comfort and convenience

Our 4-story obstetrics wing was built with your comforts and desires in mind. The birthing suites are equipped with smart TVs and wireless audio so you can personalize your experience with your favorite music and videos. You'll also find warm blankets and a relaxing whirlpool tub, making it feel more like a spa than a hospital room.



## The closer the better

In our advanced Level II NICU, in affiliation with Children's Mercy, mom can stay overnight with her baby in the same room, providing peace of mind when you need it most. A parent-only room on the NICU floor lets parents bond and socialize with other NICU parents. And our secure webcams bring out-of-town family and friends closer to your baby, even when they're far apart.



## Built for bonding

After your baby's arrival, you'll enjoy a private suite designed to enhance your bonding process with an in-room crib and queen size bed big enough to share. Breast pumps and warmers are ready and waiting. There's a newborn tub for baby's first bath. And there's a mini-fridge and 24/7 room service for you.

**OMC's NICU**  
in affiliation with



**Children's Mercy**  
KANSAS CITY





## Dear Parent-to-Be:

Thank you for your interest in The Birth Place and our Parent Education Program. We are honored that you have chosen our facility at this special time in your lives!

Choosing to deliver your baby in The Birth Place at Olathe Medical Center will enable you to enjoy the comforts of a spacious suite. Each labor suite includes a large TV, rocker recliner, extra seating for family and visitors and a fan in the ceiling above mom. Anesthesia services are available here within the hospital 24 hours a day. Cesarean deliveries are performed in the surgical suites within The Birth Place. Mom may see her newborn in the warmer via a live stream monitor in the operating room.

Once you deliver and recover, you will be transferred to a mother-baby suite. These rooms include the Newborn Channel, and queen sized Murphy beds to sleep in. A comfortable lobby is available for family and friends. Multiple security measures are in place to ensure the safety and security of our patients and their families.

Complimentary lunches or dinners are served for your coach to enjoy with you every day in your private suite. Our nursing staff will make you feel at home as they provide high-quality family-centered care.

We encourage all of our patients to schedule a pre-admission appointment between 32 and 34 weeks of pregnancy. There, you will have the opportunity to ask questions, complete some of your admission paperwork and receive education related to your stay. A tour of The Birth Place is also included upon request. Please complete the enclosed pre-registration form and send it to the OMC Patient Registration Department or to your physician's office, as soon as possible.

Should your newborn need extra assistance, The Birth Place is equipped with a state-of-the-art newborn monitoring system with a well-baby nursery and a level II neonatal intensive care nursery unit (NICU) in affiliation with Children's Mercy. Within the each single family room there is a place for a parent to stay along with a full bathroom. In order to better support breast feeding we offer each family in the NICU a breast pump, breast milk warmer, and a refrigerator in the room. We also offer a webcam for live streaming to those you give access. This allows you, your family & friends around the world to connect and share your bundle of joy!

Please remember that whenever you come to The Birth Place for pregnancy testing, delivery, or a pregnancy related visit please enter through the OB entrance at the East side of the campus. If you have a health concern not related to pregnancy, notify your physician so they can direct you where to go.

We look forward to seeing you at The Birth Place!

Sincerely,

*The Birth Place Team*



### For additional information

#### PARENT EDUCATION

[olathehealth.org/classes](http://olathehealth.org/classes)

Or call 913-791-4312, option 2, for information about prenatal and CPR classes.

#### THE BIRTH PLACE TOURS

A tour of The Birth Place is included in the pre-admission appointments and childbirth preparation classes. Visit [olathehealth.org/birthplace](http://olathehealth.org/birthplace) for a virtual tour.

#### PATIENT ACCOUNTING

Call 913-324-8520 for information concerning hospital charges or the Maternicare program.

# Doctors Who Deliver and Pediatricians

The Birth Place

Olathe  
MEDICAL  
CENTER

 Doctors who deliver at Olathe Medical Center

 Doctors who provide newborn care at Olathe Medical Center

## OB/GYN

### Saroj Bavishi, MD



20375 W. 151st St.  
Suite 407  
The Doctors Building 1  
Olathe, KS 66061  
913-829-9100

### Women's Clinic of Johnson County

(Olathe location)

Alison Blevins, MD   
Cynthia Eckert, MD   
Carrie Grounds, MD   
Amanda Healy, MD   
Emily Mathiesen, MD   
Sharon Maturo, MD   
Cheryl Rips, MD   
Sharla Shipman, MD   
21120 W. 152nd St.  
Suite 201  
Olathe, KS 66061  
913-829-5656

### Olathe Women's Center

Bruce Snider, MD   
Ana Luina Estrada, MD   
20375 W. 151st St.  
Suite 250  
The Doctors Building 1  
Olathe, KS 66061  
913-764-6262





Children's Mercy Neonatal  
Nurse Practitioners  
(NNPs) will provide  
on-site support 24 hours  
a day, 7 days a week at  
OMC's Birth Place.

## Family Medicine

### Antioch

Alisa Cahill, MD   
David Riley, MD   
8708 W. 135 St.  
Overland Park, KS 66221  
913-851-9800

### Arbor Creek

Edward Christiansen, MD   
Kerri Fellows, MD   
16538 W. 159th Terr.  
Olathe, KS 66062  
913-829-1660

### Blackfoot

Darrin Davis, DO   
Patrick Herrick, MD, PhD   
Connor Hartpence, MD   
15435 W. 134 Place  
Suite 103  
Olathe, KS 66062  
913-782-7515

### Gardner

Todd Morrison, MD   
Kevin Punswick, DO   
Michelle Vieira, MD   
18320 S. Center St.  
Gardner, KS 66030  
913-856-5577

### Gianna Family Care

Angelique Pritchett, MD, FCMC   
10820 W. 69th St.   
Suite 202  
Shawnee, KS 66203  
913-890-2555

### Mahaffie

LiYin Lan, DO   
18695 W. 151st St.  
Olathe, KS 66062  
913-782-3322



### Mur-Len

Oscar Lu, DO   
Rita Oplotnik, DO   
801 N. Mur Len  
Suite 201  
Olathe, KS 66062  
913-764-0036

### Olathe Medical Park

Mistee Allen, MD   
Melissa Yeats, MD   
20375 W. 151st St.  
Suite 105  
Olathe, KS 66061  
913-782-8487

### Paola



Georgina Green, MD   
Alex Johnson, MD   
2102 Baptiste Drive  
Paola, KS 66071  
913-557-5678

## Pediatricians




### Olathe Health Internal Medicine and Pediatrics

Anjalee Carlson, DO   
Jessica Gillespie, MD   
Scott Nitzel, MD   
20375 W. 151 St.  
Suite 251  
Olathe, KS 66061  
913-393-4888





