

Together for every step

From your first appointment to your baby's first breath, you're in trusted hands at Ascension Providence.



**Ascension
Providence**

Your birth, our care — TOGETHER

The birth of your child is one of life’s most meaningful moments. Whether this is your first baby or your next, our Ascension Providence care teams are honored to support you — from pregnancy and delivery to lifelong care for your family.

This guide helps you prepare for what’s ahead, from prenatal visits to delivery and beyond, and connects you with the many resources available to you across Ascension Providence and Dell Children’s.

Thank you for choosing Ascension Providence. We look forward to caring for you and your growing family.

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Where
compassionate
care meets
comfort



Your care experience

Ascension Providence Women's and Newborn Center is designed around you and your baby, with private suites, advanced technology and care that feels like family.

- Private labor, delivery and recovery suites
- Specialized OB care, including direct access to maternal-fetal medicine (MFM) providers
- NICU care with Dell Children's neonatologists on-site or on call
- Childbirth, breastfeeding, and newborn care classes
- Doula-friendly birth support
- Couplet care — keeping you and baby together as much as possible
- Maternal and neonatal transport, with direct access to Dell Children's Level IV NICU if needed

From the routine to the unexpected, our team is prepared for every type of birth, providing personalized, compassionate care for you and your baby.

Advanced and specialty care

Not every pregnancy is high-risk — but if yours is, we're with you at every step. Ascension Providence and Dell Children's work together to seamlessly connect you with comprehensive care for high-risk pregnancies.

- Comprehensive Fetal Care Center (CFCC) with UT Health Austin — only program of its kind in Central Texas
- Specialized Delivery Unit (SDU) for high-risk deliveries
- Level IV NICU — the highest in Central Texas — offering 24/7 access to pediatric specialists

Classes and support

Knowledge builds confidence.

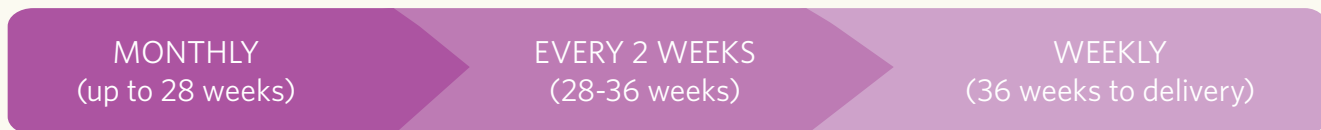
- Prenatal classes – Learn what to expect, comfort measures and how partners can help.
- Newborn and feeding classes – Practical guidance for feeding, sleep and infant safety.
- Support groups – Connect with other parents and experts in a welcoming space.
- Postpartum recovery – Learn self-care, healing and emotional well-being.
- Hospital tours – Join us for a tour of our maternity centers to get comfortable with your surroundings.



Scan the QR code
to register for classes

Supporting you and your baby through every stage

VISIT CADENCE



*High-risk pregnancies may follow a custom schedule.

ULTRASOUNDS

- Early in the pregnancy
- At 20 weeks
- At 36 weeks

TESTING

- Early labs
- NIPT (optional)
- Glucose/anemia
- GBS screen

VACCINES

- Tdap (27-36 weeks)
- Flu shot (if in season)



Together checklist: First trimester (weeks 1-13)

Getting started with confidence.

- ☐ Begin taking a prenatal vitamin with folic acid.
- ☐ Learn which foods and medications to avoid.
- ☐ Stay hydrated and eat small, balanced meals to ease nausea.
- ☐ Create a list of questions for your care team.
- ☐ Explore Ascension Providence childbirth and newborn classes.

Together checklist: Second trimester (weeks 14-27)

Settling into your routine.

- ☐ Schedule your anatomy ultrasound (around 20 weeks).
- ☐ Continue regular prenatal visits every 4-6 weeks.
- ☐ Register for a hospital tour and prenatal education classes.
- ☐ Review your nutrition and add iron-rich foods if needed.
- ☐ Ask about optional genetic or glucose screening tests.
- ☐ Begin thinking about your birth preferences and who you want to be present.
- ☐ Take time for light exercise, rest, and connection with your partner.

Together tip: Feeling your baby move for the first time is exciting — keep track of patterns and share any changes with your care team.

Together checklist: Third trimester (weeks 28-40)

Preparing for your baby's arrival.

