**AFTER your DELIVERY**

- We encourage the “skin-to-skin” method of warming your baby instead of wrapping him/her in a blanket right away. You and your partner can do this throughout your hospitalization.

- We also encourage breastfeeding within the first hour of birth and will help you as needed. Babies are most alert at this time, often getting sleepy after that first hour. All of our nurses are specially trained to help you with breastfeeding. Our lactation consultant will visit you if this is your first baby or you’ve had problems in the past.

- Your nurse will help you get up for your first trip to the bathroom after you deliver. While you are in the bathroom, your bed will be cleaned and a cushioned mattress cover placed over the labor mattress for added comfort.

- Rooming-in for our families is encouraged. By rooming-in, we mean having the baby in your room for pediatrician’s examination, hearing screening, blood drawn, demonstrating the bath, having pictures taken, etc.

- One of the advantages of rooming-in is you learn your baby’s feeding cues and can begin breastfeeding before the baby starts crying and it becomes frustrating for the baby and you. More frequent feeding helps your milk production and you get to know your baby better before you go home.

- Your baby will have four (4) bands on. One band is used by lab for identification of blood draws. Two bands match the numbers on your band and your partner’s. The last band is the security band that is applied after the bath.

- Siblings and other children may visit as long as their immunizations are up-to-date, and they have no signs of infection, cold or flu, and have not recently been exposed to chicken pox.

- If you have any questions or concerns about caring for your newborn, ask your nurse. They will help you learn the ropes so you can feel confident about caring for your baby at home before you are discharged.

- When the pediatrician examines your baby in your room, let it be an interactive experience. Ask questions or voice concerns if you have any.

- If your baby is admitted to the Special Care Nursery or Neonatal Intensive Care Unit, and you were planning to breastfeed, you will be encouraged to breastfeed in the actual nursery. Help will be readily available and your privacy maintained. Your nurse will provide you with a breast pump, if needed, as well as the necessary supplies and instructions.

- Some babies become jaundiced in the hospital. If this should happen to your baby, lab work will be done to determine the level of treatment. Your pediatrician will decide if your baby can be treated at home with a “bili blanket” and outpatient lab work, or if the baby needs to stay in the hospital under “bili lights”.