### Olathe Health Pediatrics -College Point

Kallie Foss, MD   
Elizabeth Musil, MD   
23450 College Blvd.  
Olathe, KS 66061  
913-764-7788





### Olathe Health Pediatrics - Olathe

Heather Baker, MD   
Kallie Foss, MD   
Tara Grimaldi, MD   
Elizabeth W. Musil, MD   
Erica Red Corn, MD   
Eileen (Uyen) Vu, MD   
20930 W. 151st St.  
Olathe, KS 66061  
913-782-2525

### Preferred Pediatrics

Allison Hettinger, MD   
Shawna Patch, MD   
Stuart Shanker, MD   
Amy Voelker, MD   
824 Frontier Lane  
Olathe, KS 66061  
913-764-7060

### Pediatric Partners, P.A.

Jennifer Mellick, MD   
Kristen Stuppy, MD   
Susan Ratliff, MD   
Peter Carter, MD   
2111 E. Kansas City Rd.  
Olathe, KS 66061  
913-888-4567

Meet the doctors who deliver at Olathe Medical Center.  
Visit [olathehealth.org/birthplace](http://olathehealth.org/birthplace).



## Pregnancy Planner



### BEFORE YOU CONCEIVE

- Eat a healthy, well-balanced diet and drink 8-10 glasses of water each day
- Take 400 mcg of folic acid daily for up to three months before conception
- Schedule a pre-conception appointment with your doctor
- Avoid smoking/second-hand smoke, drinking alcohol and caffeine, using drugs
- Visit our website or call the **Physician Information Line** at 913-791-4396 when choosing a doctor for you and your baby
- Schedule a free **tour of The Birth Place** at 913-791-4395, or you can wait to take a tour during your pre-admission appointment (see weeks 25-40)
- Attend a **Planning a Pregnancy** class; register at olathehealth.org/classes or call 913-791-4312, option 2

### FIRST TRIMESTER (WEEKS 0-13)

- Make first prenatal care appointment with your doctor
- Take prenatal vitamins that include 400 mcg of folic acid each day
- Register for a **Healthy Pregnancy** class; register at olathehealth.org/classes or call 913-791-4312, option 2
- Avoid smoking/second-hand smoke, drinking alcohol and caffeine, drugs throughout pregnancy
- Investigate insurance coverage and length of hospital stay for maternity and infant care
- Eat a healthy, well-balanced diet and drink plenty of water
- Investigate your options for maternity leave
- Start reading about pregnancy, childbirth, and parenting

### SECOND TRIMESTER (WEEKS 14-26)

- Register for a **Childbirth Preparation** class and plan to complete it 4-6 weeks before your due date; register at olathehealth.org/classes or call 913-791-4312, option 2
- Plan to take **Family and Friends CPR** while you can still lean forward comfortably; register at olathehealth.org/classes or call 913-791-4312, option 2
- Register for other classes like **Infant Care, Breastfeeding, and Sibling Preparation** as desired; register at olathehealth.org/classes or call 913-791-4312, option 2
- Make decisions on how you'll feed your baby and whether or not to circumcise your son

### THIRD TRIMESTER (WEEKS 27-40)

- Call 913-791-4395 to schedule your **Pre-Admission/Tour** appointment
- Attend **Childbirth Preparation** and **Breastfeeding** classes
- Choose a physician for your baby by 30 weeks
- Practice putting the car seat in your vehicles and make appointment to have it checked by a technician
- Start looking for child care providers, if needed (not all places accept young infants)
- Complete **The Birth Place Pre-Admission form** and submit it to your physician's office or to the Patient Registration Department (913-791-4231). You may also submit this form at your pre-admission appointment.
- Complete your **Birth Options and Preferences form** after discussion with your physician. Submit it to your physician's office by 30 weeks.
- Make delivery day plans and pack your hospital bag



### Important numbers

913-791-4312, option 2  
Parent Education Classes

913-791-4415  
Lactation Line

913-791-4235  
The Birth Place

913-791-4396  
Physician Information Line

913-791-4395  
Pre-Admission/  
Tour Scheduling

[www.seatcheck.org](http://www.seatcheck.org)

Your Doctor:

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Child's Doctor:

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# Classes

The Birth Place



TO REGISTER FOR A CLASS OR LEARN MORE,  
VISIT [OLATHEHEALTH.ORG/CLASSES](http://OLATHEHEALTH.ORG/CLASSES) OR CALL 913-791-4321, OPTION 2

## Planning a Pregnancy/ Healthy Pregnancy

This class is for parents planning a pregnancy, or those in the first or second trimester, to give mom and baby a healthy start. Information is provided on nutrition, exercise, physical and emotional changes and infant development. Participants also take a tour of The Birth Place.

## Childbirth Preparation

These valuable classes include information about the childbirth process, family-centered birth options, comfort measures, breathing techniques, labor and birth positions, cesarean, and induction. Postpartum care, newborn care and safety are also discussed.

*Note: Special classes can be arranged for teens and women on bed rest.*

## Childbirth Refresher/ VBAC

Been there, done that? This class includes information on third trimester discomforts, a review of the signs of labor and birth, discussion of previous birth(s), practice of labor and birth positions and comfort measures, birth options and new baby adjustment. Participants also take a tour of The Birth Place.

## Infant Care

A practical overview of infant care basics such as how to hold, diaper, swaddle and bathe a newborn, plus what to expect in the first few weeks at home. Safety issues and common concerns are addressed.

## Sibling Preparation

This friendly session will help big brothers and sisters feel more comfortable with the hospital setting and the new addition to their family. Class content is most appropriate for ages 3 to 6, but other ages are welcome. One parent/guardian is required to attend with the child/children.

*Note: This class is not designed to prepare children to attend a birth.*

## Breastfeeding Class

Review the basics of breastfeeding, including benefits to mom and baby, latch-on, the importance of skin-to-skin contact, frequency and length of feedings. We'll also address common concerns, solutions as well as pumping and what to do when returning to work.

## Grandparenting Today

Learn about the current practices in childbirth, infant care and safety, combined with a guided tour of The Birth Place.

## Breastfeeding: Mother's Support Group

**FREE, REGISTRATION IS REQUIRED**

You are invited to join other breastfeeding mothers to share and learn in a friendly, supportive atmosphere led by International Board Certified Lactation Consultants. You'll have the opportunity to weigh your baby and ask questions. Mother, baby and female support persons welcome.

## Babysitter Safety

Babysitters ages 11 to 15 will learn home safety precautions and emergency techniques for use with infants and children. Instructors are certified through American Safety and Health Institute.

## Family and Friends CPR

This hands-on seminar enables you to learn the basic CPR skills for resuscitating an infant, child or adult, as well as how to aid a choking victim. This is a non-certified class with no test required.



