

# 2022 Beautiful Babies



**Cover Photo is  
Konnor DeWispelare**

Photo courtesy of  
Little Moments by Katie Smith

YOUR BUTLER COUNTY NEWS SOURCE  
**The Banner-Press**



**Butler County  
Health Care  
Center**



# Congratulations to the 2022 Babies and Parents!

Butler County Health Care Center strives to provide the same level of care as a large obstetric facility but with the small facility friendliness and attention to detail. This is accomplished through years of experience, staff training and up-to-date technology. Butler County Health Care Center offers 4-D ultrasound, childbirth education and preparation classes, knowledgeable staff, anesthesia services, family orientated labor and delivery suite and special baby keepsakes. At Butler County Health Care Center expect to receive superior prenatal care, labor care and post care.

*Thank You for choosing Butler County Health Care Center!*



*Dzaiah Joseph-  
Lue Andel*

December 28, 2022

Todd Andel and  
Emily Brandl  
Schuyler



*Mila Jeanne  
Augustine*

November 11, 2022

CJ & Cortny Augustine  
Shelby



*Axel Eamon  
Bauman*

May 24, 2022

Austin & Amy Bauman  
Schuyler



*Athena  
Louise Betts*

December 1, 2022

James & Shauna Betts  
Clarkson



*Butler County Health Care Center  
delivered 54 babies in 2022.  
19 babies born were female and  
35 babies were male.*



*Leo J. Buell*

February 1, 2022

Jimmy Buell and  
Jennifer Meister  
Bellwood



*Corbin Michael  
Cihal*

November 3, 2022

Jeremy & Ashley Cihal  
Dwight



*Milo Bruce  
Crook*

August 3, 2022

Daryl & Dena Crook  
Rising City



*Konnor Rae  
DeWispelare*

June 14, 2022

Todd & Kandi DeWispelare  
Rising City



# Prenatal Care

So you are pregnant! Now what? This article provides patients with information regarding routine procedures throughout pregnancy. It is important for expectant mothers to know what will occur during their prenatal visits with their health care provider.

First, as soon as a woman discovers that she is pregnant, she should begin a daily prenatal vitamin. These vitamins are high in folic acid, which has been shown to prevent neural tube defects. Any over-the-counter prenatal vitamin will benefit both the baby and the mother. It is generally recommended that all women of childbearing age should be on a routine prenatal vitamin regardless of pregnancy status. Prenatal vitamins are encouraged because the spinal cord develops during the first ten weeks of life, and often women do not know they are pregnant until the 5th or 6th week.

In general, it is recommended that women initially be seen at around 8 to 10 weeks along. At

this initial visit, your doctor will take a thorough history of past pregnancies and medical history. Generally, doctors perform a physical exam and screen the expectant mother for various possible infections. Bloodwork and urine will also be collected to provide medical information during prenatal care.

Early in pregnancy, physicians prefer to see women monthly. Each visit, the patient's weight will be taken and monitored throughout pregnancy. A urine sample will be collected each visit to look for possible infection which becomes more common during pregnancy. Blood pressure is checked at each visit to monitor potential complications related to pregnancy. After ten weeks gestation, a heartbeat can be heard, and a fetal Doppler will be used to check and monitor the baby's heart rate at each visit. At 20 weeks, the height of the uterus will be measured to monitor the baby's growth. Beyond 20 weeks, the distance in centimeters from the pubic synthesis to the top of the uterus roughly correlates with gestational age.

Throughout pregnancy, additional testing is done. For instance, at around 20 weeks, health care

providers usually perform a second ultrasound to look at babies' anatomy. At 24 to 26 weeks, the patient is screened for gestational diabetes by drinking a sugary orange drink and checking blood sugar levels after an hour. At around 28 to 30 weeks, doctors will often give the expectant mother a tetanus booster containing pertussis vaccine. Pertussis, or whooping cough, can be a severe infection for infants less than age 1. For this reason, it is recommended that all pregnant women get boosted before delivery.

As the patient approaches 30 to 32 weeks, visits become more frequent. Patients will be seen every other until the last month of pregnancy. Checkups will become weekly after 36 weeks. At 36 weeks gestation, expectant mothers will be screened for Group B Strep, a particular bacterium that can cause serious infection in newborns post-delivery.

The above information is a general schedule for a healthy and uncomplicated pregnancy! Other tests may be recommended at different points through pregnancy depending on underlying medical conditions or any complications.



