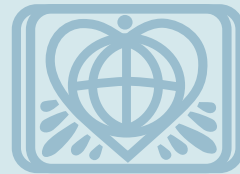


Welcome to OneWorld Baby Care



OneWorld
Community Health Centers, Inc.

"OneWorld Community Health Centers, Inc., in partnership with the community, provides culturally respectful, quality health care with special attention to the underserved."



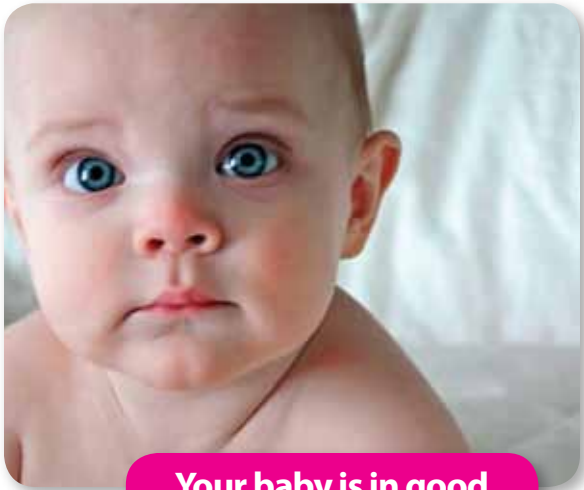
OneWorld
Community Health Centers, Inc.

4920 South 30th Street
Omaha, NE 68107
(402) 734-4110
(402) 734-3990 fax
www.oneworldomaha.org

follow us on



U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration



Your baby is in good hands at OneWorld!

OneWorld Community Health Centers' medical team knows that your baby is a precious gift.

Our pediatric specialists have many years of combined experience. You have access to counselors for parenting advice or problems with depression or stress after the introduction of a baby into your life. Same day, evening and weekend hours also make seeing a doctor easy. Let the OneWorld experts help care for your baby.

Until your baby receives their first set of shots, any illness can be serious. Call us (day or night) if your baby has any of these symptoms:

- Fever greater than 100.4°
- Cough
- Diarrhea
- Vomiting
- Excessive sleepiness
- Crying that won't stop

Our doctors are available 24 hours a day by phone. Simply call (402) 734.4110 day or night.

During clinic hours, ask to speak to your doctor's nurse. Follow the prompts if calling between 5PM and 8AM (even in the middle of the night). The answering service will have a doctor call you back.

Tips for New Parents

Feeding Your Baby - Breast-feeding is best. Midwives are available to assist you with breastfeeding in the hospital and during your first few weeks. Try to breast-feed your baby until at least 6 months old. Call us for help.

Sleep Safety - Always place your baby on his/her back to sleep.

Temperature Taking - If you think your baby is sick, check a rectal temperature and call the clinic if a fever of 100.4° or greater is present.

NEVER Shake Your Baby - Rocking, feeding, singing, swaddling, or a diaper change may help calm an upset baby.

Baby Care - Umbilical cord care: keep cord clean and dry. Call if skin becomes red or drains pus.

Diaper Changes - Expect 6-8 wet diapers per day and at least 2-3 stools per day for the first few weeks.

Car Seat Safety - For the first year use a rear-facing car seat every time in the car – it's the law. Fasten and tighten chest straps. Call us for help.

Taking Care of Mom & Dad - Let others help. Sleep when your baby sleeps. Depression is common after the birth of a baby. Call us, we can help.



Clinic Hours

2nd floor MainClinic	
Monday-Thursday	8AM-5PM
Friday	9AM-5PM
1st Floor acute clinic (after 2 months old),	
<i>No appointment needed; sick visits only</i>	
Monday-Thursday	1PM-8PM
Friday	1PM-4:30PM
Saturday	8AM-1PM