## The Birth Place Pre-Admission Visit

Coming to the hospital, even for a happy occasion, can be stressful, especially if labor is in progress. We want to help minimize your stress upon arrival.

### WHEN TO SCHEDULE YOUR VISIT

Schedule a Pre-Admission Visit between 32 and 34 weeks of pregnancy. We'll provide some education so you'll know what to expect, get some necessary paperwork out of the way, and answer your questions. You can also go home with resource information about any personal concerns you might have.

### WHAT TO BRING ALONG

Please bring your insurance card and photo identification to your appointment. You can also bring paperwork you may have completed for your hospital stay, such as your pre-admission form. If you have already discussed your birth plans with your care provider, please bring the Birth Options and Preferences form with you.

Learning what you need before you arrive in labor can help us better prepare to meet your needs. We look forward to seeing you.

**Call 913-791-4395 to schedule your appointment.**

*If you would like to schedule a tour of The Birth Place aside from a pre-admission appointment or class, please call 913-356-4128.*





The Birth Place Pre-Admission Form



Expected date of delivery \_\_\_\_\_

PLEASE NOTE: Bring your health insurance card(s) and driver's license to your appointment. If there have been any updates or changes to your insurance, bring a new card to the Patient Registration Department.

PATIENT INFORMATION

Last name \_\_\_\_\_ First name \_\_\_\_\_ MI \_\_\_\_\_ Birthdate \_\_\_\_\_
Maiden name \_\_\_\_\_ Social Security # \_\_\_\_\_ Religion \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_
Phone \_\_\_\_/\_\_\_\_/\_\_\_\_ Delivering physician \_\_\_\_\_ Family physician \_\_\_\_\_
Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Work phone \_\_\_\_/\_\_\_\_/\_\_\_\_
Employer address \_\_\_\_\_

SIGNIFICANT OTHER/PARTNER INFORMATION

Last name \_\_\_\_\_ First name \_\_\_\_\_ MI \_\_\_\_\_
Social Security # \_\_\_\_\_ Religion \_\_\_\_\_ Birthdate \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_
Phone \_\_\_\_/\_\_\_\_/\_\_\_\_ Family physician \_\_\_\_\_
Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Work phone \_\_\_\_/\_\_\_\_/\_\_\_\_
Employer address \_\_\_\_\_

EMERGENCY NOTIFICATION (other than spouse)

Name \_\_\_\_\_ Relationship \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_
Home phone \_\_\_\_/\_\_\_\_/\_\_\_\_ Mobile phone \_\_\_\_/\_\_\_\_/\_\_\_\_





**PRIMARY INSURANCE INFORMATION**

Insurance company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP code \_\_\_\_\_

Phone \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Certificate/ID No. \_\_\_\_\_

Policy/Group No. \_\_\_\_\_

Subscriber \_\_\_\_\_

**SECONDARY INSURANCE INFORMATION**

Insurance company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP code \_\_\_\_\_

Phone \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Certificate/ID No. \_\_\_\_\_

Policy/Group No. \_\_\_\_\_

Subscriber \_\_\_\_\_

**SUBMIT THIS FORM TO THE PRE-ADMISSION COORDINATOR  
OR YOUR DELIVERING PHYSICIAN'S OFFICE.**



The Birth Place Options and Preferences

Name \_\_\_\_\_ Support person \_\_\_\_\_

Care Provider \_\_\_\_\_ Due date \_\_\_\_\_

My Baby's Care Provider \_\_\_\_\_

*When completed, you may submit this form to your delivering physician's office or bring it to The Birth Place. It is best to submit this form at 32-34 weeks of pregnancy during your pre-admission appointment, but you can submit it earlier if your questions about these items have been addressed.*

Listed below are several options/choices to consider as you plan your labor and birth. These items are discussed in childbirth preparation classes. Consider each of these options carefully and discuss them with your partner and then with your care provider. When making a birth plan, remember that it is important to be flexible. Add to the list anything else that you would like to include to help your care providers better understand your wishes for this labor and birth experience. We strive to honor your preferences while maintaining the safety of mother and baby.

The following checked or circled items best describe my preferences:

LABOR

The following people will be present for the birth (circle all that apply):

significant other/partner      baby's siblings (please discuss this with your delivering physician)      doula      others

I would like to use the following comfort measures during labor (circle all that apply):

massage/touch      hot/cold packs      nourishment      shower/tub      music      position changes

other: \_\_\_\_\_

During labor I would like to use any or all of the following positions as needed (check all that apply):

- sitting       standing       lying on right or left side
- rocking       birth ball       sitting on the toilet
- walking       hands and knees       slow dancing

other \_\_\_\_\_

- I plan an unmedicated birth.
- I plan IV medication if needed.
- I plan a labor epidural if needed.
- I prefer intermittent fetal monitoring and use of the Doppler ultrasound.
- I prefer no internal monitoring unless medically necessary.

CONTINUES ON BACK ►



## The Birth Place Options and Preferences

### BIRTH

- During pushing, I would like to use a variety of positions such as squatting, side-lying, hands and knees, semi-sitting, legs and feet supported, sheet pull, dangle.
- I would like to avoid an episiotomy; please apply warm compresses and use perineal massage to allow for stretching.
- During pushing, I would like to use spontaneous bearing down and vocalizing.
- I will use directed pushing (prolonged breath holding) if needed.
- The baby's father/my support person would prefer to cut the cord, if possible.
- I would like to cut the cord.

### CORD BLOOD COLLECTION

- No plans to collect.
- Collection for personal use.  
Company \_\_\_\_\_.
- Collection for public donation.

### VAGINAL BIRTH

- Skin-to-skin contact.
- Mother to receive baby on her abdomen.
- Mother to breastfeed as soon after delivery as possible.
- Baby to remain with parents and newborn care to be done in parents' room - bathing, weighing, etc. when possible.
- Newborn medications delayed for up to one hour after birth.

### FEEDING

- I plan to breastfeed my baby.
- I plan to pump breastmilk and bottle feed it to my baby.

- I plan to formula feed my baby.
- I plan to feed my baby a combination of breastmilk and formula.

### PACIFIERS

- No pacifiers or bottles.
- Give only for painful procedures.
- Ask my permission before giving pacifier.
- Pacifiers are okay.

### CIRCUMCISION

- Declined, not to be done.
- To be done at hospital.
- Plan to do after discharge.

### CESAREAN BIRTH

*(up to two support people allowed in the operating room)*

- I prefer to have the father present during a cesarean birth.
- I prefer my doula/other companion be present during a cesarean birth.
- If possible, I prefer to be awake during the birth.