*Jameson  
Jerome Didier*

March 28, 2022

James & Jenna Didier  
David City



*Duncan Leonard  
Dresch*

November 21, 2022

Matthew & Kylee Dresch  
Bellwood



*Andrew Joseph  
Fozzard*

December 11, 2022

Tyler & Alison Fozzard  
Rising City



*Evelyn Ann  
Grant*

April 20, 2022

Carissa Schoenrock  
and Leveye Grant  
Rising City



# Skin to Skin

Skin to Skin contact is becoming a widely recommended practice in health care because of the many health benefits it provides for both newborn and mother. Skin to skin is when an unclothed newborn is placed on the mother's bare chest for at least the first hour after deliver. It is encouraged for breast feeding and non-breast feeding mothers, vaginal and cesarean newborns, including preterm infants in the NICU. Fathers are also promoted to participate in skin to skin contact with the newborn.

Butler County Health Care Center began offering skin to skin in the labor and delivery rooms in October 2013 and in the operating room in February 2014. Today, approximately 90% of mothers and newborns at Butler County Health Care Center experience skin to skin after delivery. It promotes warmth, bonding, breastfeeding, and a general sense of wellbeing for both mom and baby.

Studies show that newborns that are placed skin to skin with their mother's immediately after birth make the transition from fetal to newborn life with greater respiratory, temperature and glucose stability and significantly less crying, indicating decreased stresses. Mothers who hold their newborns skin to skin after birth have increased maternal behaviors, show more confidence in caring for their babies and breastfeed for longer durations. For premature babies, skin to skin contact can actually reduce the need for extra oxygen intake. While skin to skin is most beneficial immediately after delivery, studies have shown that skin to skin can be beneficial when continued for months after.



*Royce Arnold  
Hofpar*

July 29, 2022

Eric & Sara Hofpar  
Brainard



*Judd Rodney  
Jensen*

April 22, 2022

Kyle & Sara Jensen  
Shelby



*Ella Rose  
Jisa*

November 7, 2022

Jordan & Megan Jisa  
Bruno



*Jayden Matthew  
Paul Johnson*

April 4, 2022

Matthew & Lauren Johnson  
David City



# Newborn and Infant Milestones

## Months 0-3

- Beginnings of bringing hands to midline; hands to mouth
- Visually tracking symmetrically & equally to both sides
  - Beginning to reach for toys (in a swatting manner, not yet with a fluid, intentional motion)
  - Maintains head in midline
  - Able to prop on forearms and lift head for 2-3 seconds
- Tolerates tummy time increasingly well
- Able to turn head from side to side and rest their cheek on floor

## Months 4-5

- Rolling from belly to back (improved pushing up on to hands when on belly)
  - Grasping toys at midline above them when on their back (~4 months)
  - Hands to knees (~4 months)
  - Hands to feet (~5 months)
  - Feet to mouth (~5-6 months)
- Beginnings of pivoting in a full circle on their belly (~4-6 months)

## Months 6

- Sitting independently (when placed)
- Rolling from back to belly to both sides

## Months 7-8

- Sitting independently when placed and playing with toys while using both hands
- Beginning to transition into/out of sitting onto belly or hands and knees
- Beginnings of rocking on hands and knees

## Months 8-9

- Independent transitions from sitting to and knees (~8 months)
- Creeping/Crawling (~8 months)
- Beginning to pull to stand with hand support (~9 months)



*Cameron  
Blake Kovar*

March 31, 2022

Evan & Lindsey Kovar  
David City



*Dylan Joseph  
Kovar*

August 13, 2022

Cody Kovar & Brittany  
(Hilfiker) Kovar  
David City



### Months 10-11

- Cruising along furniture (~10 months)
- Stand to squat with hand support (~11 months)
- Independent standing for brief periods (~11 months)
- Walking behind push toy (~11 months)

### Months 18-24

- Ball skills begin to develop (throw/flip, catch, kick)
- Walking on a variety of surfaces with improved balance (grass, gravel, up/down hill)
- More frequent attempts at jumping
- Running will begin (immature running pattern)
- Walking up stairs with hand support.

### Months 24-36

- Improved Running
- Jumping with both feet off the ground
- Jumping down off a bottom step
- Improved ball skills (throw, catch, kick)
- Stair climbing begins step over step with hand support

### Months 12-15

- Independent walking (12-18 months is considered TYPICAL, however many hit this milestone by 15 months)
- Crawling up stairs WITH your supervision
- Stepping over obstacles within their path
- Refinement of pincer grasp (begins to develop between 9-12 months)

### Months 15-18

- Squatting to pick up a toy without hand support
- Stepping over obstacles with increasing independence
- Squatting to play
- Climbing on/off riding toy
- Moving themselves independently while sitting on a riding toy (may go backwards at first)



