

Pre-Delivery Conference Newborn Channel Video Recommendations

Upland Hills Health is pleased to partner with the Newborn Channel. We highly recommend viewing the programs throughout your pregnancy and after your baby is born. Please watch these recommended videos prior to your Pre-delivery Conference so you will be prepared to ask questions. It is also highly recommended that you attend a childbirth class and a breastfeeding class if you plan to breastfeed. We offer free classes at Upland Hills Health, taught by our experienced obstetric nurses, who are invested in your delivery experience. If you are interested in a class, please call their obstetric unit at 608-930-7139 to schedule your free class.

Recommended videos to watch prior to your pre-delivery conference:

Labor and Delivery Stages of Labor
What Happens During Labor, Stage 1
Fetal Monitoring During Labor
Stages of Labor
Pain Management Through Labor and Delivery
What is an Epidural?
Newborn Care: The Benefits of Skin-to-Skin Contact
New Mom: What to Expect During Your Hospital Stay
Understanding and Preventing Postpartum Hemorrhage
Baby's Almost Here: Managing Risks as You Approach Delivery
When Will I Need a C-Section?
What Will I Experience During a C-Section?
C-Section and Kangaroo Care
Newborn Care: Car Seat Safety
Newborn Care: Installing Your Car Seat

There are many more videos and valuable information on the Newborn Channel. You are encouraged to watch the programs. The more you know about the labor and delivery process, the more prepared you will feel about welcoming your newborn baby into your family.

**Upland Hills
Health link to
Newborn Channel**