### IMMEDIATELY FOLLOWING A CESAREAN BIRTH

- Skin-to-skin contact on my chest if it is safe to do so.
- Mother to see baby in the delivery room.
- Father/companion to be with baby in operating room/nursery.
- Mother to hold and breastfeed infant during recovery, when possible.
- Baby to remain with parents and newborn care to be done in parents' room - bathing, weighing, etc. when possible.
- Newborn medications delayed for up to one hour after birth.



# 40 Reasons to Go the Full 40

Your baby needs a full 40 weeks of pregnancy to grow and develop. While being done with pregnancy might seem tempting, especially during those last few weeks, inducing labor is associated with increased risks, including prematurity, cesarean surgery, hemorrhage and infection. Labor should only be induced for medical reasons – not for convenience or scheduling concerns. Baby will let you know when she's ready to emerge.

## FINISH HEALTHY AND WELL

1. **End right by starting right.** Keeping all your prenatal appointments helps ensure a healthier ending.
2. **Savor the journey.** Soon you will meet your baby.
3. **Let nature take over.** There are fewer complications and risks for both you and baby through natural birth.
4. **Recover faster from a natural birth** than cesarean, which is major abdominal surgery that causes more pain, requires a longer hospital stay and a longer recover.
5. **Birth a brainier baby.** At 35 weeks, your baby's brain is only 2/3rd the size it will be at term.
6. **Set her thermostat.** Baby will better regulate her temperature when born at term.
7. **Boost breastfeeding.** Term babies more effectively suck and swallow than babies born earlier.
8. **Delight in those kicks and flips.** Marvel at the miracle of life inside.
9. **Enjoy your convenient excuse for every mood swing and crazy craving.**
10. **Nourish your body.** A healthy diet and breastfeeding will help you lose the baby weight.
11. **Let others carry the groceries,** mail and packages for a little while.
12. **Indulge in "we" time** before you're a threesome or more.
13. **Sport your bump.** As your belly increases, so do your chances of getting a great seat almost anywhere.

## MANAGE YOUR RISKS

14. **Eat healthfully.** Indulge occasional cravings without remorse.
15. **Give baby's development the**



16. **benefit of time.** You might not know exactly when you got pregnant.
17. **Let baby pick her birthday.** If she decides to emerge after 37 weeks, there's no need to try to stop your spontaneous labor.
18. **Skip an induction.** It could lead to cesarean, so wait for labor to start on its own.
19. **Reduce your baby's risk of jaundice,** low blood sugar and infection by waiting until he's ready to emerge.
20. **Build your baby's muscles.** They'll be strong and firm, and be ready to help him feed and flex at term.
21. **Maximize the little things.** Babies born just two or more weeks early can have twice the number of complications with breathing.
22. **Ignore people who say an induction is more convenient.** Nothing is convenient about a longer labor and increasing your risk of cesarean.
23. **Respond to requests to speed the baby's birth with the facts** that inductions often create more painful labors and can lead to cesarean surgery.
24. **Let others do the heavy lifting.** And the extra housekeeping.
25. **Splurge on pedicures.** Or ask a friend to do them for you, especially when

26. **you can't see or touch your feet.**
27. **Relish that right now you're the perfect mom.** Your healthy pregnancy habits are growing the baby the best possible way.
28. **Finish well.** More time in the womb can mean less time in the hospital.

## ENJOY THIS TIME

29. **Relax!** Babies are usually so much easier to care for in the womb.
30. **Shamelessly wear comfy, stretchy clothes.**
31. **Postpone changing the eventual 50,000+ diapers** a baby will use.
32. **Be out and about** without having the buckle, unbuckle, rebuckle the baby into a car seat or stroller while running errands.
33. **Carry your most stylish purses.** Especially the ones too small to hold diapers and wipes.
34. **Relish parenting.** Right now you know exactly where the baby is and what she's doing.
35. **Snooze when you can.** What sleep you're currently getting is actually quite a lot compared to the interruptions ahead.
36. **Massage remains a must.** Ask your partner to help ease the aches.
37. **Enjoy nights out** without paying for a babysitter.
38. Indulge in shopping without the added responsibilities of a baby.
39. **Redecorate your house** around your nursery's theme.
40. **Prop up your paperback.** Your burgeoning belly peaks at just the right reading height.
41. **Make the best possible birth experience.** Don't rush it.
42. **Write your own healthy reason.** If it gets your baby a full 40 weeks of pregnancy, it should be on this list.



## Child Passenger Safety Seat Fittings & Installations



*Kansas City Metropolitan Area and Surrounding Cities*

### KANSAS

#### ATCHISON

##### Atchison County Sheriff's Office

518 Parallel  
Atchison, KS 66002  
913-367-0216

*By appointment only*

##### Parents As Teachers

1504 S. 7th  
Atchison, KS 66002  
913-367-1442

*By appointment only*

##### Atchison Police Department

515 Kansas Avenue  
Atchison, KS 66002  
913-367-5525

*By appointment only*

#### BONNER SPRINGS

##### Bonner Springs EMS

205 E. 2nd St.  
Bonner Springs, KS 66012  
913-422-7744

*By appointment only*

#### EDWARDSVILLE

##### Edwardsville Police Department

650 S. 4th  
Edwardsville, KS 66113  
913-441-6983

*By appointment only*

#### KANSAS CITY

##### Unified Government

Public Health Department  
619 Ann Avenue  
Kansas City, KS 66101  
913-573-8887

##### Providence Medical Center

8929 Parallel Parkway  
Kansas City, KS 66112  
913-596-4355

*By appointment only*

##### University of Kansas Hospital

3901 Rainbow Blvd.  
Kansas City, KS 66160  
913-588-5429  
913-945-6933

#### LANSING

##### Lansing Police Department

Be Safe Kids Leavenworth County  
800 1st Terrace  
Lansing, KS 66043  
913-727-3000

#### LAWRENCE

##### Douglas County SAFE KIDS Coalition

225 Maine St.  
Lawrence, KS 66044  
785-840-3067

*Spanish Assistance Available*

##### Douglas County Child Development Association

935 Iowa, Suite 7  
Lawrence, KS 66044  
785-842-9679

*By appointment only*

#### LEAVENWORTH

##### Leavenworth Police Department

Leavenworth SAFE KIDS  
601 S. 3rd  
Leavenworth, KS 66048  
913-651-2260

*By appointment only*

##### St. John Hospital

3500 S. Fourth St.  
Leavenworth, KS 66048  
913-680-6161

#### MERRIAM

##### Merriam Police Department

9010 W. 62nd St.  
Merriam, KS 66202  
913-322-5581

*\$35 Charge for Non-Residents*

*By appointment only*

#### OLATHE

##### Kansas Highway Patrol - Troop A

1220 S. Enterprise  
Olathe, KS 66061  
913-782-8100

##### Olathe Police Department

24200 W. College Blvd.  
Olathe, KS 66061  
913-971-6426

*By appointment only*

#### OVERLAND PARK

##### Overland Park Police Department

12400 Foster  
Overland Park, KS 66213  
913-895-6419

*1st Wednesday of the month*

*By appointment only*

##### St. Luke's South

12300 Metcalf  
Overland Park, Kansas 66213  
816-932-6220

*By appointment only*

#### SHAWNEE

##### Shawnee Police Department

5850 Renner Road  
Shawnee, Kansas 66217

913-631-2155, Select '0' for Operator  
*Shawnee Residents Only*

*By appointment only*

## Child Passenger Safety Seat Fittings & Installations

### Kansas City Metropolitan Area and Surrounding Cities

## KANSAS

(CONTINUED)