**ROOTS TO  
SHOOTS**  
BCHCC Pediatric Therapy Clinic



*Jaxon James  
Lopez*

July 16, 2022

Miranda Sealey and  
Andrew Lopez  
Rising City



*Layken Nicole  
Macholan*

July 3, 2022

Keaton Macholan and  
Aubrie Parde  
Linwood



# Newborn & Infanct Audiology Services

Childhood deafness/hearing impairment is one of the most common birth conditions in the United States. Newborn hearing screening is the first step in the early hearing detection and intervention process. On average, 3 out of every 1,000 babies born will have some form of hearing loss. If left undetected, this will impair a child's ability to develop normal speech and language skills, and will cause difficulties staying on track academically and cause difficulty achieving social and emotional milestones. For this reason, a newborn hearing screening program was developed nationwide several years ago and continues to this day. As part of this program, all infants should receive a hearing screening prior to one month of age. This initial screening is done while the mother and infant are still at the Butler County Healthcare Center following baby's arrival. If one, or both, ears fail the screening, parents can follow up at the BCHCC Audiology clinic for some additional screening. Any infants that do not pass the additional screenings should receive a diagnostic evaluation prior to 3 months of age. This can also be done at the Audiology clinic and allows us to see

exactly what baby's hearing looks like. Any infants who are identified as deaf or hard of hearing should begin receiving early intervention services by six months of age.

Hearing loss in infants is something that can definitely be managed when it is detected so it is something a provider is careful to watch for at birth. The majority of children born deaf or hard of hearing are born to hearing parents – so it often comes as a surprise that a hearing loss is present. It is also important for parents to be aware that some babies who are born with normal hearing may lose their hearing later – into early childhood. Therefore, even if babies pass their newborn hearing screening, it is always important for parents to watch their children for normal social and language development as they grow and to monitor for appropriate listening skills.

For more information about newborn and infant audiology services at Butler County Health Care Center please call 402-367-1340.



*Tadeo Haret  
Marino*

March 11, 2022

Jorge Marino and  
Perla Hernandez  
David City



*Adaline Bernice  
Martinez*

April 15, 2022

Raiko & Julia Martinez  
Omaha



*Colin Miles  
Moravec*

May 25, 2022

Andy & Liz Moravec  
David City



*Malachi  
Hayes Oborny*

August 2, 2022

David & Malynda Oborny  
David City



# CRNA Services

Corey Kavan and Andrew Carlson's are both Board Certified Registered Nurse Anesthetists (CRNA's). They administer regional neuraxial and general anesthetics to obstetric patients. Corey and Andrew educate

patients about different types of pain management strategies and assist in choosing the best pain relief strategy that is safe for both the mother and baby.



*Giancarlo  
Pedraza-Rangel*

January 27, 2022

Daniel Pedraza and Elia Rangel  
Columbus



*Sydney Kay  
Romshek*

May 16, 2022

Jake & Jessica  
Romshek  
David City



*Tucker Vincent  
Sabata*

February 16, 2022

Molly Sabata  
Kearney



*Juniper  
Jane Sears*

November 1, 2022

Tonya & Shane Sears  
David City



*Crue  
Shonka*

May 6, 2022

Greg & Staci Shonka  
Schuyler



*Autumn  
Marie Smith*

June 3, 2022

Matthew & Kenzie  
Smith  
David City



# Birthing Classes at BCHCC

You're having a baby, that's exciting and scary all at the same time! At BCHCC we offer quarterly birthing classes to first time and experienced parents. The classes are usually held over 2 evenings. Our classes are jam packed with a lot of information, so it can seem a bit overwhelming but we are very open to all and any types of questions. Some of the topics we cover are; distinguishing between false and true labor, the labor process, what to expect in the hospital when you arrive to have your baby, pain control options, breast-feeding, newborn care and postpartum (after birth) care. The 2

instructors of this class are experienced nurses who love to take care of moms and babies. The class is a laid back environment and we prefer to have people ask questions and voice concerns and fears, so that we can try to alleviate any fear or stress new parents might have. At one of your prenatal appointments with your Physician you will be given a sign-up sheet for the class and then we will contact you to let you know the when and where! Having a baby is a beautiful thing and we are excited to see you through the process!



*Jed William  
Svoboda*

October 3, 2022

John & Paige Svoboda  
Schuyler



*Journey Hope  
Svoboda*

February 21, 2022

Syrus Svoboda and  
Alysha Yellowbird Steele  
David City



*Deklan  
Wagner*

October 18, 2022

Cody Wagner and  
Jenna Oborny  
Columbus



*Asher James  
Warren Wilbur*

September 6, 2022

Kevin & Abbey Wilbur  
Columbus



*Aymara  
Williams*

December 13, 2022

Byanna McAuley and  
Michael Williams  
David City



# Obstetric Ultrasound

Obstetric ultrasound, or prenatal ultrasound, uses sound waves to produce pictures of a baby (embryo or fetus) within a pregnant woman, as well as the mother's uterus and ovaries. The use of ultrasound is a standard part of prenatal care and is one of the many services offered at the Butler County Health Care Center.