- ☐ Schedule prenatal visits every 2 weeks, then weekly after 36 weeks.
- ☐ Receive your Tdap vaccine between 27-36 weeks.
- ☐ Pack your hospital bag and install your baby's car seat.
- ☐ Choose a pediatrician connected to Dell Children's.
- ☐ Finalize your birth plan with your care team.
- ☐ Learn about breastfeeding support and postpartum recovery resources.
- ☐ Rest, hydrate, and prepare your home for your baby's arrival.

Together tip: You're almost there. Keep communication open with your care team, and remember — you're never alone on this journey.

Pregnancy well-being

Things are about to change as your body and lifestyle adjust to the baby growing within you. Familiarize yourself with the list of possible issues below.

Nausea

You can ease your nausea by wearing acupressure wristbands, avoiding milk, eating smaller meals several times a day (instead of large meals) and drinking Gatorade, 7-Up or Sprite. Call your doctor if you are unable to keep any liquids down for 24 hours.

Headaches

Headaches can be common during early pregnancy. You **can** take Extra Strength Tylenol®. During your second or third trimester, if you experience a severe headache accompanied by sudden swelling, contact your doctor.

Back pain

You can get some relief with exercise, good posture, and a heating pad.

Heartburn

Avoid large meals by eating 5-6 small meals each day. Fried, greasy and fatty foods, fizzy drinks, citrus juice, and fruit can cause heartburn and indigestion. Try to eat several hours before going to bed.

Swelling

You can help control swelling in your feet and ankles by propping your feet up, avoiding salty foods and drinking more water. If there is sudden swelling of your face and hands, or if headaches or blurred vision occur with the swelling, contact your doctor immediately.



Call your doctor immediately if you experience any of these symptoms: heavy bleeding, fluid leak, severe pain, high fever or decreased fetal movement.

TOP 5 NUTRITION TIPS

- 1 Balanced meals (+300 cal/day)
- 2 Prenatal vitamin with folic acid and iron
- 3 Limit caffeine (<200 mg/day)
- 4 Eat 2 servings of low-mercury fish per week
- 5 Avoid unpasteurized cheeses and raw meat

Listening to your body



Knowing when it's time

Preparing for delivery

Any one of the conditions listed below is a sign that you need to go to labor and delivery.

- Contractions - every 5 minutes lasting 45-60 seconds and continuing for ≥ 1 hour.
- Water breaking (leak or gush)
- Heavy bleeding
- Decreased fetal movement



After delivery and breastfeeding

Care continues after birth with

- **Breastfeeding support** – Lactation consultants provide guidance during your stay and beyond. Breastfeeding nourishes your baby's immune system, promotes bonding, and supports maternal recovery.
- **Postpartum recovery** – Attend follow-ups, rest, and reach out if you are experiencing sadness, anxiety or pain. Postpartum depression is common and treatable.
- **Pelvic floor health** – Leaking, pain, or pressure are treatable. Ask about pelvic physical therapy or urogynecology specialists to help.

Together checklist: After delivery

Healing, bonding and finding your new rhythm.

- ☐ Schedule your postpartum checkup (usually 4–6 weeks after delivery).
- ☐ Rest as much as possible and accept help when it's offered.
- ☐ Contact your care team if you experience heavy bleeding, fever, or severe pain.
- ☐ Reach out to lactation support for breastfeeding help or pumping guidance.
- ☐ Eat nutritious meals, stay hydrated, and move gently as you recover.
- ☐ Monitor your emotional well-being — seek help if you feel persistently sad, anxious, or overwhelmed.
- ☐ Schedule your baby's first pediatric appointment with a Dell Children's provider.
- ☐ Take time each day to rest, reflect, and enjoy these early moments together.

Together tip: Caring for yourself is part of caring for your baby. You're building strength — body, mind and spirit — for the beautiful days ahead.

A photograph of a woman with long dark hair, smiling warmly while holding a baby. The baby is wearing a light blue long-sleeved shirt and has its mouth open in a happy expression. A hand is visible, using a stethoscope to check the baby's chest. The background is softly blurred, showing a window and a plant.

Your child's care begins here

Connected pediatric care

When you deliver with Ascension Providence, you're already connected to Dell Children's — the region's only nationally ranked pediatric hospital. From newborn checkups to specialty care, your child's care team grows with them.

- Two hospitals + pediatric clinics across Greater Austin
- Primary care, immunizations and urgent visits
- 24/7 ERs at Dell Children's and Ascension Providence
- Pediatric specialists in cardiology, orthopedics, neurology and more



Scan the QR code to find out more about Dell Children's and its nationally ranked specialty care.

Notes



To learn more or to schedule an appointment, scan the QR code or visit ascension.org/Providence