### STILLWELL

#### Fire District No. 2 Johnson County Kansas

19495 Metcalf  
 Stilwell, KS 66085  
 Serving Johnson and  
 Miami counties  
 913-681-2764

*By appointment only*

### TOPEKA

#### Kansas Highway Patrol Troop B

220 Gage Blvd.  
 Topeka, KS 66606  
 785-296-3102

#### Kansas Traffic Safety Resource Center

2930 SW Wanamaker  
 Dr., Suite 100  
 Topeka, KS 66614  
 800-416-2522

*For other cities not listed, you can get online and logon to [www.nhtsa.gov](http://www.nhtsa.gov) and click on "Locate a Child Seat Fitting Station."*

## MISSOURI

### KANSAS CITY

#### Saint Luke's Hospital

CLICS-Children Latched in Car Seats  
 4401 Wornall Road  
 Kansas City, MO 64111  
*By appointment on 1st and 3rd Tuesday of every month, 4-6 p.m.*  
 Call 816-932-8272 for an appointment.

#### Children's Mercy Hospital

2401 Gillham Road  
 Kansas City, MO 64108  
*Fittings done by appointment only on Monday and Tuesday afternoons, 3-5 p.m.*  
 Call Phyllis Larimore, RN, at 816-234-3700

#### Safety & Health Council of Western Missouri and Kansas

700 E. 8th St., Suite 600  
 Kansas City, MO 64110  
*Fittings done by appointment and at various locations on 2nd Tuesday of the month.*  
 Call Kathy Zents or Bev Smith at 816-842-5223, ext. 239

#### Jack Miller Chrysler

30 N. Vivion Road  
 Kansas City, MO 64118  
*Fittings done by appointment only on Monday through Thursday, 11 a.m. - 12 p.m. and 4:30-5:30 p.m.*  
 Call Cathleen Henke or Larry Harris at 816-453-5200

### INDEPENDENCE

#### Independence Police Department

223 N. Memorial Dr.  
 Independence, MO 64050  
*Appointments ONLY. Monday-Friday after 3 p.m.*  
 Call Scott McGee at 816-325-7290

### AMR (American Medical Response)

3121 S. Dodion  
 Independence, MO 64055  
*Fittings done by appointment ONLY on the last Friday of the month.*  
 Call Kimberly Mullendore or John Crum at 816-836-1594

### LEE'S SUMMIT

#### Lee's Summit Police Department

10 NE Tudor Road  
 Lee's Summit, MO 64086  
*Fittings done by appointment ONLY, Monday-Friday after 9 a.m.*  
 Call 816-969-7792 or 816-969-7390

#### Missouri Highway Patrol

504 SE Blue Parkway  
 Lee's Summit, MO 64063  
*Fittings done by appointment ONLY on the 1st Wednesday of the month.*  
 Call Corporal Alexander at 816-622-0800

### LIBERTY

#### Liberty Fire Department

200 W. Mississippi  
 Liberty, MO 64068  
*Fittings done by appointment ONLY*  
 Call Larry Radley 816-792-6005

### RAYMORE

#### Raymore Police Department

210 S. Washington  
 Raymore, MO 64083  
*Fittings done Monday-Friday by appointment or walk-in (must call first)*  
 Call Dale Loney at 816-331-0530



# Car Seat Resources

## CAR SEAT SAFETY RESOURCES

- www.aap.org**  
American Academy of Pediatrics
- www.ksdot.org**  
Kansas Department of Transportation
- www.modot.org**  
Missouri Department of Transportation
- www.cdc.gov/ncipc**  
National Center for Injury Prevention and Control
- www.nhtsa.gov or www.seatcheck.org**  
National Highway Traffic Safety Administration (NHTSA)
- www.nts.gov**  
National Transportation Safety Board (NTSB)
- www.saferidenews.com**  
Safe Ride News
- www.carseat.org**  
Safety Belt Safe USA

## CAR SEAT MANUFACTURERS

- Baby Trend**  
800-328-7363  
www.babytrend.com
- Britax Child Safety**  
888-427-4829  
www.britaxusa.com
- Evenflo Company Inc.**  
800-233-5921  
www.evenflo.com
- EZ On Products/Safety Angel**  
800-323-6598  
www.ezonpro.com
- Graco/Century**  
800-345-4109  
www.gracobaby.com
- Jupiter Industries**  
800-465-5795  
www.jupiterindustries.com
- Peg Perego USA, Inc.**  
800-671-1701  
www.pegperego.com
- Triple Play/Lilly Gold**  
800-829-1625  
www.lillygold.com



## Car seat recall information

www.nhtsa.gov or  
1-888-DASH-DOT  
(1-888-3274-368)

- Read your vehicle owner's manual and car seat manual for instructions on proper installation and use of your car seat.
- See the accompanying fitting station list to schedule an appointment for a car seat safety check. This can be done before and after your baby arrives.



## Breastfeeding Resources



The Birth Place at Olathe Medical Center provides a number of resources for breastfeeding moms. From prenatal breastfeeding education classes to breastfeeding support groups, we are committed to assisting moms with this very special experience. Also available at The Birth Place are certified lactation consultants. Our consultants visit with breastfeeding moms before they leave the hospital.

There are a number of products available to assist with breastfeeding, including Medela TheraShells, which can help with flat or inverted nipples. AuBurn Pharmacy, located in The Doctors Building 1, also offers a wide variety of Medela products, including breast pumps for rental and purchase.



### Breastfeeding Education

For information about our prenatal breastfeeding classes and breastfeeding support group visit our website at [olathehealth.org/classes](http://olathehealth.org/classes) or call 913-791-4312, option 2.

### Auburn Pharmacy

Call 913-393-4440 for more information about breastfeeding supplies, breast pump rentals and sales.

### Medela TheraShells Breastshells\*

This product is for use with flat or inverted nipples as well as engorgement. It is important to consult with your physician or a lactation consultant to educate yourself on breastfeeding preparation prior to delivery. You should begin to wear the shells during the final weeks of pregnancy. If you are breastfeeding, only wear the shells in between feedings, during waking hours.