Some women may have an obstetric ultrasound early in pregnancy, typically between 8 and 10 weeks gestation, to assess the number of fetus's (twins) and confirm preg-

nancy dating. Most pregnant women have an obstetric ultrasound between 18 and 22 weeks' gestational age. These ultrasounds are referred to as 20-week anatomic surveys or anatomy scans and can provide a great deal of information about the fetus. This scan is used to evaluate fetal anatomy, check for growth abnormalities, and to assess for congenital malformations. Depending on fetal position, it may also be possible to determine the sex of the fetus during the anatomy scan. This may be the final ultrasound of a women's pregnancy, where as some women

may need further monitoring and require additional scans later in pregnancy.

The Butler County Health Care Center utilizes a Phillips ultrasound machine that has 3D and 4D capabilities. Appointments require a physician order and are available for routine obstetric ultrasounds from 8am to 4pm, Monday through Friday. Please contact the Butler County Health Care Center's Scheduling Department at 402-367-1375 to schedule your obstetric ultrasound.

# Pregnancy and Postpartum Physical Therapy

Although pain is common in pregnancy, it is not always "normal." Physical Therapy is commonly used to address the following conditions in pregnancy and post-partum:

- Low back and pelvic girdle pain (SI joints and pubic symphysis)
- hip pain
- round ligament pain
- diastasis recti
- urinary incontinence
- carpal tunnel
- clogged milk ducts
- biomechanical consideration and exercise

Butler County Health Care Center physical therapists Lindsey Crook and Natalie Hartman have special interest in treating pain and other

conditions that may arise in pregnancy and post-partum, as well as promoting a healthy level of exercise and fitness during these times.

Exercise during pregnancy and post-partum:

- reduces risk of gestational diabetes
- reduces incidence of cesarean delivery
- reduces incidence of preterm birth
- reduces pregnancy related low back and pelvic girdle pain
- helps prevent urinary incontinence post- partum

For more information on how physical therapy can help you during pregnancy and post-partum contact the Butler County Health Care Center Therapy Department at 402-367-1250.



*Adaline Mabel  
Worm*

November 21, 2022

Derek & Megan Worm  
David City



*Raelin  
Mary Worm*

June 30, 2022

Travis & Staci Worm  
David City





## Caring for Special Deliveries

An obstetric nurse has one of the most unique and rewarding jobs in healthcare- welcoming babies into the world. They are instrumental in caring for moms during pregnancy, labor, and childbirth. Many times, this also means providing emotional support for an anxious or nervous partner.

Butler County Health Care Center implemented the OB Core Team in 2022. The OB Core Team is a team of nurses that have a passion for caring for obstetric patients. This gives the patients at Butler County Health Care Center the best patient centered care and the best patient outcomes.

The OB Core Team consists of twelve registered nurses, six from the dayshift and six from the nightshift. These nurses went through an application and interview process before they were selected to be a part of the team. The goal is to ensure all members of the team are knowledgeable in the process of labor, birth and the care of the newborn after delivery. The OB Core Team nurses are: Chelsea Steager,

Chelsea White, Darcy Patrick, Julie Vrbka, Katie Betzen, Lindsey Kovar, Paige Kreitman, Rebecca Hoffman, Sarah Oborny, Tara Palensky, Tara Watchhorn and Yenni Schroeder.

Each member of the Butler County Health Care Center medical staff, registered nurses (RN), licensed practical nurses (LPN) and certified registered nurse anesthetists (CRNA) are certified in Neonatal Advance Life Support. All registered nurses complete a fetal monitor training course at St. Elizabeth's Medical Center and an annual fetal monitor strip interpretation course. The facility is also a certified Safe Sleep Hospital Champion and Abusive Head/ Shaken Baby Prevention Education Champion.

The nurses that are part of the OB Core Team receive additional training for obstetrics, to ensure that our obstetric patients are receiving the best evidence-based and standardized care. This training includes: Advance Life Support in Obstetrics and Intermediate and Advanced Fetal Heart Monitoring Class, as

well as eight hours of additional continuing education in OB related topics each year. A member of the OB Core Team is available 24/7 to ensure they are a part of each patient's labor and delivery experience at Butler County Health Care Center. Each member of the team is driven to provide OB patients with the best childbirth experience.

The OB Core Team has three certified lactation consultants. A lactation consultant specializes in breastfeeding issues. They assist parents and infants with issues like milk supply, sore nipples and breastfeeding positions. The OB Core Team also has three nurses that are certified in spinning babies. Spinning babies promotes mobility and different positions during labor to assist in the process of the baby moving through the birth canal.

The birth of a baby is truly an unforgettable experience. The OB Core Team at Butler County Health Care Center is honored each time they are able to share this experience with a family.