

2021 Beautiful Babies



**Cover Photo is
Roric Ryan Palensky**
Photo courtesy of
Brandy Ingwersen Photography

YOUR BUTLER COUNTY NEWS SOURCE
The Banner-Press



**Butler County
Health Care
Center**

Caring for Special Deliveries

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.

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

*Congratulations to the 2021 Babies & Parents.
Thank You for choosing Butler County Health Care Center!*



Elliot Robert

Alt

April 5, 2021

Bryant & Aubrey
(Houdersheldt) Alt
Shelby



Harrison

Lewis Boswell

October 23, 2021

Samantha Jordan Boswell
& Amber Nicole Robak
Schuyler



Elouise Jean

Brandenburg

September 13, 2021

Clint & Celeste
Brandenburg
David City



Kinsley

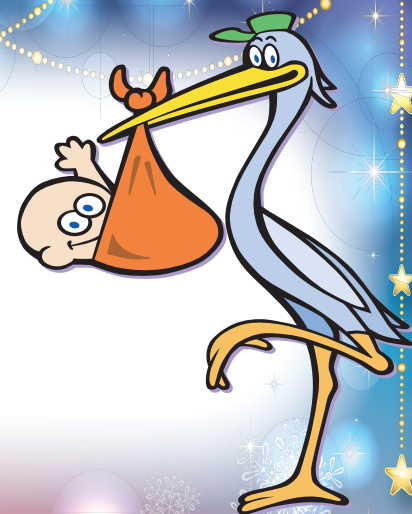
Carlson

April 5, 2021

Ryan & Emily Carlson
Osceola



**Butler County Health Care Center
delivered 64 babies in 2021.
33 babies born were female and
31 babies were male.**



Jaelyn Kay

Chmelka

November 5, 2021
Justin & Catherine
Chmelka
Bruno



*Beckham
Lee Crook*

November 29, 2021
Jordan & Lindsey
Crook
Rising City



*Josephine
Victoria
Daro*

October 13, 2021
Robert & Miriam Daro
David City



*Beckett
Anthony
Didier*

January 22, 2021
James & Jenna Didier
David City



*Blake
Thomas
Fiala*

April 16, 2021
William & Samantha Fiala
David City



*Malaki
Raymond
Fiala*

August 7, 2021
Katrina Fiala
David 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.



*Madilynn
Hoppe*

February 15, 2021

Scott & Kerri
Hoppe
David City



*Isidore
Joseph
Hoxmeier*

October 6, 2021

Patrick & Alissa Hoxmeier
Staplehurst



*Beau
Anthony
Hruska*

April 21, 2021

Anthony & Kate Hruska
David City



*Kolby Boone
Jordan*

July 12, 2021

Ryan & Kelsey Jordan
Rising City



Skin to Skin contact

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.



*Theresa
Christine
Kavan*

June 29, 2021
Mike & Heather Kavan
Prague



*Kendra
Michelle
Keyes*

March 8, 2021
Marcus & Grace Keyes
Columbus



*Lilyanna
Krzycki*

October 21, 2021
Taylor Krzycki &
Shyanna Raitt
Columbus



*Sutton
Lucille
Kubik*

April 12, 2021
Zach & Daryl Kubik
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 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 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 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)



Rose Marie
Laska

August 27, 2021

Nathan & Stephanie
Laska
Abie



Dax Thomas
Luettel

April 30, 2021

Colton & Danielle
Divis Luettel
Gresham



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 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)

Months 18-24

- Ball skills begin to develop (throw/fling, 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



*Taylor Sue
Masilko*

September 20, 2021

Tyler Masilko and
Meghan Johnson
David City



*Miles
Anthony
Palensky*

January 15, 2021

Nathan & Christy Palensky
David City



Newborn 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 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.



Rozie Ryan
Palensky
June 21, 2021
William & Tara Palensky
David City




Paige Lynn
Perry
October 31, 2021
Tyler & Rebecca Perry
David City




Keegan
James
Phillips
April 14, 2021
Martin & Kelsey Phillips
Stromsburg




Ellie Marie
Podolak
March 6, 2021
Matt & Christina
Podolak
Bellwood



Parents help with pain management

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.



*Kade Gene
Polacek*

November 1, 2021

Mark & Jenny Polacek
David City



*Daxton
Joseph Potter*

November 15, 2021

Craig & Shelby Potter
Rising City



*Emmeline
Rose Priest*

August 5, 2021

Whitney Priest
David City



*Margaret
Irene
Prochaska*

April 5, 2021

Nate & Ali Prochaska
David City



*Carter
Rasmussen*

March 4, 2021

Gentrie Hammond
& Dana Rasmussen
Rising City



*Sutton
Elizabeth
Ratkovec*

February 2, 2021

Cole & Carla Ratkovec
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, breastfeeding, 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!



*Sadie
Ruth*

December 9, 2021
Jake & Cassie Ruth
Rising City



*Rudy
Sabata*

November 17, 2021
Neil & Katrina Sabata
David City



*Sawyer
Sloup*

November 2, 2021
Mark & Tayler Sloup
David City



*Grady Lee
Smith*

December 28, 2021
Jared & Morgan Smith
David City



*Brecken Lee
Stone*

December 15, 2021
Austin & Ashlie Stone
Schuyler



*Holllyn Rae
Svoboda*

October 18, 2021
Melissa Svoboda
Rising 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.



*Myles
Joseph
Sypal*

December 7, 2021

Nick & Chelsea Sypal
David City



*Brixtyn
Darlin
Vodicka*

March 2, 2021

Devin & Jherika Vodicka
Surprise





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