#### Instructions

1. Assemble the dome and back with small hole (cone) together to form a shell.
2. Place the shell inside your bra with the cone centered over the nipple. The cone will create slight pressure at the base of the nipple, drawing it out.
3. Wear the shells for 30 minutes before breastfeeding to help draw the nipple out. If discomfort occurs, discontinue use.



*\*Information provided by Medela. For more information, please visit [medela.com](http://medela.com).*





# Breastfeeding in the Hospital



*Getting the best start, right in the hospital in the first few days of your baby's life, is key to long-term breastfeeding.*

Talk to your obstetrician during your pregnancy so he/she is aware of your wishes. Talk to your labor nurse when you arrive at the hospital to assure that she knows your wishes and can help you when the time arrives. Talk to your pediatrician in a prenatal consultation so he/she can follow up with your ideal plan.

## FIRST, ASK THAT YOUR BABY BE PUT ON YOUR TUMMY RIGHT AFTER DELIVERY.

- Hold your baby skin to skin and watch him crawl up to the breast for his first feeding. This might happen from 10 to 40 minutes after birth.
- Keep your baby skin-to-skin until he has fed for the first time.
- Delay the eye treatment, first weight, newborn injections and other procedures that are common right after delivery until the first feeding is finished.
- If you give birth by cesarean section, your partner can hold your baby skin-to-skin until you are able to hold him and breastfeed.

## SECOND, KEEP YOUR BABY RIGHT WITH YOU AT ALL TIMES (ROOMING-IN)

- If you are moved from the delivery area to the maternity area after the birth is over, hold your baby skin-to-skin during the transfer. Cover you both with blankets.
- Your baby can't breastfeed in the hospital nursery. Keep your baby with you so you can respond easily and quickly every time she shows feeding cues.

- Feed your baby 8-14 times each 24-hour day. It seems like a lot, but allow your baby to tell you how hungry she is.
- Look for feeding cues:
  - Waking up, becoming agitated
  - Rooting (turning his head and opening his mouth)
  - Licking, smacking, mouthing movements
  - Sucking on fingers or fist
  - Crying is the last cue, don't wait for that!

Continue holding your baby skin-to-skin, before feedings, after feedings, whenever your baby is upset.

## AVOID UNNECESSARY SUPPLEMENTATION

- Feeding right after birth assures that your baby gets a nice big feeding right away. Then offer the breast often.
- If you are unsure if your baby is breastfeeding properly, ask for help! Your nurse can give you pointers, and if you need more assistance, ask to see the Lactation Consultant.

*Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you might have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.*

## *I wish someone had told me...*

Moms who have successfully breastfed their babies can give great advice. Here are some of their gems.

### ***Take a breastfeeding class before delivery***

Breastfeeding is a wonderfully natural thing to do, but learning how can help. Spend a little time learning about what happens after delivery.

### ***Start breastfeeding right in the delivery room***

Your baby will be interested in feeding within a few minutes of birth. Keep her skin-to-skin and enjoy an early feeding.

### ***It's all about the latch***

How your baby holds your nipple and areola in his mouth is the key to comfortable breastfeeding. Make sure he opens his mouth wide and he gets a big mouthful. If it hurts, get help ASAP!

### ***Feed throughout the night at first***

No matter how tired or sore you are, you do need to feed around the clock in the beginning. This brings in an excellent supply of milk and assures that your baby starts gaining weight quickly.

### ***Babies cry more on the second day of life***

This can be upsetting and you might not know what to do to soothe your baby. Crying doesn't always mean hunger. Hold your baby skin to skin and offer the breast frequently. This fussiness is common and is called "Second Night Syndrome," although it can happen during the daytime also.

### ***You don't need a breast pump right away***

Your newborn is the best pump, and frequent feedings get breastfeeding off to a good start.

If a breast pump does become necessary for a medical reason, a Lactation Consultant (IBCLC) can give you advice about the best kind for your situation.

### ***Use it or lose it***

The best way to make more milk is to feed the baby. An empty breast makes more milk. Don't skip breastfeeding sessions in the early days.

### ***Don't wait too long to try a bottle***

Breastfeeding exclusively for the first 4-6 weeks gets breastfeeding off to a good start. But if you are planning on going back to work or will need to give a bottle for some reason, start between 4-6 weeks and offer it weekly to keep the baby in practice.

The best milk to use in the bottle is your pumped breastmilk. A breast pump can make that an easy thing to do.

If you are going to be home with your baby, you can skip this step.

### ***You might make too little or too much milk for your baby***

Feed often in the early days to get a good start. If your baby is not gaining weight well or you are overflowing with milk, get advice from a lactation consultant.

### ***Attend a breastfeeding moms group***

Just seeing other moms breastfeed and chatting with them can be a world of reassurance.

The leader will likely be a lactation who can answer and help you troubleshoot problems.

### ***Nurse lying down***

Recline with your baby on top of your or lie on your side while your baby feeds. Use pillows to get yourself and your baby comfortable. Moms need a little rest too.

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## Rehab Services for Moms, Babies and Kids

### NICU REHAB

Rehabilitation services can minimize future developmental disabilities. Rehabilitation services within the Neonatal Intensive Care Unit (NICU) includes speech language pathologists (SLPs), occupational therapists (OTs) and physical therapists (PTs). These therapists work as part of a larger care team including nursing, respiratory therapy, neonatologists, pediatricians, lactation support and social work to provide evidence-based, developmentally supportive and family-centered care of the neonate. Developmental care includes supporting the natural progression of sensory, motor, cognitive and communicative skills through hands-on therapy as well as parent/caregiver education. This early intervention ultimately leads to a decreased length of stay within the special care nursery and minimizes the occurrence and severity of future developmental disabilities.

### SPEECH LANGUAGE PATHOLOGIST:

- Assess infants' communication, cognition, feeding and swallowing skills
- Support the development of coordinated suck, swallow and breathing needed for feeding
- Assist in the development of a rhythmic sucking pattern for soothing and feeding
- Increase strength and coordination of lips, tongue and jaw for feeding
- Decrease likelihood of future childhood feeding aversions
- Increase safety during oral feeding
- Provide parent and family education to identify and respond appropriately to their baby's feeding readiness cues and stress signals

### PHYSICAL THERAPIST:

- Recognizing your babies' quality of movement, muscle tone and joint movement.
- Strengthening of head and neck
- Muscle activity and gentle input for muscle, bone and brain development

- Recognizing difficulties in movement against gravity
- Creating a balance in movement for gross motor development

### OCCUPATIONAL THERAPIST:

- Positioning of your baby to make sure he/she is comfortable
- Teaching of positive touch techniques to decrease risk of sensory deficits
- Recognizing signs of stress and ways to interact with your baby
- Recognizing changes in baby's muscle tone and reflexes
- Education of parents and family members on corrected age, infant development and positive touch.

After discharge, premature infants may continue to require intervention to assist in their development. This continuation of care can be provided through Olathe Medical Center's Rehabilitation Services department. To set up an appointment for PT, OT and/or SLP please contact our Centralized Scheduling department at 913-791-4395.



Outpatient pediatric services available at the following locations:

#### Olathe Medical Center (PT, OT, SLP)

*Therapeutic pool is available onsite*

The Doctors Building 1  
20333 W 151st St., Suite 208  
Olathe, KS 66061  
Phone: 913-791-4325 option 2  
Fax: 913-791-4204  
Hours: 7 a.m. - 5:30 p.m.,  
Monday-Friday

#### Southpark Medical Plaza (PT, OT, SLP)

20920 W. 151st St., Suite 201,  
Olathe, KS 66062  
Phone: 913-324-8638  
Fax: 913-768-1584  
Hours: 7 a.m. - 5:30 p.m.,  
Monday-Friday

## Rehab Services for Moms, Babies and Kids

### PELVIC REHAB SPECIALTY PROGRAM

According to the International Continence Society, 80 percent of people with urinary incontinence can be greatly improved or cured with conservative treatment including physical therapy. Our physical therapists will provide instruction on specific techniques and exercises to retrain the pelvic muscles and educate on healthy bowel and bladder habits.

#### Pelvic pain

More than 50 percent of women with pelvic pain report limiting their daily activities one or more days of the month and 90 percent of them report pain with intercourse. Pelvic pain is often associated with scar tissue, muscle or joint restrictions in the pelvic region.

#### Pregnancy and postpartum

Research shows that 75 percent of all pregnant women experience back pain. They may also experience injury during childbirth.

### PEDIATRIC THERAPY

OMC now offers a multidisciplinary approach to pediatric therapy for children of all ages. Our physical and occupational therapists and speech language pathologists have experience in orthopedics and neurological conditions with a pediatric population. We work with the child and family to create an environment of care that is fun and therapeutic and meets their goals personally and developmentally.

#### Occupational therapy

Occupational therapy promotes skills for daily living activities. Occupational therapists use activities of play to increase function, development and help children achieve independence. An occupational therapist can evaluate a child's ability to perform play activities and activities of daily living and compare them to what is developmentally appropriate for an age group.

- Difficulty with fine motor and dexterity skills
- Hand-eye coordination
- More than a six-month delay in milestones
- Sensory skills limiting the child's ability to complete daily activities
- Orthopedic and neurological conditions that require special equipment or adaptations
- Wheelchair positioning
- Feeding difficulties and delays

#### Physical therapy

Physical therapy uses exercise, play and movement activities, and facilitation to treat and improve motor and physical function. Treatment is provided in an environment that is fun, personalized and works toward the patients' and families' needs and goals.

- Physical disabilities or impairments
- Wheelchair positioning conditions
- Limitations with walking, balance or gross motor skills
- Changes in physical function from injury or illness
- More than a six-month delay in milestones
- Difficulty with basic movement
- Orthopedic and neurological

#### Speech language therapy

Speech language pathologists work with infants through adolescents on communication delays or limitations. They also work on feeding impairments such as sucking, chewing and swallowing. Treatment is also available to address voice and fluency concerns.

- Dysfluency and voice therapy
- Oral-motor disorders
- Developmental delays in speech/language
- Augmentative and alternative communication devices
- Play therapy and social skills
- Feeding and swallowing disorders



### For pelvic issues, physical therapists treat:

- Incontinence of bowel/bladder
- Overactive bladder
- Painful bladder syndrome (interstitial cystitis)
- Bowel dysfunction (constipation, outlet obstruction)
- Pelvic pain (including vaginal/rectal conditions)
- Dyspareunia (painful intercourse)
- Vulvodynia (including vaginismus)
- Coccydynia (tailbone pain)
- Pregnancy/postpartum musculoskeletal pain
- Pelvic organ prolapse
- Back pain/sacroiliac joint dysfunction

# Vein Care Center

*Venous reflux disease affects approximately 25 million people in the United States. Symptoms that patients experience may include varicose veins, pain, swollen legs, feelings of leg heaviness and fatigue, restless legs, skin changes and ulcerations. This disease is progressive and symptoms usually worsen over time if left untreated. **Pregnancy is one of the top contributing factors to the onset of this disease.***

The staff at the Vein Care Center offers the most progressive and minimally invasive vein treatments available, including radiofrequency ablation, mechanochemical ablation, and phlebectomy. All are done on an outpatient basis in the Vein Care Center under local anesthesia with virtually no downtime following the procedures.

Radiofrequency ablations are completed with a specially designed catheter inserted into the diseased vein. This catheter then uses radiofrequency energy to ablate the inner lining of the vein, causing the vein wall to collapse and seal off the vessel. Once the diseased vein is closed, the blood can be re-routed to other healthier veins. Symptoms may begin to improve immediately. Varicose veins that are present will most often diminish and not require further treatment following the ablation procedure.

Mechanochemical ablations are the newest form of the catheter-based treatments. The Vein Care Center is the first clinic to offer this procedure in the Kansas City area. This cutting edge technology utilizes medication and a unique spinning catheter instead of heat energy. This seals off the vessel virtually painlessly and is completed in even less time than the radiofrequency version.

Phlebectomy is utilized for persistent and painful varicose veins. During this procedure, several tiny incisions are made over the area of the varicosity and the vein is extracted in segments. Manual compression minimizes bleeding and bruising, and patients are able to ambulate from the procedure room immediately following the procedure.

For legs that are asymptomatic and may only have spider veins, the Vein Care Center also offers cosmetic sclerotherapy treatment. This procedure involves injections of a sclerosing agent directly into the spider veins for a permanent solution to those unsightly areas.



*Whatever your symptoms or visible signs, varicose veins can be treated in a quick and minimally invasive way.*

**Our physician, Dr. Kevin P. Gould, has been a part of Olathe Medical Center for over 30 years and is available to evaluate and treat our patients.** Referrals are not required, but are welcomed. If you feel that you may benefit from evaluation or treatment, we would be happy to schedule an appointment at your convenience. You may also learn more by watching a video at [olathehealth.org/veincare](http://olathehealth.org/veincare).

## CONTACT US:

Vein Care Center  
21080 W. 151st St.  
Olathe, KS 66061

To make an appointment  
call 913-768-3104  
(no referral necessary).



# Babies Are Born to Learn

Enroll now in Parents as Teachers



**Parents as Teachers (PAT) is based on two important concepts:**

- Parents are their child's first and most influential teachers.
- Experiences in the first years of a child's life are key to future success in school and in life.

**PAT Services:**

- A voluntary and free program designed for all families with children from prenatal to 36 months of age.

**PAT offers:**

- Personal Visits: Certified educators, trained in child development, help you understand each stage of your child's development and offer practical tips on ways to encourage learning.
- Group Connections: These programs allow parents to get together, share common concerns, and gain new insights.
- Screenings: Periodic screening checks overall development, language, hearing and vision. Early detection of potential problems prevents later difficulties in school.
- Referral Network: PAT helps families link with extra services, if needed and wanted that are beyond the scope of the program.

**PAT Success:**

- Experience has shown that Parents as Teachers helps to produce well-rounded, academically able children. Independent evaluations showed that these children were:
- More advanced in language development than other 3 year olds.
- More advanced in problem solving and other intellectual skills.
- Further along in social development than their peers.

Child's Name _____		Today's Date _____	
Child's Birth Date _____	Birth Weight _____	Due Date _____	
Names and birth dates of other children in the family _____			
Parent's Name _____		Home Phone _____	
Address _____		City, State, Zip _____	
County _____		School District _____	
E-mail address _____			
I am available for daytime visits _____		or evening visits _____	
My interest is in: <input type="checkbox"/> home visits <input type="checkbox"/> group connections/resources			
Blue Valley School District Hilltop Learning Center 7700 W. 143 <sup>rd</sup> St. Overland Park, KS 66223 Phone: (913) 624-2815 bvpat@bluevalleyk12.org <a href="http://www.bluevalleyk12.org/parentsasteachers">www.bluevalleyk12.org/parentsasteachers</a>	De Soto School District 8201 Mize Blvd. Lenexa, KS 66227 Phone: (913) 667-1820 <a href="mailto:jfink@usd232.org">jfink@usd232.org</a> <a href="https://www.usd232.org/pat">https://www.usd232.org/pat</a>	Gardner-Edgerton School Dist. 19500 S. Gardner Road Gardner, KS 66030 Phone: (913) 856-3035 Fax: (913) 856-3054 <a href="mailto:VawterC@usd231.com">VawterC@usd231.com</a> <a href="http://www.usd231.com">http://www.usd231.com</a>	
Olathe School District 300 E. Loula Olathe, KS 66061 Phone: (913) 780-8106 Fax: (913) 780-8104 <a href="mailto:Tamegles@olatheschools.org">Tamegles@olatheschools.org</a> <a href="http://departments.olatheschools.com/pat/">http://departments.olatheschools.com/pat/</a>	Shawnee Mission School District 6701 W. 83 <sup>rd</sup> Street Shawnee Mission, KS 66212 Phone: (913) 993-2610 Fax: (913) 993-9389 <a href="mailto:smpat@smsd.org">smpat@smsd.org</a> <a href="http://pat.smsd.org/academics/early-childhood/parentsasteachers">http://pat.smsd.org/academics/early-childhood/parentsasteachers</a>	Spring Hill School District PO Box 189 Girard, KS 66743 Phone: (800) 554-3412 Fax: (620) 724-4671 <a href="mailto:sandy.elsworth@greenbush.org">sandy.elsworth@greenbush.org</a>	

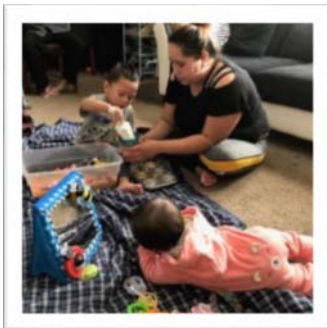
\*If your school district is not listed, search for it at: <http://parentsasteachers.org/program-locator-1>





## FREE Parents as Teachers Curriculum to Income Eligible Families living within Johnson County!

**Note: Due to COVID-19, families will be meeting virtually until further notice.**



Through parent educator resources, parent handouts, and activity pages, the Parents as Teachers curriculum promotes and strengthens the following content areas:

- Child Development
- Parenting Behaviors
- Parent-Child Interaction
- Development-Centered Parenting
- Family Well-Being

**Growing Futures Home-based Program further enhances child and family wellness by:**

- Supporting Family and Child Goal Setting
- Assisting with Resource Referrals, including Housing, Medical, Dental, and other Health practices
- Offering Monthly Social Events, including Playgroups, Parent Cafés, and Parent Committees

### To Apply:

Apply online at [www.growingfutureseec.org](http://www.growingfutureseec.org)  
Click on "Apply For Enrollment Tab"

**Growing Futures does not provide transportation.**

Find transportation options through Johnson County Transit / Ride KC at [www.ridekc.org](http://www.ridekc.org) or call 816.221.0660 *\*\*Fees may apply*

***This institution is an equal opportunity provider and employer.***

This agency is partially funded by the Kansas Department of Health and Human Services and the Kansas Department for Children and Families.

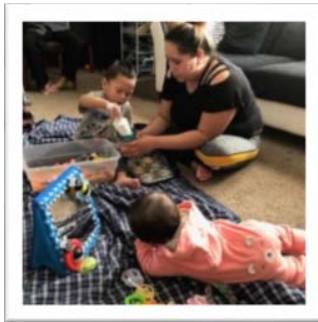


A Head Start for Children and Families.



## Currículo GRATUITO de Padres como Maestros para ¡Familias elegibles que viven dentro del condado de Johnson!

**Nota: Debido a COVID-19, las familias se reunirán virtualmente hasta nuevo aviso.**



A través de recursos para educadores, folletos para padres y páginas de actividades, el currículo de Padres como Maestros promueve y fortalece las siguientes áreas de contenido:

- Desarrollo Infantil
- Comportamientos Parentales
- Interacción de Padre a Hijo
- Crianza centrada en el desarrollo
- Bienestar Familiar

**Programa basado en Home-Based de Growing Futures mejora aún más el bienestar infantil y familiar al:**

- Apoyar el establecimiento de metas para la familia y el niño
- Asistir con referencias de recursos, incluyendo vivienda, servicios médicos, dentales y otras prácticas de salud.
- Ofreciendo eventos sociales mensuales, incluyendo grupos de juego, cafés para padres y comités de padres

**Para Aplicar:**

Aplice en línea [www.growingfutureseec.org](http://www.growingfutureseec.org)  
Haga clic en "Aplicar para inscripción"

**Growing Futures no proporciona transporte.**

Busque las opciones de transporte en [www.ridekc.org](http://www.ridekc.org) o llame al 816.221.0660 88 *\*\*Se pueden aplicar tarifas*

***Esta institución es un proveedor y empleador que ofrece igualdad de oportunidades.***

Esta agencia es parcialmente financiada por el Departamento de Salud y Servicios Humanos de Kansas, Departamento de Niños y Familias de Kansas.



Una Head Start para Niños y Familias.







Well. Connected.

[olathehealth.org](http://olathehealth.org)